

# Mytime Active Family Fun Pack



Have fun at home, tried and tested  
ideas to keep the family entertained

**Looking for ways to keep the whole family entertained at home? Our childcare team have put together some of their favourite games to help your family bond, while keeping the kids healthy and active.**

Turn off the TV and have fun with our easy and creative games which use things you already have at home!

If you try any of these activities, please send us your pictures at [www.facebook.com/mytimeactiveuk](https://www.facebook.com/mytimeactiveuk) or [childcareteam@mytimeactive.co.uk](mailto:childcareteam@mytimeactive.co.uk).

Enjoy!

The Mytime Active Childcare Team

## Active fun at home

Keeping everyone active and moving whilst at home is important to keep up morale, stay positive, enjoy family time, reduce screen time, and stay happy and healthy too!

Here are some of our favourite fun games that can be played with two or more people.

### Animal Stretches

**Development:** Individual development, balance, coordination and confidence

**Instructions:** Children spread out in their own space, these are animal themed stretches.

Go through the following stretches with the children:

- *Elephant Trunk* – Shoulders; bring arm across the body and hold as if it were a trunk, then reach down to toes as if drinking water.
- *Bats* – Flap arms.
- *Flamingo Stand* – Quads; stretch whilst balancing or holding leaning onto the wall.
- *Giraffe* – Calf stretch; Try to be as tall as you can like a giraffe.
- *Sleeping Cheetah* – On the floor, wake and arch back.
- *Turtle* – Crouch into a small ball as if you were a turtle hiding in its shell.
- *Gorilla Scratch* – Triceps stretch; one hand behind back.

# Mytime Active Family Fun Pack

## Bean Game

**Development:** Listening skills, coordination, spatial awareness and individual development.

**Instructions:** Begin with the children in a space, positioned where they can see you. The children perform a different action for each bean name you call out.

**Runner Bean** – Children run.

**Jumping Bean** – Jump up and down.

**Chilli Bean** – Children pretend to be cold and shiver.

**Baked Bean** – Pretend to be boiling hot.

**Kidney Bean** – Point to your kidneys.

**Beans on Toast** – Lay down on the floor.

**String Bean** – Stretch up tall like a piece of string.

**Dwarf Bean** – Bend down and curl up into a ball.

**Broad Bean** – Stretch out wide.

**Jelly Bean** – Shake body like wobbly jelly.

**French Bean** – Children all say “Ooh la la.”

**Dancing Bean** – Perform a simple dance move.

**Progression:** Ask them what other beans they would like to be – they can be made up.

# Mytime Active Family Fun Pack

## In/Out

- Development:** Co-ordination, balance, reactions, listening skills and individual development
- Instructions:** Make a line on the floor with your children standing behind it to start. Stand in front of them and call in fast repetition either “In” or “Out”. On the call “In” the children must jump in front of the line and on the call “Out” they must jump behind it. Whoever who jumps the wrong way, at the wrong time, or wobbles too much has to perform a forfeit. This could be to run to a predetermined position and back or to perform five jumps etc. When they’ve completed the forfeit they can re-join.

## Move Like A...

- Development:** Co-ordination, expression and imagination, balance, listening skills, spatial awareness, individual development and body confidence
- Instructions:** Begin with the children spread out in a space, stand in front of them and ask them to move like different animals (e.g. “Move like a Mouse”). The children then move around the activity area mimicking that animal.
- The children will most likely get on all fours in an effort to imitate the animals you call out, ask them if they can show you what the animal looks like but whilst standing up. You should then be able to get the children to perform a vaster range of differing types of movement.

- *Tip-toeing, Creeping* – Mouse, Spider
- *Galloping* – Horse
- *Winding/bending run* – Snake
- *Stomping* – Elephant, Dinosaur
- *Side-stepping* – Crab
- *Skipping* – Monkey
- *Jumping* – Rabbit, Kangaroo, Frog
- *Flapping arms* – Bird, Bat, Butterfly, Bumble Bee
- *Swimming* – Shark, Dolphin

## Mytime Active Family Fun Pack

### Shipwreck

**Development:** Expression and drama, individual development, coordination, memory and observation and listening skills

**Instructions:** The children need to find a personal space to stand in the activity area while the following actions are called at random. The children perform the first set of actions whilst 'on the spot':

'Hit the decks' (lie down flat).

'Climb the rigging' (jogging on the spot whilst pretending to climb a rope ladder).

'Scrub the decks' (crouching down and pretending to wipe the floor with a sponge).

'Captain on deck' (stand up straight and salute, 'Aye, Aye, Captain').

The next set of actions requires the children to move around:

'Wave on starboard' (everyone runs to right side of the area).

'Wave off portside' (everyone runs left side of the area).

'To the bow' (everyone runs to the front of the rectangle keeping starboard on their right and port on their left).

'To the stern' (everyone runs to the back of the rectangle).

### Simon Says

**Development:** Expression and drama, individual development and listening skills

**Instructions:** Have the children spread out in the room. An adult should be 'Simon' first and stands some distance away from the children, giving them commands, such as, 'Put your hands on your head,' or 'Run on the spot'. However, the children should follow the commands only when those commands are preceded by the words 'Simon says'. If a child responds to a command that was not preceded by 'Simon says', or responds too slowly to a 'Simon says' command, then the child must perform a forfeit or be eliminated.

# Mytime Active Family Fun Pack

## Dance Mat

- Development:** Individual development, balance, confidence, coordination, speed, reactions, spatial awareness, listening and observation
- Equipment:** Marker spots of different colours, could be pieces of paper or t-shirts
- Instructions:** Place four differently coloured markers on the floor, this could be t-shirts, teddies, whatever you have at home. These are used to form the dance mat which can also be placed in a north, south, east, west formation with one left in the middle to mark the centre. The leader calls out a colour and the children have to tap their foot next to the colour as fast as they can. When they get into the flow of it, it should look like they are dancing.
- Progressions:** The leader can call out a specific foot or hand e.g. 'Right foot yellow, left hand blue'
- Call two colours out at once.

## Colour sort sport

- Development:** Individual development, balance, confidence, coordination, speed, reactions, spatial awareness, listening and observation
- Equipment:** Place lots of objects of different colours in a pile in the middle of the room
- Instructions:** After you say 'Go' children have one minute to sort all the colours in to piles
- Progressions:** Add size order in to the equation, they have to sort by colour and also by size!

