

Sustrans Outside In

Four weeks of fun and educational resources and activity ideas for families.

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Get weekly inspiration and resources for lockdown activities, games and challenges.

Sustrans Outside In activities include videos, games, weekly challenges, themed activities and more.

Designed by our knowledgeable, experienced and fun-loving Schools Officers. The four-week activity pack is full of cycling, walking and scooting themed fun.

Outside In weekly updates are packed with creative, active and interesting indoor and outdoor activities for all the family.

As you already know walking, cycling and scooting are great ways to keep active and healthy in body and mind. During this time where we are mostly required to stay at home, these activities have become harder to do.

Sustrans Outside-In provides fun ideas and inspiration for parents/carers to do with their children at home. Parents can access their resources by registering for their free parent newsletter. Over four weeks, you'll receive weekly videos, themed activities, games and challenges designed by their experienced school officers. You can access these resources by clicking on the following link <https://www.sustrans.org.uk/campaigns/outside-in/>