



20 fun ideas to keep
kids active!





stuck at home with bored kids?

These activities have been designed with FUN in mind. Using everyday household objects, these activities are sure to get your little one moving and burn off some energy!

All activities have been developed by Early Years Specialists and focus on the ABC's (Agility, Balance and Coordination) - the building blocks for a child's physical development.

Not only will your mini monster have great fun playing these with you, they will also be developing their gross and fine motor skills, crucial for activities such as drawing and writing.

*Developing skills that will
last a lifetime*



we've got something for everyone



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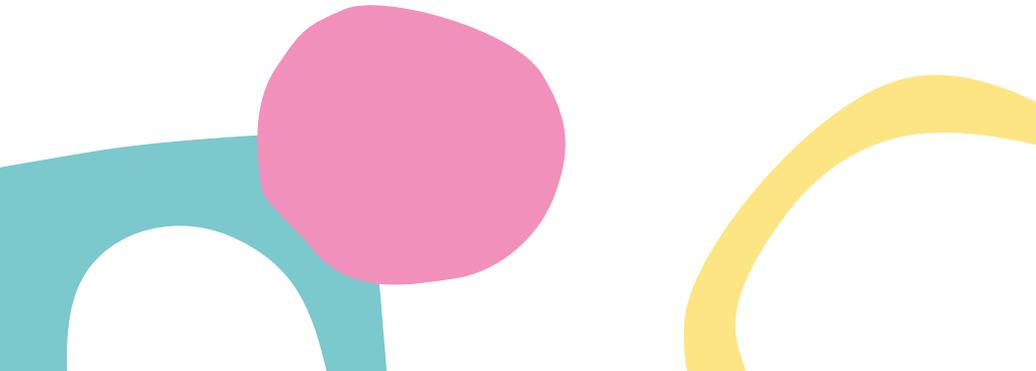
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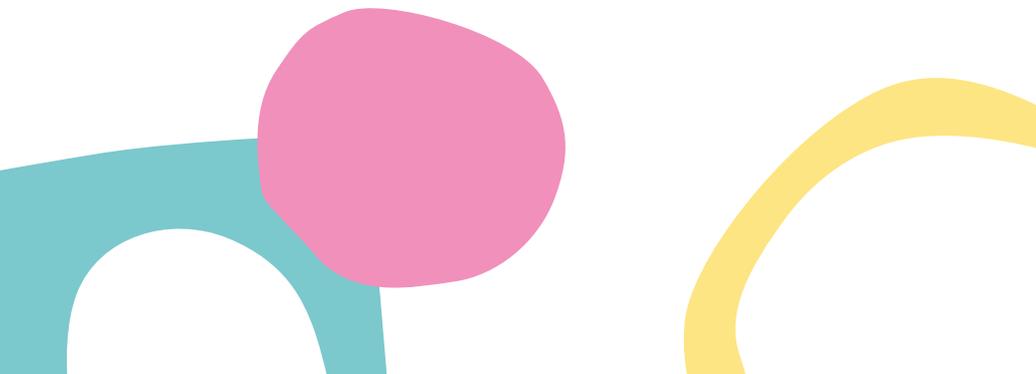
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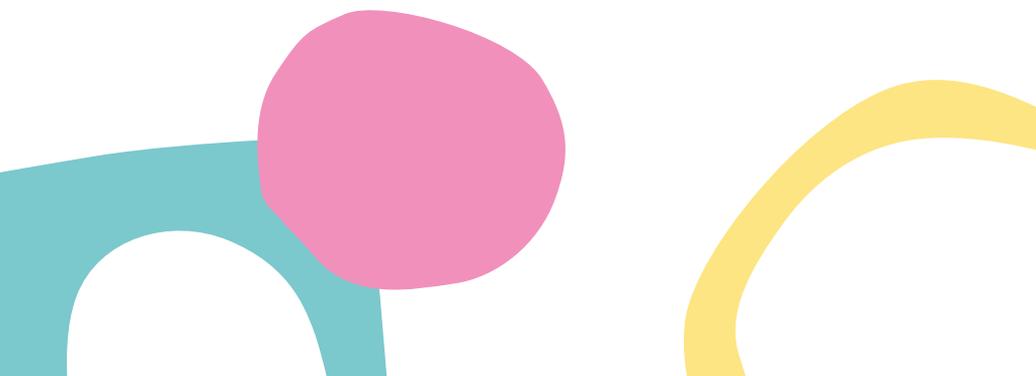
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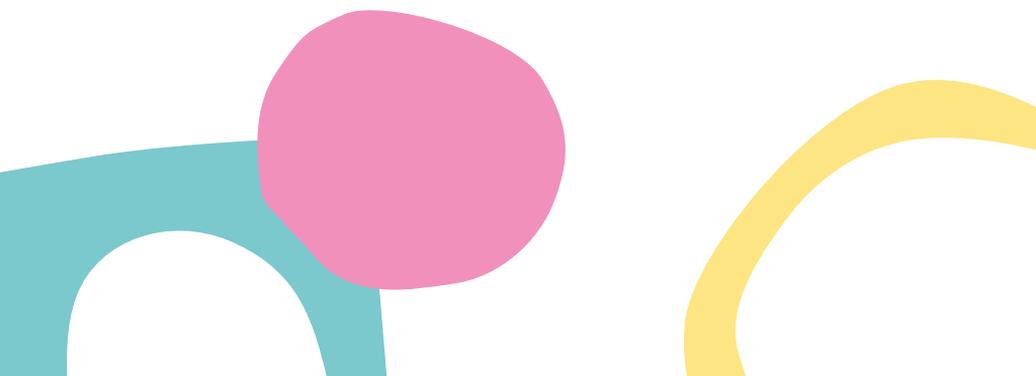
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ASTRONAUTS



