

Outcomes:

- **Boosting Mental Well-being:** The physical activity and exposure to the outdoors can boost mood, reduce stress, and promote a general sense of well-being.
- **Building Resilience:** Getting up from tumbles and adapting to changing snow surfaces and terrain helps build resilience and adaptability.
- **Enhancing Motor Skills:** Participants can improve their balance, coordination, and spatial awareness while

Tallington Lakes- Tobogganing



EM, LH, KG and EC were our superstars of Anglia Way that got enough points to be on the trip

We firstly went to McDonalds and enjoyed a hot drink

Then we travelled to Tallington Lakes, during this journey we drove through Market Deeping which is a beautiful market town

We then arrived and everyone had lots of fun on the slope, tobogganing and tubes

Quotes:

Lets all go down together!

EM

I love it!!! Even in the rain

KG

Did you see me spinning

EC

