



## **What is Winter Wonderwheels?**

It's a chance to be active and use your superpowers in the colder months!

You just track how many minutes you #move between 9th and 23rd November. It can be walking, wheeling, cycling, dancing, sensory activities...anything that gets you moving.

We have 26 people officially signed up but anyone can join in just for fun!

We'll be going on a virtual journey around the world and being inspired by some sports along the way. Here are some ideas!

### **9th November - Start line at Dorney Lake**

- Go for a swim, bike ride or walk
- Act out a mini triathlon in your garden
- Do some water based sensory activities with superhero themed items
- Try a cold water bath or shower

### **11th November - Curling in Scotland**

- Try curling at home - on a tabletop or in your kitchen, get creative!
- Curling has been described as the 'roaring game'. Roar your heart out!
- It's also the worlds oldest team sport. What can you do as a team today?
- Try some ice based sensory activities

## **12th November - Cross Country skiing in Norway**

- Watch old Ski Sunday episodes on youtube and act along
- Imagine the Northern Lights twinkling above you - light based sensory activities
- Sensory activities with fake snow (eg shaving foam, squirty cream, flour)
- Go to the gym and use a cross country skiing machine

## **13th November - Ice Archery in Mongolia**

- Borrow a Style Acre archery set for your own competition
- Pretend to gallop around the plains of Mongolia on horseback
- Make your own targets and throw beanbags to hit them
- Sensory activities/dancing/meditation with traditional Mongolian music

## **14th November - Snowball fight in Japan**

- Have your own snowball fight with cotton wool balls or pom poms!
- Make teams and hide different coloured snowballs (pompoms) to race to find
- Sensory activities with different textures of balls
- Explore Japanese martial arts

## **15th November - Skiing in Aspen, USA**

- Find a hill, don your cape, and whizz down it (on foot, on a bike, in a wheelchair, on roller skates....)
- Mountain themed sensory activities
- Go for a walk in snow boots

## **18th November - Ice Hockey in Montreal**

- Have a go at hockey in your garden
- Go ice skating
- Canada themed sensory activities

## **19th November - Dog sledding in Greenland**

- Take a dog for a walk
- Make a sled out of cardboard/wood and take it for a dry run
- Dog themed sensory activities

## **20th November - Snowboarding in Iceland**

- Shred those slopes - have a go at skateboarding
- Balance themed activities - balance beam, obstacle course
- Iceland themed sensory activities

## **22nd November - Finish Line**

- Have a finish line celebration!