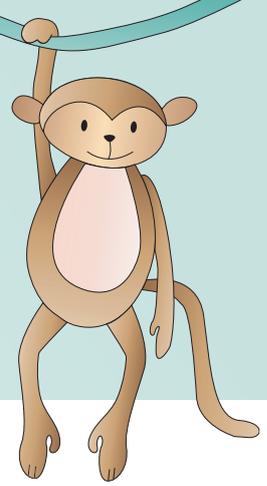


Week 1

Weekly Activity Ideas for You and Your Children



Outdoor Activities

TREASURE HUNT – if you have a backyard with a garden or a park nearby, write a checklist for your child/children of things to find in the backyard, e.g. – a yellow leaf, a stick longer than your hand, a smooth rock etc. If you struggle to come up with things to find, you could hide pegs from the clothes line or something else from the house for the child/children to find.

BUCKET HOOPS – Put a bucket/empty box/bin/pot in the middle of the yard. If you don't have a small ball, scrunch up alfoil or get a small stone and shoot into the bucket for a goal! Whoever gets 10 goals first is the winner! Add challenges like shooting with eyes closed or behind your back.



Indoor Activities

ONE WORD STORYTELLING – The goal of this activity is to make up a story with each person only using one word.

E.g. : Person 1: "Today"	➔	Person 2: "we"
Person 1: "went"	➔	Person 2: "to"
Person 1: "the zoo"	➔	Person 2: "and"
Person 1: "a gorilla"	➔	Person 2: "took"
Person 1: "mum's"	➔	Person 2: "sandwich"

Your story would then be "Today we went to the zoo and a gorilla took mum's sandwich." The story becomes even more fun the longer you make it! Allow it to be as silly and creative as you want! This can be played with more than 2 players.

DANCE PARTY! – Make some space in a room so nothing can be broken, and as the parent, let out your silliest dance moves. This will give your child/children permission to do the same and just dance to your favourite music for 10 or so minutes. Copy their dance moves and ask them to try and do your moves! Have fun!

Movies for the family

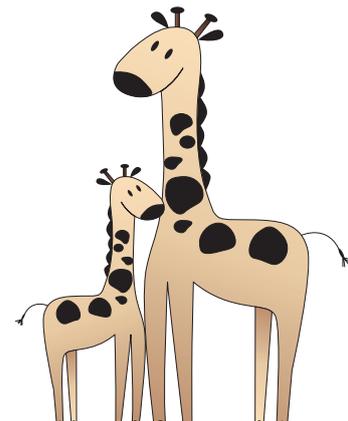
Cheaper by the dozen

Smurfs

Despicable Me

Remember the three C's:

Keep Calm, Be Creative and Parent with Care... and Fun!



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