

Let's Keep Moving

Time to get up and moving!

Embrace these old favourites with your family.

Adults you will probably be familiar with these games from your childhood, they are something that generations can enjoy together.



MOVE TO THE MUSIC

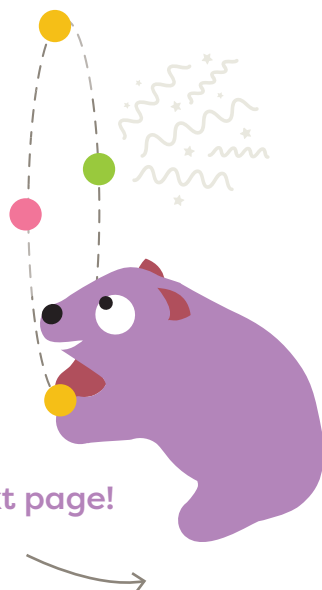
Ring a Ring O' Roses
Conga Line - follow the leader
Head, shoulders, knees and toes
Open Shut Them
Musical chairs

FUN AND GAMES

Balloon Tennis: Use paper plates as bats and balloons as balls - turn your living room into a tennis court

Plastic Bottle Bowling: Use a tennis ball and empty plastic bottles to make a bowling lane in the hallway

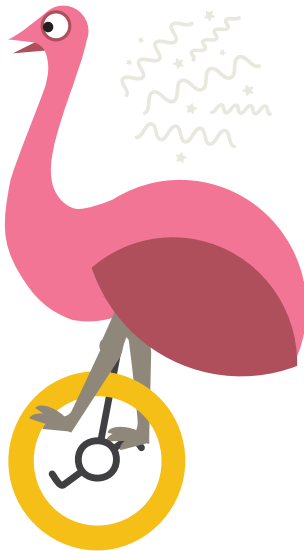
Can you juggle? Adults it is time to teach your children how to juggle. Use soft balls or any rounded soft, unbreakable items - tiny teddy bears or any other small soft toys.



Let's Keep Moving



Why not try this...



Hide and Seek: Indoors or outdoors - count to ten, let's go!

Bean Bag Toss: Make targets along the floor to throw the beanbags at

Indoor Treasure Hunt: Adults hide things Hide things around the house for children to find - swap over and let the children do the hiding!

Paper Aeroplanes: Use different pieces of scrap paper to make paper aeroplanes. Once they are ready, send them flying

Sumo Wrestling: Put children in adult t-shirts and stuff a pillow underneath, now they are ready for a sumo wrestle!

Puppet Show: Use paper bags or old sock to put on a puppet show at home

Story Book Charades: Pick a few favourite story books and have children act out the story