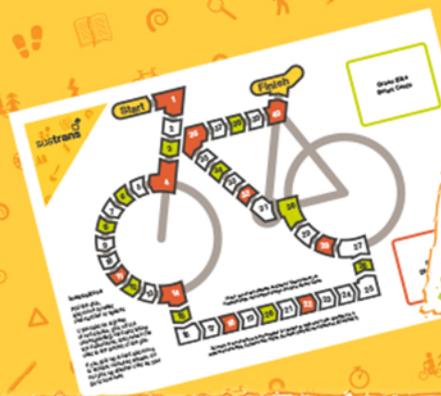


# #SustransOutsidein

Challenges, games and activities  
to keep your family busy



sustrans 

Sustrans is providing free extracurricular activities to keep the kids entertained during the lockdown and beyond. To find out more and subscribe to the weekly resources visit:

[www.sustrans.org.uk/outsidein](http://www.sustrans.org.uk/outsidein)



And, families looking for a healthy challenge are invited to join Sustrans virtual challenge 1k-a-day.

Families that skip, walk, run, wheel, hop or jump 1km a day for 7 days will get a certificate and 20% Sustrans shop discount voucher.

[www.sustrans.org.uk/1kaday](http://www.sustrans.org.uk/1kaday)