



this adventure book belongs to

.....

LIDL MUDDER
Challenges

TOUGH
MUDDER 





LIDL MUDDER CHALLENGES

We know our adventurous Lidl Mudders can do anything. That's why we've created some fun-packed Lidl Mudder Challenges. Just like our Lidl Mudder obstacle course, the challenges will get kids moving, having fun, trying new things and most importantly working together.

WHAT ARE THEY?

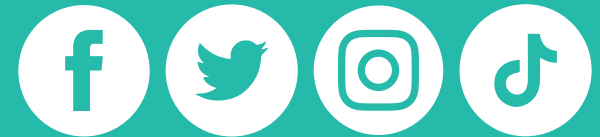
Fun challenges for kids aged 5-12. Pack all of them into one epic month of activity or do one a week. Also, don't forget to click on the tick boxes after you've completed each one to keep track of your progress.

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. 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

Share your adventures
#LidlMudderChallenges



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.



SHARE YOUR STORIES

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EASY RIDER

Get out and enjoy the sunshine on your bike, trike, scooter or rollerskates for a minimum of 30 minutes a week. Remember to wear a helmet and to take lots of water.

KEEPIE UPPIES

See how many keepie-uppies you can do with a football. Can you improve your best score by practising over the summer? If you want to switch things up a bit, try practising your keepie-uppies with a tennis ball.

FUN FACT

In 2010 Dan Magness set the world record for keepie uppies, juggling a ball for 26 hours.



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MONKEY BARS

Go to the park and tackle the Monkey Bars - this will help you take part in your next Lidl Mudder. Make sure you get permission from a parent or guardian before trying, especially if it is your first time.



SMOOTHIE TIME

Go to your local Lidl with your parent or guardian and help them choose the perfect ingredients for a fresh smoothie. Tropical fruits will taste super summery so why not experiment to find your favourite concoction.

TOP TIP

Freeze your bananas before adding them to your smoothie to make it taste even creamier. Don't forget to peel them before freezing.



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A CREATIVE ADVENTURE

Get some paper and some crayons and make rubbings of different textures you find in the park. Put the piece of paper against a rock or a tree and rub the crayon over it. Count how many different textures you can find and even make a collage out of them too.

SHARE A SKILL

Find a skill that you know and teach a friend how to do it. It could be juggling, drawing, tackling an obstacle in the park, or something else completely. Then ask them to teach you something. Lidl Mudders help each other.



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TOP TIP

Lidl has some great picnic recipe ideas that you can make with a parent or guardian.

PICNIC IN THE PARK

Head to Lidl with a parent or guardian and find the perfect ingredients for a picnic in the park. Ask them to help you make sandwiches and snacks, pack a blanket to sit on and then enjoy.

DON'T DROP THE BALL

Find a ball, or even a frisbee, and see how many times you can throw and catch with a friend before one of you drops it. The person who drops it must do a forfeit.



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LITTER PICK

Lidl Mudders take care of the environment. With the help of a parent or guardian, find gloves and some bin bags and go for a litter pick. Make sure you ask your parent or guardian before touching anything if you don't know what it is.

GET LOST IN A BOOK

Find a book you haven't read before and find a nice sunny spot to read it. Lidl Mudders need a healthy body and a healthy mind. You could even team up with a friend and act out each chapter/page as you go along.

TOP TIP

Your local library has loads of books to choose from. Why not ask a parent or guardian to take you and help you sign up?



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NATURE JOURNAL

Find an old notepad and some pens and start a nature journal. When you are going for walks, or playing at the park, if you see a bird, bug, or flower you haven't seen before then try and draw it and see if you can find out what it is called.



BUG AND BREAKFAST

Why not make a bug hotel in your garden or in the park? Collect small logs, large sticks and stone and pile them up in a damp, shady area of your garden. Wait a few weeks and see if any creepy crawlies have moved in. Why not log them in your nature journal.

FUN FACT

There are 27,000 types of insect in the UK so you should be able to find lots.



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TOP TIP

Think of a name for your game and write down the rules so you don't forget and can play it again and again.

USE YOUR IMAGINATION

With your friends, invent a completely new game from scratch. Lidl Mudders are always looking for new challenges.



GET YOUR RUNNING SHOES ON

Run or walk for 1 mile over the course of a week. You could even change the route you take each day to spice things up a little. Remember to keep a record of all the different places you find along the way too.



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SPLISH, SPLASH, SPLOSH

There's not always a lot of mud in the summer. So set up a paddling pool, fire a water pistol or even just water the plants. You could even make your own water pistol by asking a parent or guardian to make a hole in the lid of a bottle and filling it with water and squeezing it. Make sure you ask a parent or guardian for permission before getting wet.

TOP TIP

If you make your own water pistol out of a bottle don't forget to recycle it. Lidl Mudders love to recycle.

ANIMAL RACES

With your friends take it in turn to have races. Each person picks a different animal to imitate; so whether you bear crawl, gallop like a horse or waddle like a duck, see who is fastest.



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BE A LIDL MUDDER

find out more and sign up on the
[Tough Mudder website](#)



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NSPCC



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.

At the moment, our Childline counsellors can't respond to all the children who need our help.

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

Photo by: Tom Hull

Registered Charity Numbers England and Wales (216401),
Scotland (SC037717) and Jersey (384)



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Congratulations!

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You've completed the
Lidl Mudder Challenges

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