

# You have reached Tokyo!

The 2020 Tokyo Games were held in 2021 because of the Coronavirus pandemic.



Which country is Tokyo in?

What is the name of its famous mountain?

Your Tokyo challenge is...

## Colourful connections

### Think it!

In spring, Japanese people visit parks to see the beautiful cherry tree blossom. This is Sakura season. Trees have different leaves, flowers and fruit. Do you know which trees have what?

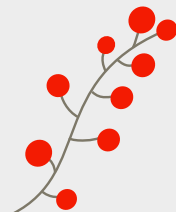
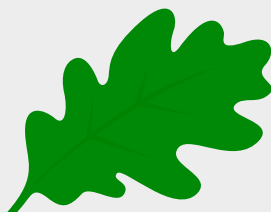
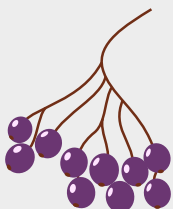
Match the fruit to the correct tree leaf.



Oak

Holly

Elder



## Extra active

Hide names or pictures of the leaves around the house. Choose one berry. Hunt for the matching leaf. Or visit a wood or park to find real trees!



## Play it!

Being active outdoors is good for our wellbeing  
– how we feel. So is connecting to nature.

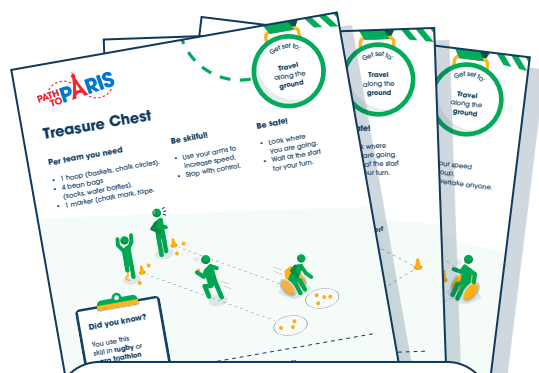
Discover  
the colours  
of nature

**Take part in a Colour Hunt with your family to enjoy being active outdoors.**

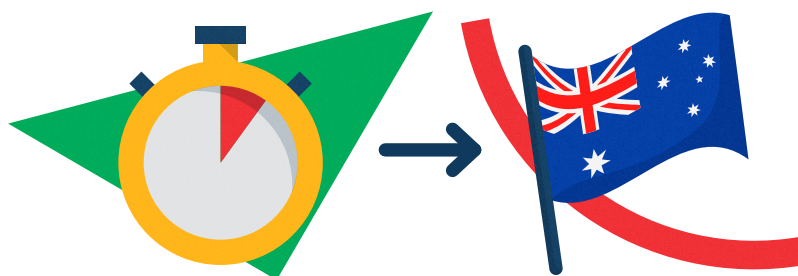
- Find somewhere safe to play, e.g., park, woodland, quiet street, school grounds.
- Set up a base that everyone starts from and returns to.
- From the colour list or paint chart, give each player a colour.
- Can they find something in the area that matches that colour?
- Try to find natural objects. Do not remove or disturb them.
- Return to base, share your answer then get another colour.

### Equipment:

a list of colours or a paint chart (free from DIY stores). Use the markers to make a goal at one end of a table (or floor).



**To practise your agility, try some Skills Builder Get Set to... travel activities.**



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