

## STEP 6



# GET ACTIVE

Here are some activity ideas you can try with your family.

### On a budget

- Have a disco in the lounge with some of your CDs
- Look in charity shops for second-hand board games
- Make a den using some chairs, tables, sheets and towels. Why not have a tea-party in there?
- Make an obstacle course indoors or out. Jump over jumpers and zigzag around shoes
- Get a couple of yo-yos for the kids to keep in their pockets to use when they're standing about – great for getting their arms going
- Have a catwalk at home and get the kids to parade their favourite clothes for you. Make sure they tidy them away as well though!
- Have a toy and clothes swap party with other families. Get new clothes and games for free!
- Have an indoor picnic

### 15 minute fillers

- Have a race to see which kid can change their outfit the quickest
- Play hopscotch outside
- Make up a dance routine to a song

### Out and about/All day

- Fill a whole day with family Olympics - 3 legged races, egg & spoon, a sack race or a wheel barrow race. You could even take a picnic, have a BBQ or even better team up with another family!
- Get on your bikes! Taking the kids on a bike ride is heaps of fun and gives the heart and lungs a good work-out too
- Go on a treasure hunt. Plan a route and take clues with you for the kids to guess and get them to lead you to the next stop. You could go via the playground or café
- See what local activities are on. Look in local papers for Summer and Country Fairs to go to
- Take a ball and bat to some open green space and play rounders
- Go swimming.

### Whatever the weather – ideas for wind, rain & snow

- When it's windy, fly a kite
- Catch the leaves – first one to 20 wins
- Run against the wind
- Have a snowball fight
- Make snowman or giant snowball
- Go sledging
- Play puddle jumping
- Dodge the raindrop

