

RELAY RACES

Relay races make for a fun activity that can be played indoors and out. They can be adapted for any number of children, ages or abilities and can be completed as individual challenges or team games.

The rules are simple, travel around each lap, from A to B completing a different activity each time. With infinite varieties, the only limit is your imagination!

WHAT YOU WILL NEED

SKIPPING ROPE

FOOTBALL

BEAN BAG

BAT AND BALL

CHALK

HOW TO PLAY THE GAME

- Start by setting out your relay track, with a start and finish line (use chalk on a suitable surface).
- Prepare equipment for each lap.

ON YOUR MARKS, GET SET, GO...

LAP 1

Skipping – take the rope and skip as fast as you can around the whole lap.



LAP 3

Use your bat to continuously hit the ball up in the air. Repeat around the whole lap.

TOP TIP: Time yourself to see who can complete the fastest lap!



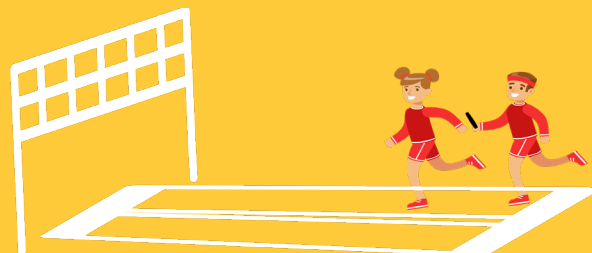
LAP 2

Balance a bean bag on your head - without dropping your bean bag, complete a whole lap. If you drop the bean bag, return to the start!



LAP 4

Start with your football on the ground. Kick it a little way in front of you and dribble it around the course. Make sure that you keep control of the ball all the way around!



STRESSED OUT?!

WHY DON'T YOU TRY THE FOLLOWING?

Where do we start? Last year was certainly different and this year might be just as tricky. It is key that you take time to look after yourself by taking steps to look after your mental health.

- Get regular sleep - no more late nights!
- Stay away from energy drinks and coffee
- Reach out to your friends and family
- Download a free phone app with relaxation exercises like Headspace, ThinkNinja, Chill Panda
- Exercise regularly to boost your mood

NOT CATCHING ENOUGH 'ZZZ'S'?

AVOID!

Screens of any kind in the hour before bed.



High intensity exercise in the hour before bedtime.

Caffeine or energy drinks - ideally from lunchtime.



Sugary foods or heavy meals.

Overly stimulating bedroom environments.



Hot chocolate can be sugar-loaded!

TRY...

Reading books or a magazine.



Opt to eat 30 minutes before bed. Choose either toast, a banana, or cereals without sugar.

Warm milk, water, or herbal tea such as camomile.



Exercise during the daytime, and have an hour of relaxation time.

Keep your bedroom calm and device free.



STAY SOCIAL

Right now, it's more difficult to stay social and say YES to new opportunities. Walsall has lots to offer young people - so why don't you try something new?

Follow us on Instagram and Facebook to find out what's going on in your area!



www.walsall.gov.uk/leisure
go.walsall.gov.uk/parks_and_green_spaces



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- walsallhealthspaces



- walsallhealthspaces

If you need help, you can speak to people happy to listen. Here are some of the best:

YoungMinds - Text YM to 85258

Mind - Call 0300 123 3393 or text 86463

Childline - Call 0800 1111