

THE **Big** ACTIVE

Barnardos



Feel good. Do good.

The Barnardos Big Active is a challenge that's good for your body, mind and heart. Get active, feel good and do good by collecting sponsorship and help Ireland's most vulnerable children. Find out more on [Barnardos.ie/bigactive](https://www.barnardos.ie/bigactive) or talk to your teacher about taking part.

