

Monday Motivation

The YMCA logo is displayed in blue, blocky capital letters on a green, trapezoidal background that tapers to the right.

Date: 13 July 2020

Theme of the month: National Picnic Month

With the impact of Covid-19 we have all been limited to where we can go to socialise recently. However, this should not stop us from having fun in the sun. It is national picnic month and whether this be in your garden or a local green, let us make the most of this.

Action:

Exercise 1: Plan your ideal picnic

Things to consider:

- **Make a checklist** What food and drink are you going include? Maybe you can delegate each member of your household with a task!
- **A picnic basket is nice but don't forget a cooler,** or two to keep things chilled.
- **The Perfect Spot:** Try to find an ideal spot. One that you will be able to stay socially distanced in while having the space to enjoy outdoor activities
- **Bring a tablecloth or picnic blanket.** Even if picnic tables are around, it is a good idea to have a tablecloth in case the table is too worn or dirty or lay the cloth out and have a picnic on the ground.
- **Keep it simple.**
- **Dinnerware:** For a smaller group, consider reusables, which are more earth friendly (In keeping with our plastic free theme)
- **Pack a trash bag** for an easy clean up.

Exercise 2: Plan your own 'Sports Day' activities for your picnic

With a lot of sports days being cancelled this year lets plan our own activities to enjoy at our picnic. Some suggestions:

- Egg and spoon race
- Obstacle course
- Hula hoop challenge etc...

Exercise 3: Design a programme for the day's activities

Whether this picnic takes place now or at another time that is more convenient for you and your family, it will be good to have a detailed programme to get excited about. Be creative...

- Draw a floor plan
- Design a beautiful menu along with pictures of the food and drink you will be serving
- Design a score card to keep track of the games

Outcome / Mission Moments:

- It is so nice to spend time with our loved ones, what else could you plan?
- How has this made you feel?