Sustrans Outside In provides fun ideas and inspiration for parents to bring education, health and wellbeing activities into their home.

Parents can access resources by registering for our free parent newsletter. Over four weeks, they’ll receive weekly videos, themed activities, games and challenges designed by our experienced school officers.

Please see the links to the registration page and we encourage parents to sign up.

[www.sustrans.org.uk/outsidein](http://www.sustrans.org.uk/outsidein)

[www.sustrans.org.uk/campaigns/outside-in/sustrans-outside-in-information/](http://www.sustrans.org.uk/campaigns/outside-in/sustrans-outside-in-information/)

To find out more and to see a sample of the resources visit [www.sustrans.org.uk/campaigns/outside-in/sustrans-outside-in-information/](http://www.sustrans.org.uk/campaigns/outside-in/sustrans-outside-in-information/)

If you have any questions, get in touch at education@sustrans.org.uk