

Dear parents and carers,

This week, your child joined The Summer Challenge 2026: a countdown to the summer holidays with Get Set for Positive Energy, a programme from British Gas, Team GB and ParalympicsGB. Across five days, pupils took part in a series of challenges led by Team GB and ParalympicsGB athletes. They learnt simple ways to save energy this summer by getting outdoors, staying active and making planet-friendly choices.

Bring The Summer Challenge home

Help your child swap screen time for these energy-saving outdoor challenges:

Nature Scavenger Hunt

Collect natural items like leaves, sticks and stones. Use these items to create characters and tell a story about saving energy – perhaps you'll create a leaf family who are working on switching off lights.

Garden Olympics / Paralympics

Create your own mini summer Olympic or Paralympic events in the garden or park – long jump, sprint races, or throwing competitions.

The Distance Challenge

Track how far you walk, cycle or wheel over summer. Can your family make it to an Olympic or Paralympic city? Map your progress!

Read outside

Grab a blanket, some pillows and a few snacks and head outdoors to enjoy a story.

Choosing outdoor time over screen time boosts physical activity and creativity, while reducing energy waste at home. Simply turning electronics off instead of leaving them on standby can save up to **£55 a year**.

Thank you for supporting your child's learning.

Best wishes,
The Get Set for Positive Energy Team

The Things Family love getting outdoors in the summer. Join them by taking part in The Summer Challenge and see how much energy you could save.



Summer Challenge Tracker



This summer, set off on an energy-saving adventure with The Things Family. Each time you complete one of the summer challenges at home, colour in one of the pictures on the map below:



Flower: for scavenger hunt outdoors



Stadium: for Garden Olympics or Paralympics



Bike: for a walk, cycle or wheel



Book: for reading outdoors



Basket: for a picnic



Star: for any challenge you invent yourself!

Keep going until you reach the Olympic and Paralympic Podium at the end.
The aim is to get outside and join The Things Family by saving energy this summer.

