LIDL MUDDER

PART OF TOUGH MUDDER

This adventure book belongs to

.....

Lidl Mudder Challenges

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#LidlMudderChallenges

We know our adventurous Lidl Mudders can do anything. That's why we've created 20 fun-packed Lidl Mudder Challenges you can try from the comfort of your own home. Just like our Lidl Mudder obstacle course, the Lidl Mudder Challenges will get kids moving, having fun, trying new things and most importantly working together.

What are they?

20 simple challenges for kids aged 5-12 to try. Pack all of the challenges into one epic month of activity or do one a week between now and Christmas and make the fun last. Also, don't forget to click on the tick boxes after you've completed each challenge to keep track of your progress.

How do I enter?

You've downloaded this PDF which means you're ready to go. You'll find all of the information you need to make sure kids are having fun below. Just like the Lidl Mudder course, don't worry about making sure every single activity is completed, trying their best and having fun is the most important thing.

Share your adventures

Even though we can't crown your Lidl Mudders with a headband this year, we'd love to see how they get on. Share your videos, photos and stories as they tackle the Lidl Mudder Challenges using the hashtag #LidlMudderChallenges and we'll repost our favourites on Instagram, Facebook and Twitter.

Fundraising for a good cause

Lidl and the NSPCC are working together to make sure every child is heard.
Help us raise vital funds for the NSPCC's Childline service by setting up a JustGiving page today.

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Ready, Steady, Run!

TOP TIP:
Warm up with some stretches before you go

Run (or walk) 1 mile over the course of a week.
This challenge can be completed over a series of runs or you can push yourself to run a mile as fast as you can, in one go.

Remember to stay hydrated.
The best runners always make sure they drink plenty of water before and after exercise so they are at the top of their game.

Balance Beam

Roll up a rug or lay out some cushions and create your very own balance beam. Remember, the floor is lava.

Use your arms to help keep you steady.

TOP TIP:
Make the beam as long as possible and really push yourself

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Smoothie Time

Make a smoothie for your family. Get down to your local Lidl, pick up some fresh fruit and get going in the kitchen. In typical Lidl Mudder fashion, the stranger the concoction the better. Banana and strawberry is great, but how many amazing flavours can you create?

A squidge of honey will make your smoothie just a little bit more delicious.

Lidl recipe:

Mix up: 1 peeled and chopped mango with 6 fresh pineapple chunks, 2 tbsp Greek yoghurt, 1 tsp linseed, 1 banana, a handful of ice cubes and 250ml coconut water.

Top with: Tropical granola, desiccated coconut, mango pieces and some berries.

Oaklands Fun Size Bananas, 7 pack

Oaklands Blueberries, 150g

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Secret Agent Squeeze

Create a small space, such as between the sofa and the wall, and pepper it with obstacles you'll need to climb over and under.

For an extra challenge, mini secret agents will get extra points when squeezing past an obstacle without touching it.

The Spooky Camp Out Challenge

Ask your parents or guardian to help you set up a camp and spend the night sleeping under the stars. No garden? No problem. Create an indoor den in your living room to complete this challenge.

Be creative when building your den – there are lots of different things around the house that can transform your camp. And bring snacks.

Find me in store Oaklands Fun Size Easy Peelers, 500g

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TOP TIP:
Play your favourite music while you work

Housework Hero

Lidl Mudders always work together and make the most boring tasks fun. This week help out doing some chores around the house. Your parents or guardians will be in charge of this one, so what they say goes.

Part of being a Lidl Mudder is taking pride in helping others. So enjoy yourself while completing this challenge and remember you're helping to make someone's day.

The Balloon Tennis World Cup

Take on your friends and family at an epic game of balloon tennis. Feel free to make up your own rules, but the aim of the game is to keep the balloon in the air.

Balloon tennis can be as simple as blowing up a balloon and hitting it around with a friend, but why not try and create your very own balloon tennis court?

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The Human Wheelbarrow

Just like at Lidl Mudder events, we're asking you to make a human wheelbarrow with a friend or family member and see how far and for how long you can keep the wheelbarrow moving for.

Keep practising. This one might seem tricky at first, but the more you try the better you'll get.

TOP TIP:

Remember to swap so you can be the wheelbarrow too

Going Old Skool

Hand write a letter to someone you haven't seen in a while like a school friend or grandparent. Once you've finished ask mum or dad to help you send it in the post.

Take your time and make sure your handwriting is nice and neat so your special message looks perfect on arrival.

