

Activities to do at Home

Newspaper Scrunch

Get some old newspaper and crunch ½ sheets up to make each ball

Pass the paper ball around waist passing the ball into the other hand behind your back and again at the front.

Using boxes, plastic bowls etc. set up targets to throw the balls into.

As your child gets better move them further away or make the containers smaller.

Balloon Keepy – uppy

Blow up a balloon and tie it

Keep the balloon up in the air by tapping it with hands. Encourage children to use both hands. Count the number completed and aim to beat your score.

Use other body parts such as head, knees, feet, elbows etc.

Cup Catch

Scrunch up some kitchen foil or paper to make a golf ball sized ball.

Place the ball inside a plastic cup or beaker

Throw the ball up out of the cup and see if you can catch in the cup again

Animal Magic

Can your child move like animals? Ask them to:

Hop like a rabbit, Creep like a spider, Stretch like a cat, Fly like a bird

What other animals can you think of?

Treasure/Scavenger Hunt in the Garden and Park (or House if it's not possible to go out!)

Create a list of articles you can find in the park or garden.

If you can put pictures with the list that is even better.

Challenge your child to find objects on the list.

For younger children, do the hunt together.



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