## Balloon Keepie-Uppie

- Development:** Ball skills, individual development and teamwork
- Equipment:** Blown-up balloon, ball
- Instructions:** Start by standing in a circle. The object of the game is to keep the balloon in the air.
- See how long the children can keep the balloon up for.

## Mytime Active Family Fun Pack

### Musical bumps – Suitable for under 4's

Children dance around and when the music stops they sit down as quickly as possible. The child that sits down the quickest wins a point, first to 10 points.

### Musical beetles

Children lay on the floor on their back like a beetle and wiggle their hands and legs in the air, when the music stops they need to stand up as quickly as they can. The child who stands up the quickest wins a point, first to 10 points.

### Musical mats – Suitable for under 4's

Place some cushions, cut out spots from paper or print out pictures, and place them around the room. Children dance around, when the music stops children need to find a mat on the floor and sit on it. Each round take a mat away, children who are out become judges.


### Musical Statues

Play some music and let the children dance around. When the music stops the children must become statues! No children are out, give them a point for being the best statue



## Arty fun at home

We all know that art time is a messy business! Setting challenges to tidy up can help to keep the mess at bay, try the 'Secret piece of rubbish' trick where you ask children to tidy up to find the secret piece of rubbish. Bizarrely the secret piece of rubbish is normally one of the last things to tidy up! Find some fun arty activities, see below, you can do with the children. If you need some online art supplies we recommend [www.bakerross.co.uk](http://www.bakerross.co.uk)

Activity: Bird Feeders	Activity Type: Creative
	<b>Kit needed:</b> <ul style="list-style-type: none"> <li>• Junk</li> <li>• Pens</li> <li>• Glue</li> <li>• Lolly sticks</li> <li>• Paint</li> </ul>
<p><b>Main Activity:</b> Create an exciting bird feeder for the garden.  <b>Duration:</b> 50 minutes</p> <p>This can be created with junk and a flap cut out of a box for example for bird food to be placed in and a string to attach it to a branch in the garden.</p> <p>A more intricate version can be made out of lolly sticks glued or tied together and decorated.</p> <p>Encourage you child to plan this out before they start making and include the kit they will need.</p>	
<p><b>Cool Down:</b> Learn about birds  <b>Duration:</b> 10 minutes</p> <p>Use this opportunity to teach your child about our bird and squirrel population in the UK. You can print out a list of common birds in the UK or let them know the best items to place in a bird feeder when it gets put up in the garden.</p> <p>The RSPB (royal society for the protection of Birds) suggests the below for UK Garden Birds</p>	

There are different mixes for feeders and for bird tables and ground feeding. The better mixtures contain plenty of flaked maize, sunflower seeds, and peanut granules.

Please see the bird list below.

### COMMON GARDEN BIRDS



Blackbird



Coal tit



Goldfinch



Jackdaw



Song thrush



Blue tit



Collared dove



Great tit



Long-tailed tit



Starling



Carrion crow



Dunnock



Greenfinch



Magpie



Wood pigeon



Chaffinch



Feral pigeon



House sparrow




Robin



Wren




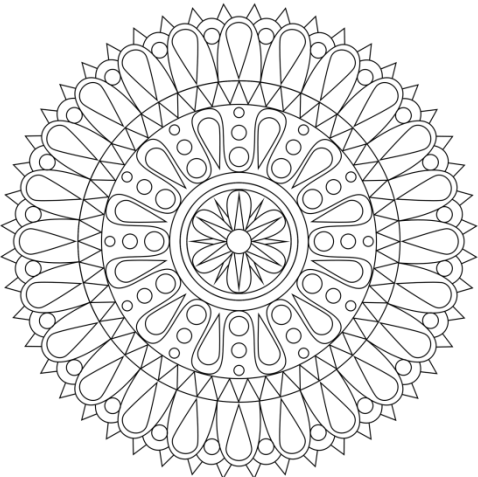
Images courtesy of RSPB

Activity: Bin Bag Costumes	Activity Type: Creative
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"> <li>• Bin bag</li> <li>• Card</li> <li>• Tape</li> <li>• Glue</li> <li>• Paper</li> <li>• Pens</li> <li>• Glitter</li> <li>• Paint</li> <li>• Paper plates</li> <li>• Junk</li> <li>• Pipe cleaners</li> <li>• Sticks</li> <li>• Straws</li> </ul>
<p><b>Warm Up:</b> Talk about rock star costumes, how could the children make one?</p>	
<p><b>Main Activity:</b> Bin bag costumes  <b>Duration:</b> 45 mins</p> <p>Children can create bin bags costumes! Make sure the bags have holes cut in them and children are wrapping them around themselves, not over heads! Have a fashion show with everyone in their snazzy costumes.</p>	

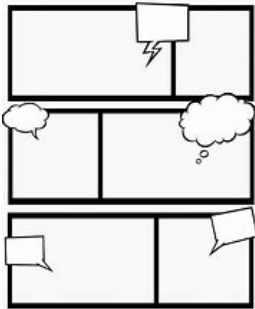
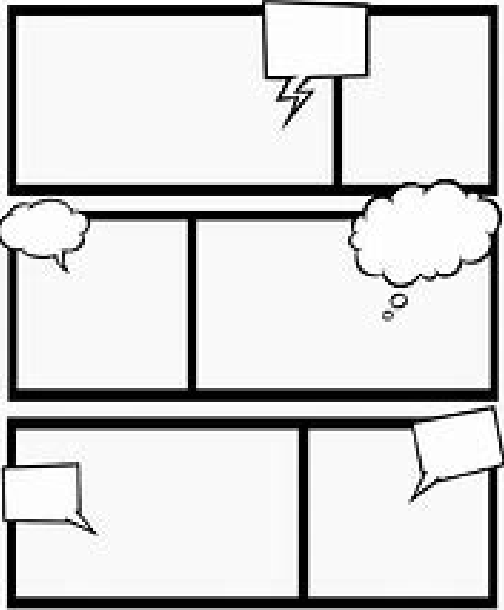
## Mytime Active Family Fun Pack


Activity: Bunny Bunting	Activity Type: Creative
	<b>Kit needed:</b> <ul style="list-style-type: none"><li>• Paper</li><li>• Pens</li><li>• Scissors</li><li>• String</li><li>• Bunny Template</li></ul>
<b>Main Activity:</b> Bunny Bunting <b>Duration:</b> 45 mins  Create a bunny template and get your child to decorate either side of the bunny and then cut out and string to start creating long bunting!	


