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With schools still closed and the summer holidays approaching, we are extending the [Sustrans Outside In](#) free resources to help parents with fun ideas and inspiration to keep the children entertained and to bring education, health and wellbeing activities into their home during and beyond lockdown.

Parents can access the resources by registering for our free parent newsletter and they will receive weekly indoor and outdoor activities designed for them by our experienced school officers.

Sustrans Outside In information page



Parents looking for a challenge can also join [#Family1kaday](#), a virtual event aiming to encourage families to keep active together.

Families that complete the 7-day challenge will receive a certificate and a 20% shop discount.

#Family1kaday information page



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



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 and get a certificate and 20% discount voucher.

www.sustrans.org.uk/1kaday

If you think these resources and challenges would be a fun incentive for your students to stay active, please let parents know about them.

We have attached a flyer you can add to your digital newsletter, your website or email to parents.

Download the parents flyer

Thank you from all of us at the Sustrans and please take care.

Sustrans is the charity making it easier for people to walk and cycle.

[Unsubscribe](#) [Privacy Policy](#)

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Sustrans is a registered charity no. 326550 (England and Wales), SC039263 (Scotland)

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