SpiFi

Advent calendar

24 doors, 24 movement breaks. Which door will you find first?



How many movement breaks can you do together? Tick each day your group joins in.

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐
7 ☐	8 ☐	9 ☐	10 ☐	11 ☐	12 ☐
13 ☐	14 ☐	15 ☐	16 ☐	17 ☐	18 ☐
19 ☐	20 ☐	21 ☐	22 ☐	23 ☐	24 ☐

Scan, open a door and join in!

www.spifi.fit/en/exercises/advent/2026/