## Mytime Active Family Fun Pack

Activity: Make your own colouring book	Activity Type: Creative
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"><li>• Paper</li><li>• String</li><li>• Pencils</li><li>• Pens</li></ul>
<p><b>Main Activity:</b> Colouring books <b>Duration:</b> 50 mins</p> <p>Give your child some sheets of hole punched paper and let them tie them together with string. Once they have done this they must design a front cover and then create colouring pages inside. These could be intricate designs or following a theme such as animals. Once they have finished they need to design a back cover and put a price on their book!</p>	
<p><b>Step up:</b> get them to create mandala style colouring pages</p> 	<p><b>Step down:</b> you can print out some simple colouring pages online, Crayola have some nice educational ones <a href="http://www.crayola.co.uk/free-coloring-pages/">http://www.crayola.co.uk/free-coloring-pages/</a> Children can simply stick these in their books and colour.</p>

## Mytime Active Family Fun Pack

Activity: Comic book creations	Activity Type: Creative
	<b>Kit needed:</b> <ul style="list-style-type: none"> <li>• Paper</li> <li>• String</li> <li>• Hole punch</li> <li>• Pens</li> <li>• Hoop</li> </ul>
<p><b>Warm Up:</b> Comic character creation  <b>Duration:</b> 10 mins</p> <p>Give your child a piece of paper to design their cartoon character on</p>	
<p><b>Main Activity:</b> Comic book creations  <b>Duration:</b> 40 mins</p> <p>Using their character children now need to make a comic book with several pieces of paper hole punched and strung together. They can copy the below template or make their own comics.</p>  <p>They need to design a front and back cover.</p>	


Activity: Easter Tree	Activity Type: Creative
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"> <li>• Branch</li> <li>• Paint</li> <li>• Ribbon</li> <li>• Glitter</li> <li>• Small polystyrene eggs</li> <li>• Pens</li> <li>• Glue</li> <li>• Paper</li> <li>• Clay/vase</li> <li>• Scissors</li> </ul>
<p><b>Main Activity:</b> Easter Tree  <b>Duration:</b> 60 mins</p> <p>Explain about the history of Easter Trees, see below.</p> <p>Decorating trees or plants with eggs is a custom that comes from Germany called <i>Ostereierbaum</i>, meaning Easter egg tree. Easter trees also originate from a Swedish tradition known as <i>Påskris</i>, which strings all kinds of ornaments including Easter eggs and feathers on trees. Today, people all over the world create their own by gathering foraged branches into a vase and hanging ornaments made from dyed Easter eggs and more.</p> <p>Give your child a branch and get them to paint it a colour of their choice, they can also decorate with glitter. Whilst that is drying give them some small polystyrene eggs to decorate. They can decorate by sticking on to them, glitter, paint or pens.</p> <p>Create some leaves by cutting paper and some paper flowers.</p> <p>Now they need to create a clay stand. Get some clay and shape into a mound where the branch can sit. Position the branch in the clay and pack in tightly. Or place in a vase.</p> <p>Decorate the tree with the leaves and flowers and hang the eggs with ribbon.</p>	

Activity: Egg Animals	Activity Type: Creative
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"><li>• Plastic eggs</li><li>• Paper</li><li>• Glue</li><li>• Scissors</li><li>• Shredded paper</li></ul>
<p><b>Main Activity:</b> Egg Animals <b>Duration:</b> 45 mins</p> <p>Ask your child to draw some egg shapes on to paper and turn them in to animals!</p> <p>Now they need to bring them to life! Give them some plastic eggs and get them to cut out paper and shapes to turn these eggs into the animals they drew.</p>	
<p><b>Cool Down:</b> Easter nests <b>Duration:</b> 15 mins</p> <p>Using shredded paper, create a nest for their egg animals.</p>	





Activity: Giant sports star	Activity Type: Creative
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"><li>• Card</li><li>• Tape</li><li>• Glue</li><li>• Paper</li><li>• Pens</li></ul>
<p><b>Warm Up:</b> Talk to the children about sports.</p>	
<p><b>Main Activity:</b> Giant sports stars <b>Duration:</b> 45 mins</p> <p>Roll out some large paper or stick pages together to create a child sized piece of paper. Get your child to lie down and draw around their body, once done they can draw a face and sports kit and turn themselves in to life sized sports star!</p>	

## Mytime Active Family Fun Pack


Activity: Junk Basketball		Activity Type: Creative			
		<b>Kit needed:</b> <ul style="list-style-type: none"><li>• Card</li><li>• Tape</li><li>• Glue</li><li>• Paper</li><li>• Pens</li><li>• Glitter</li><li>• Paint</li><li>• Paper plates</li><li>• Junk</li><li>• Pipecleaners</li><li>• Sticks</li><li>• Straws</li></ul>			
<b>Warm Up:</b> Talk to your child about basketball, have they seen it?					
<b>Main Activity:</b> Junk Basketball <b>Duration:</b> 45 mins  Your child can create a tiny basketball net and court out of junk!					

## Mytime Active Family Fun Pack

Activity: Junk Rock band	Activity Type: Creative
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"> <li>• Card</li> <li>• Tape</li> <li>• Glue</li> <li>• Paper</li> <li>• Pens</li> <li>• Glitter</li> <li>• Paint</li> <li>• Paper plates</li> <li>• Junk</li> <li>• Pipe cleaners</li> <li>• Sticks</li> <li>• Straws</li> </ul>
<p><b>Warm Up:</b> Talk about musical instruments</p>	
<p><b>Main Activity:</b> Rock band  <b>Duration:</b> 45 mins</p> <p>Let your child decide which instrument they want to make. The junk instrument has to make a noise for a performance after the creative task!</p>	

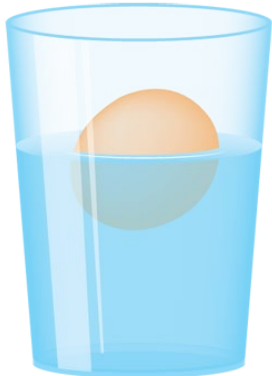
Activity: Treasure Maps	Activity Type: Creative
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"> <li>• Card</li> <li>• Tape</li> <li>• Glue</li> <li>• Paper</li> <li>• Pens</li> </ul>
<p><b>Warm Up:</b> Talk about maps, what do they do?</p>	
<p><b>Main Activity:</b> Treasure maps  <b>Duration:</b> 45 mins</p> <p>Children can create a treasure map, with all sorts of imaginative places to explore. Try crumpling up the paper before drawing on it to make it look old!</p>	

## Mytime Active Family Fun Pack


Activity: Under water scenes	Activity Type: Creative
	<b>Kit needed:</b> <ul style="list-style-type: none"><li>• Card</li><li>• Tape</li><li>• Glue</li><li>• Paper</li><li>• Pens</li><li>• Glitter</li><li>• Paint</li></ul>
<b>Warm Up:</b> Talk about the sea, what fish have they seen?	
<b>Main Activity:</b> Under water scenes <b>Duration:</b> 45 mins  Give your child some paper and get them to think of some under the sea animals that they can decorate their scene with.	

