

Fun for one, fun for all!

Do It December



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Feel free to adapt or replace activities so your Do It December best suits you!



1
Follow a ten-minute video before dinner

2
Swap a car journey for active travel

3
Dance to a song on the radio

4
Take an up-close photo of a perched bird

5
Wiggle your toes while sitting at your desk

6
Clap your hands every time your phone pings

7
Do bicep curls when you stop to think

8
Shake your body when you feel anxious

9
Do your favourite house chore

10
Spend time outside

11
Read for two minutes standing up

12
March on the spot while brushing your teeth

13
Move whenever you feel tired

14
Lift a bottle above your head five times

15
Lend a helping hand to someone who needs it

16
Stretch when you get out of bed

17
Park further away than you normally would

18
Vacuum the house

19
Take the stairs

20
Do a wall-sit while your tea brews

21
Do a task standing up

22
Do five push ups against a wall

23
Craft something to hang on the wall

24
Bake some biscuits!

25
Play charades!

26
Wrap up warm and go for a walk!

27
Take today to have a rest

28
Do a star jump when you feel cold

29
Do air punches for two minutes

30
Touch your toes every time you sit down

31
Use our activity finder