TOP TIP:

Use a nice pen so that it looks really fancy

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Movie Star

Lidl Mudder is taking you to the movies. With your friends and family as the audience, we're challenging you to act out a scene from your favourite film or tv programme.

Ask your parent or guardian to share the video on social media using #LidlMudderChallenges and you might be featured on our channels.

TOP TIP:
Add shampoo or soap to the water to make it extra slippery

Slip n' Slide

Ask your parent or guardian to help you find a safe space to slip n' slide, you'll need plenty of space so your garden or the park is probably best. Make sure the ground is nice and wet then practice your best slip n' slides.

The faster your run up the more epic the slide will be. How far can you go?

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Art attack

Use anything and everything you can find at home to create an amazing picture. If you're not sure what to make, a self portrait is a good place to start.

Don't just grab pens and pencils, think outside the box and pick some totally random items.

TOP TIP:

Get your family to recite it for you to get the finish line effect

The Lidl Mudder Pledge

As a Lidl Mudder, I pledge that:
Lidl Mudders like getting muddy.
Lidl Mudders are tough and strong.
Lidl Mudders always work together.
Lidl Mudders do not whine. Babies whine.
Lidl Mudders are up for adventure.
LIDL MUDDERS CAN DO ANYTHING!

We'd like you to create your very own Lidl Mudder pledge. It doesn't have to be too long, but write something that you feel sums up the values of a true Lidl Mudder.

Don't forget to share your stories
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Creepy Crawly

See how fast you can crawl 100 meters. We want to see one of our Lidl Mudders break the 100 meter world record for crawling.

Quick crawling is essential when taking on the Lidl Mudder course so this is great practice for when events return in 2021.

TOP TIP:

Imagine you are a snake slithering along the ground

Obstacles at Home

Ask your parent or guardian to help you build your very own obstacle course at home and see if you can recreate some of the most famous Lidl Mudder obstacles.

If you want to keep it simple Mini Mud Mile is a good place to start (plus crawling in the mud is really fun).

TOP TIP:

Head to Lidl Mudder for some inspiration

Don't forget to share your stories #LidlMudderChallenges

Muddy Faces

Getting your facepaint on and getting a Lidl muddy is what Lidl Mudder is all about. Ask your parents or guardians to help paint your face and then head outside to get muddy.

Try tackling some of the Lidl Mudder challenges with your face paint on to make it even more fun.

TOP TIP:

Wear clothes you don't mind getting dirty

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Sweaty Session

Ask your parents or guardians to head to Youtube and find the Lidl Mudder Kids Workout playlist. Try as many of the workouts and games as you can.

Some of the challenges include some adult participation so make sure you parents and guardians are working out with you too.

TOP TIP:

Wear comfy clothes so you can move around easily

TOP TIP:

Don't forget your helmet

The Tour de Lidl Mudder

Cycle, scoot or roller skate (basically anything with wheels) for a minimum of 30 minutes a week.

The adventurer Fred Birchmore cycled around the world in the 1930s. He pedalled 25,000 miles and it took two years. How far can you go on your wheels?

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Mini Everest

TOP TIP:
Make sure you check that your laces are tied tightly.

Reaching the top of Mini Everest is the highlight of every Lidl Mudder course. Recreate the epic feeling by climbing to the top of a hill or the stairs as quickly as you can.

Recreate your very own finish line so you can celebrate.

The Waterfall

Get your whole family involved in this tricky challenge. Fill a bucket, bowl or cup with water and give each of your family members an empty vessel.

Close your eyes (or use a blindfold) and try to pour the water into their bucket, then they do the same with the next person. How much water can you get to the end?

TOP TIP:
Be ready to get wet!

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NSPCC LIDL

MAKING EVERY CHILD HEARD

Lidl and the NSPCC are working together to make sure every child is heard.

The NSPCC's Childline service is a place for any child to turn to, whatever difficulty they're facing. They can talk to a Childline counsellor via online chat or over the phone, as well as finding a whole range of support on the Childline website. It's open 24/7, even when other support services for children are closed. So whether a young person is struggling with mental health issues, bullying, or problems at home, Childline is always there for them.

Right now, Childline counsellors aren't able to respond to one in three children who get in touch. By working together and raising vital funds, we can help to answer more children.

That's why we're getting muddy at home for the NSPCC. Create your JustGiving page today and fundraise online.

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Congratulations!

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You've completed the
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