## Scientific fun at home


The science experiments can easily be performed at home with household equipment and will keep children's brains ticking whilst having fun.

Activity: Floating eggs	Activity Type: Scientific
	<b>Kit needed:</b> <ul style="list-style-type: none"><li>• One egg</li><li>• Water</li><li>• Salt (1 – 2 cups)</li><li>• A tall drinking glass</li><li>• A spoon</li></ul>
<p><b>Main Activity:</b> Floating eggs <b>Duration:</b> 60 mins</p> <ol style="list-style-type: none"><li>1. Pour water into the glass until it is about half full.</li><li>2. Place an egg in the glass of water and see if it sinks or floats (it should sink).</li><li>3. Stir in lots of salt. Start with 1 tablespoon and stir it until the salt dissolves. Keep adding more salt until the egg floats.</li><li>4. Next, carefully pour more fresh water until the glass is nearly full (be careful to not disturb or mix the salty water with the plain water). If you're very careful, you can get the egg to float between the fresh and saltwater!</li></ol> <p><b>How It Works:</b></p> <p>The egg is denser than the fresh water (more molecules per square inch), this causes it to sink. When you start dissolving salt in the water, this is increasing the density (adding more molecules per square inch). Eventually the water becomes denser than the egg causing the egg to float. When you carefully add fresh water again, this fresh water is less dense than the salt water so it floats right on top!</p> <p><b>Extra Experiments:</b></p> <p>Are there other liquids you can add to make the egg sink or float? What else can you dissolve in the water to make the egg float?</p>	


## Mytime Active Family Fun Pack

Activity: Protect your egg.	Activity Type: Scientific
<p><b>Age range:</b> 5-12 years</p> 	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"> <li>• Junk</li> <li>• Paper</li> <li>• Pencils</li> <li>• Glue</li> <li>• Scissors</li> <li>• Tape</li> <li>• Eggs</li> </ul>
<p><b>Warm Up:</b> Planning <b>Duration:</b> 10 minutes</p> <p>Assign children a pile of junk and some scrap paper. On the paper they need to come up with a team name and a name for their egg. They have to design a contraption that when dropped, with an egg in it, will protect the egg!</p>	
<p><b>Main Activity:</b> Protect your egg <b>Duration:</b> 40 minutes</p> <p>Time to create! Get them to consider science, what will slow down a fall, how is an egg protected in the wild when up a tree, what happens if eggs fall from a height, could they make something to cushion the fall? Do not give the egg to the children until absolutely necessary!</p>	
<p><b>Cool Down:</b> The drop <b>Duration:</b> 10 minutes</p> <p>Ask children about their team name, their egg's name and how they designed their creation. The leader will hold the contraption up at a height (this needs to be the same height for all teams) and get everyone to count down from 5. On 1 the leader must drop the egg and the team can run in and check if their egg is still alive!</p>	
<p><b>Step up:</b> get older children to buddy up with a younger child</p>	<p><b>Step down:</b> you can have some pre made parachutes or egg wraps for children.</p>


## Mytime Active Family Fun Pack

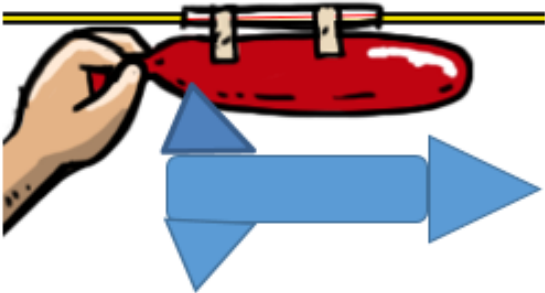
Activity: Slime	Activity Type: Scientific
<p><b>Age range:</b> 5-7 / 8-12 years</p> 	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"><li>• PVA glue</li><li>• Baking soda</li><li>• Food colouring</li><li>• Glitter</li><li>• Skewer</li><li>• Tablespoon</li><li>• Bowl</li><li>• Contact lens solution OR cornflower and water</li></ul>
<p><b>Main Activity:</b> Making <b>Duration:</b> 40 minutes</p> <p>Tip 1 cup of the PVA glue into a clean bowl.</p> <p>Then add 1 teaspoon of bicarbonate of soda (baking soda.)</p> <p>Mix them together.</p> <p>If you want to add colouring this is the best time to do it. Dip a matchstick or skewer into gel food colouring to pick up a blob, then mix it into the glue and bicarb mixture until it has fully integrated.</p> <p>Next add 1 tablespoon of contact lens solution.</p> <p>Mix with a spoon until it starts to become stringy, coming away from the edges of the bowl (almost like when you're cooking eggs.)</p> <p>At this stage take it out of the bowl and knead it between your hands. It will start off sticking to them but within about 20 seconds it will firm up and stick only to itself, becoming elastic and super stretchy.</p> <p>[If for some reason it's still too sticky then add just a few more drops of contact lens solution until it's just right. Be careful as too much will result in it becoming brittle and snapping</p> <p>Time to play!</p>	


## Mytime Active Family Fun Pack

Activity: Playdough	Activity Type: Creative
<p><b>Age range:</b> 5-7 / 8-12 years</p> 	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"><li>• Salt</li><li>• Water</li><li>• Flour</li><li>• Paper bowls/bowls</li><li>• Spoons or hands!</li></ul>
<p><b>Main Activity:</b> Making the dough <b>Duration:</b> 40 mins</p> <p>Making salt dough is so easy! Give your child ½ cup water, ½ cup salt/ 1 cup of flour. Add the salt and flour together and bit by bit add in the water. The salt dough should be dry, if it is too sticky add in more flour!</p> <p>Once this is made you can start creating masterpieces! If they want to ‘keep’ the items they have made then they can bake them when they get home and then paint them.</p>	