Equipment

- Kitchen colander
- Pipe cleaners

Making your very own space helmet. Great for developing fine motor skills - important for writing and small movements using the hands.



All you need is a colander and some pipe cleaners. Carefully thread the pipe cleaners through each hole to make a multi-coloured space helmet. Put the space helmet on and go explore the different planets (different places of the house and garden).



WITCHES & WIZARDS

Equipment

- 4-5 Jugs or containers to hold water
- Food colouring
- Ladle
- Whisk



This activity is great at developing both fine and gross motor skills. It's all about how you hold the ladle and whisk, **building up muscle memory** between the fingers and thumb which is really important when trying to write.

Set up by having four or five containers spread over the table/surface you will be using (best done outdoors). Fill them with water and add different food colouring to each one.

Place an empty container in the middle which will act as the cauldron. Using a ladle or spoon, it's time to create your very own potion. Use a whisk to mix them together and say a spell.

SIMON SAYS

Great for developing gross motor skills. It involves lots of large movements recruiting many of the bigger muscles. This is great for developing the important ABC's (agility balance and coordination) the building blocks for all gross motor movements. This is a classic that teaches toddlers (and adults ;-) how to follow instructions. This can be played with the family or just with one child.

The rules are easy: You are Simon and what you say goes!

Call out commands—"Simon says touch your toes!"—and your child has to follow them. .



It's key they listen for the words "Simon says"- if you call out a command like "Jump up!" without prefacing with Simon says, your child is out.

Be sure to throw in some funny commands too—"do a silly dance, wiggle your ears, hop like a frog!" This game is also great for teaching toddlers the names for their body parts.

POTATO PAINTING

Equipment

- Potatoes
- Paper
- Different coloured paints



Another great fine motor skill to do at home. Carve different shapes, letters and symbols into each potato. Get some different coloured paints out and start creating patterns and shapes onto the paper.



TREASURE HUNT

Is there anything more fun than a treasure hunt?

Send your toddler hunting for objects around the house based on different commands, such as “find me something round” or “find me something red.”



Alternatively, if you're feeling more creative why not create a treasure map with a list of items they have to find. They can tick them off as they go.



OBSTACLE COURSE

Equipment

- Cushions
- Chairs
- Anything that a toddler can go over and under

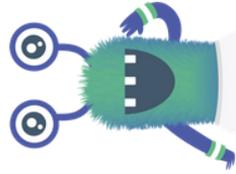


Great for **developing gross motor skills** using a combination of different movements to dodge around obstacles, move over and under obstacles and roll.

Using the indoor space (or outdoor space if the weathers nice) create a small course with objects that you find in your house. Encourage your toddler to perform movements such as rolling, jumping and running around, over or under objects or markers.



SOCK BALLS



Equipment

- Socks rolled up
- Basket/bucket to act as a target.

A simple way to learn to throw without breaking anything in the house. Roll the socks into different size balls.

This is great game to develop hand eye coordination.

Have a target for the socks to land in and set an area to throw from. Turn it into a game with points and rewards for successful throws.



