

# Posts for 7 Day Challenge Quarantine Edition – MOVE

## Day 1.

Join us in a 7-day challenge – stay active during quarantine! Challenge yourself and your whole family to share creative ideas on how to activate your family while in quarantine. Every day, starting tomorrow, we'll post a new challenge connected to how to get moving during quarantine. We'd like you to share your ideas using the hashtag #7DayMoveChallenge. Let's inspire people in the same situation all over the world!

## Day 2.

Challenge #1: Hunt the thimble. In Sweden we hunt a key and it's probably different items in every culture, but the general idea is the same: one person hides a small item and the others look for it. When a 'searcher' gets nearer the object, the 'hider' will announce that the 'temperature' is getting hotter. Share your best hiding places!

#7DayMoveChallenge

[Use this image:]

<https://imagebank.sweden.se/chores+can+be+fun///6887>

## Day 3.

Challenge #2: Make an obstacle course. Use chairs, rugs, pillows, brooms or whatever you can find to create an obstacle course in your own home. Try to incorporate jumping, crawling, balancing and maybe even a roll.

#7DayMoveChallenge

<https://www.kidspot.com.au/parenting/real-life/humour/mum-sets-up-epic-obstacle-course-for-her-kids-in-quarantine-and-we-want-one/news-story/7461699c0df2744f9abfb767c3b5fb55>

## Day 4.

Challenge #3: Learn a new dance. Head to YouTube and find a tutorial for your favourite dance video and practise to perfection. Perhaps learn the dance from this year's Swedish Eurovision winners The Mamas?

#7DayMoveChallenge

<https://www.facebook.com/sharer/sharer.php?u=https%3A%2F%2Fwww.svtplay.se%2Fvideo%2F25695192%2Fbolibompa-drakens-dansskola%2Fdrakens-dansskola-sasong-2-the-mamas-move>

## Day 5.

Challenge #4: Party time! Put on your best clothes, put on your favourite tunes and have a family dance party. Maybe show off that dance you learned yesterday?

#7DayMoveChallenge

[Use this image:]

<https://imagebank.sweden.se/playtime///4555>

## Day 6

Challenge #5: Don't touch the floor. The floor in your home has turned into lava! Put some items on the floor that can act as islands and move around without falling 'in'. Click the link below to find out how Pippi does it!

#7DayMoveChallenge

<https://www.astridlindgren.com/en/characters/pippi-longstocking/games-and-activities>

## Day 7

Challenge #6: Family gym time. Follow a gym video with exercises that fit the whole family. For example, Swedish non-profit sports association Frisisk & Svettis have short clips with exercises for kids.

#7DayMoveChallenge

[https://youtu.be/RK\\_4Iu6C1D4](https://youtu.be/RK_4Iu6C1D4)

## Day 8

#7 Hunting for points.

Create a list with things you can find in your home and give them points (bottle cap: 1 point; an item that starts with Q: 10 points; something purple: 3 points etc.). Then give your family 5 minutes to collect as many points as possible.

#7DayMoveChallenge

<https://www.astridlindgren.com/en/characters/pippi-longstocking/pippi-is-a-thing-finderer>

## Day 9

Thanks to everyone who participated in our #7DayMoveChallenge! We hope you've had fun and have been inspired. If you missed this challenge, we're sharing some of our favorite submissions here.

[repost some of the posts submitted during the challenge]