

**Pack required (details of the packs available are below)**

<b>Older People (65+)</b>	<b>Families</b>	<b>Young people</b>
Theraband Exercise band 12 piece colouring pencil and sharpener set Rural Arts North Yorkshire Art activity pack Mindful drawing booklet Later Life Training Seated Exercise Booklet North Yorkshire Sport Exercise band ideas 'Get Active' business card with North Yorkshire Sport contact details for further support/ideas Online resource ideas.	Pavement chalk Skipping rope Stress Ball 4 disc markers Bubbles 4 balloons 1 throwing bean bag Physical Activity ideas sheet Rural Arts North Yorkshire Art activity pack Mindful drawing booklet Simple 'how to draw' guides 'Get Active' business card with North Yorkshire Sport contact details for further support/ideas Online resource ideas	Skipping Rope 2 Tennis balls Playing card/dice set 12 piece colouring pencil and sharpener set Boxing circuit Physical Activity ideas sheet Rural Arts North Yorkshire Art activity pack Mindful drawing booklet 'Get Active' business card with North Yorkshire Sport contact details for further support/ideas Online resource ideas