

This activity has been adapted to complete at home and should take about 30mins . It is for the Be Well theme award.

To start with you need to find 4 boxes/bowls and ask a parent to label them:

Me

Everyone in my house

Everyone in my school

Everyone in the country



Rules are everywhere, they tell you how to do something, maybe to keep you safe like don't run with scissors. Or they tell you when you can do something like you can't drive until you are 17.

You now need to cut up 20 strips of paper.



Think about who makes the rules in each of these places:

Home

School

Roads

Country

On your paper write down different rules for each of these places.

Mix all the slips of paper up and put them in a pile at one side of a room, but the boxes/bowls at the other side of the room.

You are now going to pick one piece of paper and run to the boxes and put it in the box you think it fits in best. Run back and get the next piece of paper. Run back to the boxes/bowls and put it in the one it fits in best. Keep doing this until all the papers are now in a box.

Now take a box at a time and decide did you make the right choice which each rule? Or could some have gone in more than one box?

Don't forget to take photos and send them to your Leaders.