Activity: Invisible ink	Activity Type: Scientific
	<b>Kit needed:</b> <ul style="list-style-type: none"> <li>• Paper</li> <li>• Baking soda</li> <li>• Water</li> <li>• Cotton bud</li> <li>• Lemon or lime juice and food colouring</li> </ul>
<p><b>Main Activity:</b> Invisible ink  <b>Duration:</b> 60 mins</p> <ol style="list-style-type: none"> <li>1. Mix 1/4 cup of baking soda with 1/4 cup of water in a small container.</li> <li>2. In a separate container, mix lemon juice with a little food coloring.</li> <li>3. Using a cotton bud or a thin paintbrush, paint a secret message onto a piece of paper.</li> <li>4. Allow the painted secret message in invisible ink to dry completely.</li> <li>5. Paint over the invisible ink with the lemon juice mixture and watch as the secret message is revealed!</li> </ol> <p>Create a code:          Get your child to draw out the alphabet on a piece of paper with pens and under each letter they need to put an emoji or a symbol to create their own coded alphabet. Now they have a key they can make invisible ink messages, see if you can decipher their invisible coded message.</p>	


Activity: Balloon Rockets	Activity Type: Scientific
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"> <li>• 1 balloon (round ones will work, but the longer "airship" balloons work best)</li> <li>• 1 long piece of string (about 10-15 feet long)</li> <li>• 1 plastic straw</li> <li>• Tape</li> <li>• Junk</li> </ul>
<p><b>Main Activity:</b> Balloon Rocket  <b>Duration:</b> 1 hours</p> <p>Split the children in to teams and ask them to create a small rocket out of junk that can be attached to a blown up balloon and straw later. Ask them to think about rockets, what shape are they, how are they streamlined? Are they light or heavy?</p> <p>Attach a piece of string from one end of the room to the other. This is where the balloon rocket will launch. Before attaching one end thread a straw through the string. This is the rocket launch pad.</p> <p>Get the teams to blow up a balloon per team and do not tie it, just hold the end or peg it closed. Tape the rocket to one side of the balloon and tape the other side to the under side of the straw, below the line. Count down from 5 and let the balloon go! See how far the rocket travels, make a mark on the string and let the next team prepare. Each team can have multiple goes with multiple balloons to see which balloon goes the furthest, experiment with how much air is in the balloon to travel.</p>	


Activity: Exploding sandwich bags	Activity Type: Scientific
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"> <li>• One small (sandwich size) zip-lock bag – freezer bags work best.</li> <li>• Baking soda</li> <li>• Warm water</li> <li>• Vinegar</li> <li>• Measuring cup</li> <li>• A tissue</li> </ul>
<p><b>Main Activity:</b> The bag!  <b>Duration:</b> 30 mins</p> <p><b>STEP 1</b>          Wrap a couple of teaspoons of bicarbonate of soda up inside a tissue, as shown.</p> <p><b>STEP 2</b>          Pour some white vinegar into your sandwich bag till there's around a 3cm layer in the bottom of the bag.</p> <p><b>STEP 3</b>          Pop your bicarbonate of soda package inside your bag and hold it above the vinegar while you seal it up!</p> <p><b>STEP 4</b>          Drop you bicarb down into the vinegar and stand back! Your sandwich bag is getting set to explode! You'll see your bag slowly start to swell up as the pressure builds and then finally...pop!</p> <p>See who's bag makes the biggest explosion! Make sure children step back for the bag to pop! Some may work, some won't. Make sure to go one at a time.</p> <p>How does it work?          This is all to do with the pressure being caused by the chemical reaction!          As the bicarbonate of soda and the vinegar mix together they react and carbon dioxide is given off. The bag fills with more and more carbon dioxide and soon the pressure will be too much for the bag to take and BOOM! You'll get a beautiful little explosion, perfect!</p> <p>Get the children to think about how a bigger explosion could happen.</p>	

## Cold cooking fun at home


It is easy when we are at home to go for the easiest options rather than the healthiest. These cold cooking recipes are fun for children to create and are also healthy (well most of them!) and could make the lead up to lunch time much more fun!


Activity: Fruit pizza	Activity Type: Food
	<b>Kit needed:</b> <b>CRUST</b> <ul style="list-style-type: none"><li>• Whole-grain tortilla or pitta bread</li></ul> <b>SAUCE</b> <ul style="list-style-type: none"><li>• Greek yogurt or Soya yoghurt</li></ul> <b>TOPPINGS</b> <ul style="list-style-type: none"><li>• Fresh fruit such as: apples, bananas, kiwi, berries, grapes</li><li>• Granola</li><li>• Mini chocolate chips</li></ul>
<b>Duration:</b> 30 mins 1. To assemble a pizza, start by spreading the "crust" with one or more types of "sauce." 2. Add desired toppings and cut into wedges.	

Activity: Banana sushi	Activity Type: Food
	<b>Kit needed:</b> <ul style="list-style-type: none"><li>• Bananas</li><li>• Coco pops</li><li>• Honey</li></ul>
<b>Duration:</b> 30 mins 1. Trim the ends from the bananas. 2. Spread honeys all over the outside of each bananas. 3. Roll each in the crushed cereal. 4. Cut each into 6 rounds. 5. Arrange on plate looking like sushi.	