TRIP TO THE ZOO

Equipment

- Music player



Ask your little one to come up with the names of different animals that you would find at the zoo. Can they become them? For example, a giraffe - the child would stand on their tiptoes with arms above their head making themselves nice and tall. A cheetah would move around the room quickly and a tortoise slowly. A bear would crawl on all hands and legs.

Can you now add music to change the speed of the animals. This develops strength, coordination and balance.

CATCHING FEATHERS

Equipment

- ` Feathers or bubbles or balloons

A nice simple game, throw the feathers into the air and ask your little one to try and catch them. Don't have any feathers? Use bubbles or balloons which float in the air.

Great for developing agility and hand eye coordination.



EXPLODING BOMB

Equipment

- Balloons

Inflate the balloon. The balloon is no longer a balloon! It's an exploding bomb which will only detonate if it hits the floor.

Can your little one keep it up in the air with their hands? Can they use different body parts to keep it in the air? To make it more difficult add a second bomb.

The quick movements to move to where the balloon is falling **develops agility along with different types of coordination** when you child uses different body parts to keep it up in the air.



CROCODILES



Equipment

- Tea towels/ bath towels
- Pillows

Create an area which can be called the river. Place the towels into the area to create stepping stones. Your little one has to get from one river bank to the other without touching the water and being eaten up by the crocodiles (grown ups).



Great for developing strength, balance, agility and coordination.

TOILET ROLL BOWLING

Equipment

- Toilet rolls
- Something to knock them over: Ball, rolled up socks or whatever you can find.



Set the toilet rolls up either on top of each other or behind each other in an arrow shape. Using a ball or whatever you find in the house - roll, kick or throw at the toilet rolls and see how many you can knock over.



FLOOR IS LAVA

Equipment

- Lots of different objects that can be stood on and moved on.

Another classic. Spread out all of the obstacles around the space. Explain to your little one that the floor is lava and that they can't touch the ground.

Start off the ground and ask your little one to try and get from one side of the room to the other without touching the floor.

Make it easier or harder by moving the objects further away. Once they have completed the task a number of times add some small objects that your little one has to collect.



COWBOYS & INDIANS

Equipment

- You will need something soft that can be thrown at each other (sock balls are a great one).



Create an area that has two safe zones and a centre.

Ask your child to start at one side of the area, they are the cowboys/cowgirls. Shout "cowboys/cowgirls ready?". Your child needs to shout "yeeha" and pretend to twirl their lasso rope above their head. Then shout "go" and they have to run from one safe zone to another without being hit by the soft ball/pillow etc.

Once they are hit they then have to skip. If they get hit again they have to bear crawl (hands and feet) and when they are hit a third time they are finally out.

BALLOON TENNIS



Equipment

- Balloons
- Ironing board

Blow up the balloon and have the ironing board ready.



Practice keeping the balloon in the air, keeping the hand flat or as straight as possible. How many times can they keep it in the air?

Bring in the ironing board and use it as a net. Hit it back and forth over the ironing board. How many can you do before the ball hits the net or floor?

MISSION IMPOSSIBLE



Equipment

- Sticky tape (masking tape works well)

Stick the tape across a floored area. Create different shapes and pathways for your little one to navigate.

Ask your child to navigate through the maze trying not to touch the lasers (tape).



Once they've mastered this why not turn it into a balancing exercise? Can they balance and walk across the taped area?

EGG & SPOON RACE

Equipment

- Egg/ball/socks
- Spoon
- Obstacles



Have a starting line and finishing line with obstacles in between.



Using something that can be the egg, and a spoon of any sort, create a course and ask your little one to navigate from the starting line to the finishing line without dropping the egg. If it falls off, start again.

PARACHUTE GAMES

Equipment

- Bed sheet
- Balloons
- Sock balls

You will need a few members of the family for this one. Hold the sheet tight and move it and shake it up and down in the air.



Whilst it's in the air, ask your little one to run underneath. Can they get under and back before the parachute falls on top of them? Add some sock balls, or balloons to the top of the parachute and see how high you can get them. **This is great for developing your child's agility.**



FLOOR HOCKEY

Equipment

- Small soft ball (sock balls also work well)
- Tape

Using tape, or household objects, mark out a goal area.

Using only your hands try and get the ball into the goal. Take it in turns being the goal scorer and the keeper



INDOOR FOOTBALL

Equipment

- Balloon or small soft ball (sock balls work well)
- Tape



Who doesn't love a bit of indoor football? Mark out a goal using the tape. Start by kicking the ball stood still, progressing to taking as run up. This is great for building a child's coordination and control of objects using their feet.

