

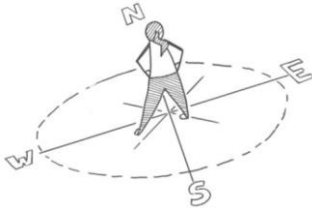
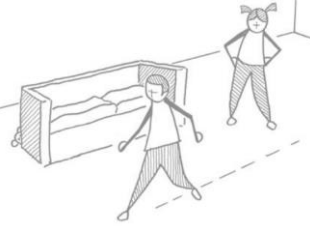




Cycle Your Bike/Scooter 10 minutes	Go for a Walk/Walk the Dog 15 minutes	Dance to two of your favourite Just Dance songs on Youtube	Run 5 minutes
Colour Hunt 	1Km Walk 	Compass Directions 	Hide The Teddy 
Active Housework/ Active Work Outside 10 minutes	Play Simon Says with your Family	Go to the Playground	10 Sit Ups -rest- 10 more if you can
Other:			

Games Instructions

Colour Hunt

Equipment Needed

A sandwich bag.

How to play

Choose two of your favourite colours.

Walking around your home, garden or neighbourhood, find small objects of your chosen colours and place them into your bag. Ensure you respect the local environment.



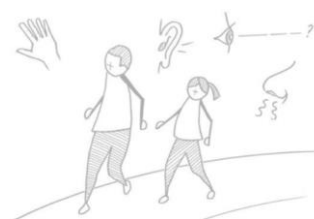
1Km Walk

Equipment Needed

No equipment needed.

How to play

Go for a one kilometre walk with someone from your home. Talk about what you see, hear, smell and touch along the way.



Compass Directions

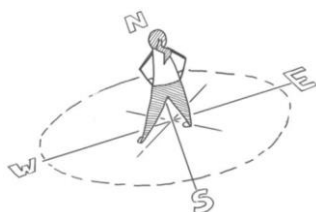
Equipment Needed

A page and a marker.

How to play

Write a big letter N on the page. Stick the page on a wall in a room in your home. This is the North wall. Practise spinning around like a compass and pointing out where the other walls of West, East and South are. Someone at home gives directions to guide you, for example-

- Face north
- Skip five steps east
- Take five jumps west
- Take five hops south.



Hide The Teddy

Equipment Needed

Your favourite teddy or small toy.

How to play

Hide your favourite teddy or small toy somewhere in your home. Give directions to someone at home to help them to find it. You may only use the following instructions

- Steps left
- Steps right
- Straight ahead
- Backwards.

Swap roles



Swap roles.