Activity: Tortilla Sushi	Activity Type: Food
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"><li>• Softened block-style cream cheese like Philadelphia</li><li>• Whole wheat tortillas</li><li>• Lettuce</li><li>• Thinly sliced Cooked ham</li><li>• Thinly sliced strips yellow pepper</li><li>• Long, thin strips cucumber</li></ul>
<p><b>Main Activity:</b> Tortilla Sushi <b>Duration:</b> 50 mins</p> <ol style="list-style-type: none"><li>1. Divide cheese or hummus between tortillas, spreading all the way to the edges.</li><li>2. Tear lettuce leaves into strips and pile along edge of each tortilla.</li><li>3. Top each tortilla with ham, yellow pepper and cucumber.</li><li>4. Roll up tortillas tightly to enclose fillings. Unwrap and cut each roll into 6 pieces about 1-in wide.</li></ol>	

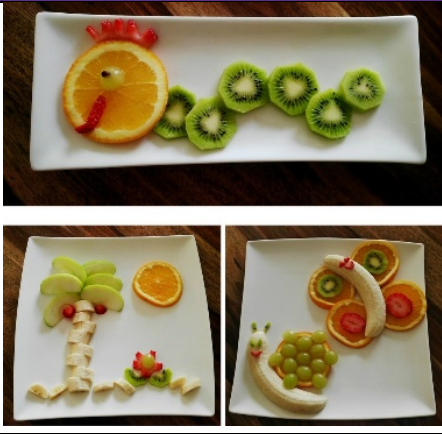

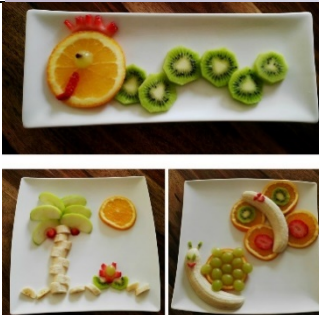
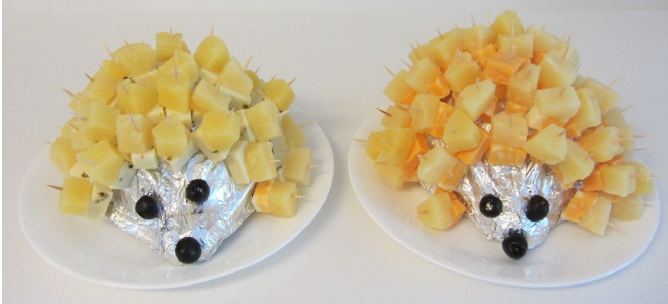
## Mytime Active Family Fun Pack

Activity: Smoothie Smash	Activity Type: Food
	<b>Kit needed:</b> <ul style="list-style-type: none"><li>• Bananas</li><li>• Berries</li><li>• Fruit juice, milk or water</li><li>• Plastic cups</li><li>• Paper</li><li>• Pens</li><li>• Plastic Forks</li></ul>
<p><b>Main Activity:</b> Smoothie Smash <b>Duration:</b> 50 mins</p> <p>Show your child the fruit we are going to use and have a little taste and texture test. Get them to describe the tastes, smells and textures!</p> <p>Now they need to design what their ultimate smoothie would look like? What colour would it be? What would be in it?</p> <p>Smashing time!</p> <p>You have to use soft fruit such as <u>ripe banana</u>, <u>ripe mango</u> or berries. You mash the fruit as much as you can in a bowl with a fork. Keep squashing it until it turns into a mushy liquid. Then add 1 cup of fruit juice, <u>milk</u> or water gradually continuing to whisk it with the fork until it's all blended up. It won't be perfectly smooth but it will still be drinkable.</p>	


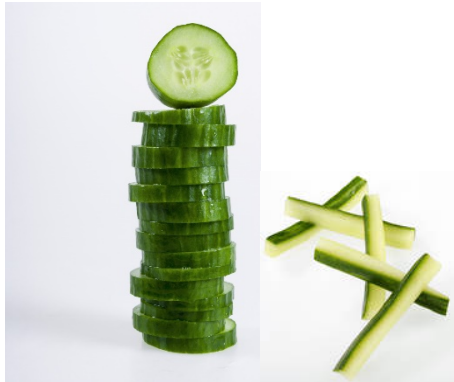
Activity: Sandwich kebabs	Activity Type: Food
	<p><b>Kit needed:</b></p> <p><b>INGREDIENTS</b></p> <ul style="list-style-type: none"> <li>• Brown bread</li> <li>• Sliced ham</li> <li>• Sliced cheese</li> <li>• Cucumber</li> <li>• Cherry tomatoes</li> <li>• Iceberg lettuce</li> <li>• Other salad ingredients</li> </ul> <p><b>EQUIPMENT</b></p> <ul style="list-style-type: none"> <li>• Plastic knives</li> <li>• Bamboo or plastic skewers</li> <li>• Cookie cutters or cups</li> </ul>
<p><b>Warm Up:</b> Design a sandwich</p> <p><b>Duration:</b> 15 mins</p> <p>Get your child to design the sandwich of their dreams on a piece of paper and to colour it in and describe the layers to you! Try and encourage them to make healthy swaps, brown bread rather than white, low fat cheese, salad</p>	
<p><b>Main Activity:</b> Sandwich kebabs</p> <p><b>Duration:</b> 30 mins</p> <p>Give your child little plates of the ingredients and put out some cups or cookie cutters. They can shape the bread, roll up the ham, shape cucumber or roll up salad they can roll up ham and thread on to their kebab stick.</p>	



## Mytime Active Family Fun Pack

Activity: Fruit Art	Activity Type: Food
	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"> <li>• Lemons</li> <li>• Limes</li> <li>• Paper</li> <li>• Paint</li> <li>• Pre cut up some fruit – Apple, pineapple and other fruits!</li> <li>• Paper plates</li> <li>• Tin foil</li> <li>• Tooth picks</li> <li>• Knife for leader</li> </ul>
<p><b>Warm Up:</b> Fruit printing  <b>Duration:</b> 15 mins</p> <p>Give your child some paints and some lemons and limes chopped in half and some paper. Using the fruit they need to create pretty prints, shapes and whatever their minds come up with!</p>	
<p><b>Main Activity:</b> Fruit art  <b>Duration:</b> 30 mins</p> <p>Using pieces of fruit children need to create works of art on their paper plate!</p>	
<p><b>Cool Down:</b> Pineapple Hedgehogs  <b>Duration:</b> 15 mins</p> <p>Leaders cut a pineapple in half. Hollow out the contents and chop in to squares. Get your child to help cover each skin with tin foil. Give them some toothpicks and get them to put on a chunk of the pineapple and poke in to the hedgehog!</p> 	



