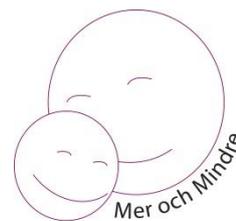




**Karolinska
Institutet**



Activity tips from the More and Less study

In these Corona times when we practice social distancing to limit the spread of the virus, many of us are becoming more sedentary. Here are some tips that we hope can inspire more movement and activity together for the whole family.

Dance together

Put on a favorite song and dance! Mimic each other's moves, spin and jump. Dance to different music styles like film music, musical, rock, hip-hop, RNB, African drums or classical music. Arrange a disco with balloons where you dress up and dance!

The animal game

Stand on opposite sides of the room or outside on a lawn. The first person calls out an animal and the people on the other side should walk, crawl or creep like that animal would over to the other side where the caller is standing. Then choose a new person who stands on the other side to call out a new animal.

Build an obstacle course

Build your own obstacle course with what you have at home. Climb over chairs, crawl under tables or under a broom stick placed over two chairs, roll over the bed, run zigzag between pillows on the floor etc. Teddy bears can be small obstacles to jump over. Use the children's imagination. The obstacle course can be carried out in different ways; backwards, using a timer to see who does it faster, without laughing, with one hand on the head etc.

Follow the leader

One of you acts like the leader and decides movements that the others follow, e.g. hop on one leg, walk backwards, fly like a plane around the room, jump like a frog etc. Take turns in being the leader and use a timer that signals when it's time to change.

Plogga (Pluck and jog)

Do good for the environment while enjoying the outdoors by joining the movement Plogga. It combines activity in any form you want; walking, jogging, cycling or skateboarding at the same time as picking up discarded garbage from nature. The children get the chance to be an environmental hero as you are doing good together. Visit www.plogga.se/en for more information.

Nature bingo

Challenge the child to find different things in nature. For each thing found, put a cross in the relevant box. The first one to build a row wins. Older children might even be able to fill the entire square.

Nature bingo

Find a round pebble	Find the tallest tree	Find a leaf larger than your hand	Find a white flower	Find a place where grass grows
Find a tree with needles	Find a stick longer than your arm	Find a tiny pebble	Find a log that you can balance on	Find a green leaf
Listen to the sound of a bird	Find a yellow flower	Find garbage in nature and throw it in a rubbish bin	Balance a pinecone on your head	Find an insect
Find 5 pinecones	Find a large rock to climb	Find a blue flower	Find a tree with leaves	Find a sharp pebble
Find an anthill	Find a multi coloured stone	Find a place where moss grows	Find a brown leaf	Find a tree stump you can climb

By Hannah Rejis Richards from the More and Less Study Europe, a substudy of the STOP project.

<https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-7161-y>

Several of the tips are based on the book "Träna tillsammans med familjen" (Exercising together with the family) by Terese Alvéén.

