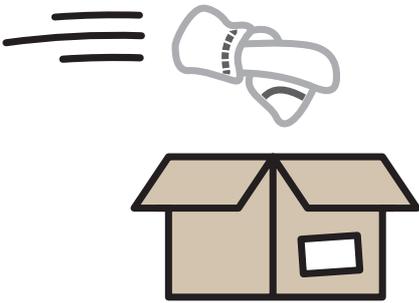


Stay Home, Stay Active Pack

Parent Activity Pack

Sock Toss



The idea of this activity is to see how many pairs of socks you and your child can throw into a basket.

Start by setting a distance for you to stand away from a bin. This activity can be completed in your garden, or any room inside your house.

To challenge yourself, you can try to get your socks into a smaller target, or you can move further away from your target.

You can use the following items for a target:

- Empty cardboard box
- Basket or container

Just because this game is called sock toss, doesn't mean you cannot use other items to throw.

You can use the following:

- Gloves
- Scrunched up paper or tin foil

Balloon Tennis



The idea of this activity is to play tennis against a family member. (if you are on your own, you could use a wall).

You can set out a line to divide the area you are using into two sections.

Pat the balloon back and forth to try and score points in the opposition's half. The first player to score 10 points wins.

You can play this in your back garden or in a large room inside the house.

You can do this activity differently by working together as a team to try and keep the balloon up for as long as possible. Count the passes you make and see if you can beat your highest score!

To challenge yourself, you are only able to touch the balloon once.

Your family member must touch the balloon before you are able to touch it again.

Stay Home, Stay Active Pack

Parent Activity Pack

Indoor Bowls



The idea of this activity is to see how many 'pins' you can knock down.

Just like the original game of bowling, set out the items you are using into a triangular shape.

Place one pin at the front, two on the next line, three on the line after and finally four on the back line.

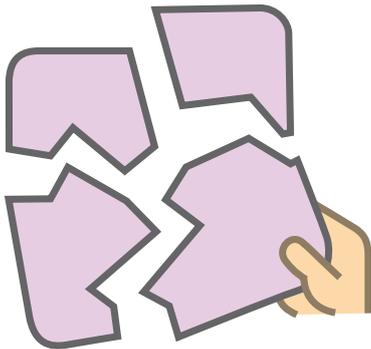
For the pins you can use the following equipment

- Plastic bottles or cups
- Children's action figures

For the ball you can use the following equipment

- Rolled up socks
- Tennis ball
- Elastic band ball (you can create this yourself)

Picture Puzzles



The idea of this activity is to build a picture from a cut up image you have. You could even use a cereal box.

Choose your image and cut up into different shapes and place in a designated area. Mix up the shapes and time your children to see how long it takes them to put the image back together.

You can challenge your children by hiding the items in different parts of the garden/ house.

Children need to retrieve all of the items before they can begin to fit the pieces together.

Children can only build the full image if they successfully find all of the shapes.