Activity: Cucumber Creations	Activity Type: Food
<p><b>Age range:</b> 5-7 / 8-12 years</p> 	<p><b>Kit needed:</b></p> <ul style="list-style-type: none"> <li>• Cucumbers</li> <li>• Plastic knives</li> <li>• Paper</li> <li>• pencils</li> <li>• Jar of gherkins</li> <li>• Paper plates</li> </ul>
<p><b>Warm Up:</b> Exploring the cucumber <b>Duration:</b> 10 mins</p> <p>Has your child eaten cucumbers before? How does a cucumber grow? Cut up some cucumber and ask them to take a piece and to write down what they think it smells of, what does it taste like, what colours are in a cucumber? Is there anything interesting about the middle of a cucumber? What textures are the cucumber?</p> <p>Now show them a pickle/gherkin. Get them to guess what vegetable this is? Explain it is a small, pickled cucumber! Cut it up and get them to repeat the above exercise with the gherkin</p>	
<p><b>Main Activity:</b> Cucumber cutting <b>Duration:</b> 40 mins</p> <p>Ask your child how they have seen cucumber cut up before. Teach them about types of chopping</p> <p>Cucumber circles and batons</p> 	

## Mytime Active Family Fun Pack

### Spirals





Now ask your child to plan a design that they can make out of the cucumber shapes. Whilst they are doing this, chop up some cucumbers into batons, spirals and circle and half circles.

Once they have planned what they want to do, get a paper plate and let them take the cucumber you prepared. With the cucumber they can bend and fold it to make patterns and shapes- maybe they can create flowers or animals.



## Mytime Active Family Fun Pack

Activity: Cake pops	Activity Type: Food
	<p><b>Kit needed:</b> (this kit list will do 14 cake pops, make 2/3 per child)</p> <ul style="list-style-type: none"><li>• Wooden coffee stirrers</li><li>• Bowls</li><li>• Forks or spoons</li><li>• Icing sugar</li><li>• Water</li><li>• Food colouring if wanted</li><li>• Sprinkles or decorations</li><li>• Oreo cookies</li><li>• Cream cheese (115 grams)</li></ul>
<p><b>Main Activity:</b> Cake pops <b>Duration:</b> 50 mins</p> <p>Place the cookies in a bowl and get your child to start crumbling them with their hands or a fork in to tiny pieces. Add the cream cheese and stir until the mixture is well combined and there are no large pieces of cookie remaining.</p> <p>Using your hands, squeeze and roll the cookie mixture into 1-inch balls. Insert a stirrer into each ball.</p> <p>Get them to make up some icing sugar and use the colouring if wanted and to decided and design how they would like their cake pop to look. Dip the cake pop in to the icing and let it dribble a little, then decorate the pop! Leave to dry.</p>	

Activity: Rainbow fruit kebabs	Activity Type: Food
	<p><b>Kit needed:</b></p> <p>This will make 7 skewers</p> <ul style="list-style-type: none"> <li>• 7 Strawberries</li> <li>• Tangerine</li> <li>• Mango</li> <li>• Kiwi fruit</li> <li>• 14 Blueberries</li> <li>• 7 Red grapes</li> <li>• Plum</li> <li>• Paper</li> <li>• Pens</li> <li>• Kebab skewers (sharp end cut off)</li> <li>• Plastic knife</li> </ul>
<p><b>Warm Up:</b> Rainbow of fruits  <b>Duration:</b> 10 mins</p> <p>Ask your child to think of the colours of the rainbow – red, orange, yellow, green, blue, indigo and violet. They need to write these colours down the page and then write next to them as many fruits of that colour next to it.</p>	
<p><b>Main Activity:</b> Fruit kebabs  <b>Duration:</b> 50 mins</p> <p>Now they need to prepare the fruit to on to their kebabs. They will need to pull the heads off the strawberries and wash them. The tangerines will need peeling and depithing, the mango will need to be scooped out the peel as will the kiwi, the blueberries need washing, grapes separating from branches and the plums cut up and de stoning.</p> <p>Encourage them to talk about the smell and texture of the fruit. They then need to thread the fruit on to their kebab sticks carefully.</p>	

## Family fun at home

It's time to break out the parlour games we all love over the holidays. Find some ideas below on fun and creative games you can play with the family with minimal resources.

### The post it game

**Equipment**

Post its, or cut up pieces of paper and some tape.

**Preparation**

To make this suitable for all ages you may need to use pictures rather than words, print off some pictures (or draw if you are very arty!) of famous people or TV characters that your whole family will know. Make sure these are small enough to fit on a child's forehead. Fold the paper over or turn over and place on the floor or a table.

**The game**

The aim of the game is to stick the post it or paper on to the forehead of everyone playing. Players take turn to ask questions about the person stuck on their forehead. For example 'are they a man' 'are they an animal' etc. Take it in turns to ask questions so everyone gets a fair go. You may need to give some clues to younger children to help them along! Keep playing until everyone has guessed their person.

### Pictionary

**Equipment**

A piece of paper or an Ipad/tablet with a paint or drawing function, pens.

**Preparation**

If you are using paper, tape the paper to the back of a chair or cupboard so they family can fit around it and it is placed so everyone can see.

**The game**

The aim of the game is to draw something that everyone else can guess. It could be a film, book, TV character, song, pop star, animal, celebrity (anything you can think of!). Take turns drawing for the rest of the family to guess.

# Mytime Active Family Fun Pack

## Higher or lower

### Equipment

A pack of playing cards or pieces of paper with 1-13 written on each piece of paper.

### Preparation

Line up 13 playing cards or the 13 pieces of paper on a table or on the floor. Make sure you have shuffled the cards or paper so it is in a random order. Turn over the first card.

### The game

The aim of the game is to get to the end of the card line by guessing whether the next card is higher or lower than the card before. See how well each family member does!

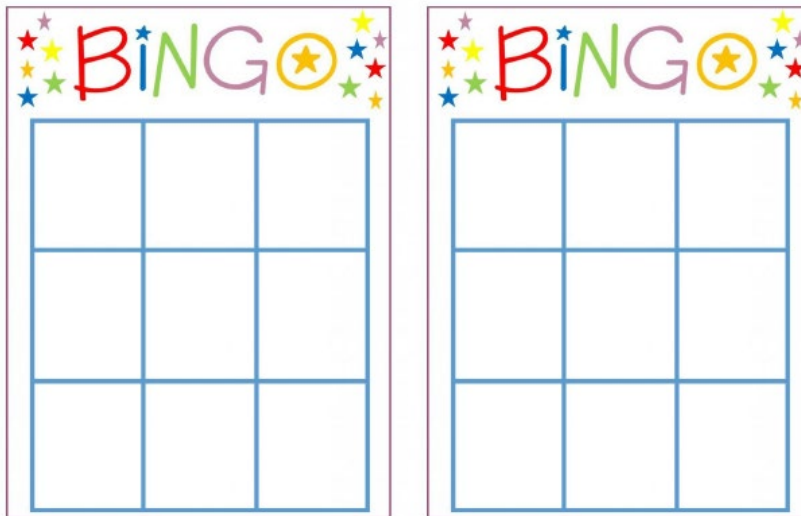
## Bingo!

