



FREE and low cost ideas to help your family to get moving!



Simply click on the logo to access further details



- **Urban Games** → Free sport activities hosted at MUGA's across the borough in school holidays, including in Donnington. This summer sports will include: Cricket, football, cycling, netball and hockey.



- **Kids for £1** activities at Telford & Wrekin Council leisure centres. Includes golf, tennis and swimming activity sessions.
- **Swimming** is free for under 25's if they have a TLC card at all Telford & Wrekin Council swimming pools.



- Library **summer reading challenge** (incorporates physical activity this year, supported by Youth Sports Trust)



- **Bike hub** → learn to ride sessions/bike repair sessions



- **Green spaces are a go activities**



- **Shropshire wildlife trust** are running sessions including activities like bug hunting, den building, insect spotting and making bug hotels to name a few. 15 dates available, closest is Monday, August 7 - Wrockwardine wood - Cockshut meadow.



- **Happy healthy active holidays** scheme is available for all children who are in receipt of income related free school meals. Activities in this scheme are wide-ranging so there is something for everyone and include.

#ActiveFamiliesSTW

Physical Activity | Mindfulness | Healthy Eating

For families with primary-age children

1. Active kids



[Active Kids Move Crew](#)

2. Tree explorer



[Tree explorer](#)

3. Family fit



[Couch to Family Fit](#)

4. Cosmic kids



[Cosmic Kids](#)

5. Scavenger hunt



[Scavenger Hunt](#)

6. Let's dine



[Let's dine](#)

7. Origami fun



[Origami-fun](#)

8. Disney dances



[Disney Dance-alongs](#)

9. Forest bathing



[Forest Bathing](#)

10. Skipping man



[Dan the Skipping Man](#)

11. Den building



[Den building](#)

12. Sugar swaps



[Change 4 Life Sugar Swaps](#)

13. Fun athletics



[Funetics](#)

14. Get kids moving



[Get Kids Moving](#)

15. Cook together



[Cook Together](#)

16. Colouring fun



[Mindful colouring](#)

17. Our landscapes



[Learning & landscapes](#)

18. Ready set ride



[Ready Set Ride](#)

19. Take a walk



[Take a walk](#)

20. Listening



[The Listening Game](#)