

Run, Read, Quest, Rest

**STOKE
READS**



**Story
Quest**



☐ 1. Read a book upside down



☐ 2.

Complete 50 star jumps



☐ 3. Write an alternative ending to your favourite story



☐ 4.

Hop on one leg instead of walking



☐ 5.

Read something out loud in a pirate's voice



☐ 6.

Practice a forward roll



☐ 7. Build a reading den



☐ 8. Invent a funny dance move



☐ 9. Read to a friend or relative over the phone



☐ 10.

Stretch every single muscle you can think of



☐ 11.

Invent a funny character who could visit Stoke-on-Trent



☐ 12.

Sing and dance to *Head, Shoulders, Knees and Toes*



☐ 13.

Swap listening to music for an audiobook



☐ 14.

Join your family for a long walk around Stoke-on-Trent



☐ 15.

Swap books with a friend or family member and read theirs



☐ 16.

Jog on the spot for two minutes



☐ 17.

Read out loud to your pets or cuddly toys



☐ 18.

Practice cartwheeling



☐ 19.

Wrap up warm and read a book outside



☐ 20.

Count how many high knees you can do in one minute



Send proof of you completing all 20 tasks to *Stoke Reads* on Facebook and you'll be in with the chance of winning an exciting prize!