### Equipment

Piece of paper, pens.

### Preparation

On one piece of paper, write out numbers 1-30. This is your calling card. You can either use a Bingo template like below that you can or the children can populate with 9 numbers from 1-30 or get the children to write down 9 numbers between 1-30 on a piece of paper.



### The game

Using your calling card, choose a number and if the children have it on their card they can cross it out. Keep tabs on the numbers you have called by crossing them out or putting a dot next to it. Keep calling until your child has all 9 numbers and shouts BINGO!

## Stop the Bus

### Equipment

Stop the bus template and pens, phone timer.

### The game

Stop the bus is a fun game that can be played with children who can write and knows their alphabet. The bus conductor is the timer, you can choose a time limit of 1 or 2 minutes per round.

Choose a category from the template, for example animals.

Now choose a letter for example S. Children now have 1 or 2 minutes to write as many animals as they can think of beginning with the letter S.

Once the time runs out, shout 'stop the bus!'


Put pens down and tally up how many animals each person has.

1 point per correct answer and 2 points per answer no one else has thought of.

Keep playing through the categories. There are so templates below you can use or think of your own categories.

Mytime Active Family Fun Pack

Stop the Bus template 1



<div><div><div>STOP</div><div>Stop the bus!!!</div><div></div></div></div>					
Categories	Letter .....	Letter .....	Letter .....	Letter .....	Letter .....
Country					
Animal					
Food & Drink					
Clothes					
Job					
Colour					
Sport					
Points tally					
Total	.....	.....	.....	.....	.....

1 point per correct answer  
2 points per answer nobody else has found



Mytime Active Family Fun Pack

Stop the Bus Template 2

<div> <b>Stop the bus!!!</b> </div>					
Categories	Letter .....	Letter .....	Letter .....	Letter .....	Letter .....
Fashion item					
Girl/boys name					
Band/singer					
Transport					
Hobby					
Something you find in school					
Brand name					
Points tally					
Total	.....	.....	.....	.....	.....

1 point per correct answer  
2 points per answer nobody else has found

# Mytime Active Family Fun Pack

## Paper Plane races

### Equipment

Paper and pens.

### The game

Get everyone to decorate a piece of paper with their best designs! Once the paper is decorated, help the children fold the paper into paper aeroplanes, you can find a template online or be creative with your folds!

Once everyone has their plane, find a clear space in the house such as a hallway. Everyone has a go at throwing their planes to see who's can travel the furthest!

Try with different folds and different planes to get the best throw.

## Paper boat floats

### Equipment

Paper, pens/pencils and a sink, paddling pool, bath with enough water to allow a boat to float.

### The game

Get everyone to decorate their piece of paper. Find a paper boat template online, there are some really simple origami folds you can use to make a boat. Help the children fold their boat. Now take the boat to the sink or bath, aim of the game is to get the boat to the other side the fastest without it sinking! Children can waft their hands, or create a paper fan to help blow the boat along. You can time the boats or let the family all try together!

## Tin foil towers

### Equipment

Roll of tin foil.

### The game

Give the children an allotted time, for example 15 minutes, to build the tallest free standing tower they can make out of tin foil alone! See what they create!

## Tin foil zoo

### Equipment

Roll of tin foil.

### The game

Give the children some tin foil and give them an allotted time, for example 30 minutes, for them to create a zoo out of tin foil alone.

## Top 10 other fun activities

Here are some other ideas you might want to try

- **Design your own board game!**  
Print off a board game template and create rules as a family.
- **Den building**  
Get some sheets out and turn some chairs over for some old fashioned family fun.
- **Bug hunt**  
If you have a garden! Get the children to draw a list of insects they know. Now take that list outside and get the children to tick off the bugs they find.
- **Home spa day**  
Get some bowls and fill with bubble bath, get the polishes and creams out and let the children create the parents a fun spa day.
- **Lego competition**  
Give the children a target – biggest tower, create a house, a pirate ship etc and let their imaginations run loose.
- **Create stop motion movie.**  
Download a stop motion app and get some of your children's action figures out – show them how stop motion works and get creating your master piece.
- **Write to other members of the family!**  
Imagine how excited children will be if they get a message back, thinking of those who may be lonely at this time.
- **Create a wish tree.**  
Draw a tree on a piece of paper and cut out lots of leaves, get the children to write a wish on each of the leaves and stick to the tree.
- **Make the world's longest paper chain!**  
See how long you can make it and hang it around the house.
- **Start a family boot camp circuits training.**  
Set up circuits in the garden- running up and down, jumping on the spot, skipping, bouncing a ball and have 2 minutes on each circuit with a 1 minute cool down between each.

### Other resources

Below you will find some links to our favourite companies who are offering free activity downloads and printables and also some of our session planners we use in our clubs and camps to keep you busy.

- NHS Change for life, Disney 10 minute movement shake ups <https://www.nhs.uk/10-minute-shake-up/shake-ups>
- Crayola colouring pages <https://www.crayola.com/featured/free-coloring-pages/>
- Twinkl School resources.

Twinkl are offering a free unlimited membership to parents for a month so you can continue to do school activities at home! Follow the link here

<https://www.twinkl.co.uk/offer> and enter offer code **PARENTSTWINKLHELPS** when signing up for a free month. Here you will find lots of school resource packs, interactive sheets and games that can be used to support your children's education whilst away from school.

- Activity village.  
Activity village are offering free packs for children away from schools. These are fun paper based arts and activities. <https://www.activityvillage.co.uk/school-closures>
- Science museum.  
The science museum has a fantastic resource of kitchen science experiments for children <https://learning-resources.sciencemuseum.org.uk/wp-content/uploads/2017/09/Kitchen-science.pdf>
- Did you know most of your children's favourite books have a website full of downloadable content for children to enjoy. Why not try the Gruffalo's page <https://www.gruffalo.com/activities/activities?page=12>