



Activity Booklet

This Book Belongs To:

7 Core Capabilities

Evidence shows that all young people need to develop both cognitive skills (such as maths, problem solving and language skills) and social and emotional capabilities to help them achieve the outcomes that they, and others, value both in their lives right now, and for their future.

A consistent core set of social and emotional capabilities were designed that are of value to young people. These capabilities can be grouped into seven interlinked clusters, each of which is supported by an evidence base that demonstrates its importance and links to success in extrinsic outcomes – how these capabilities can act as a bridge between personal and positional change.

The 7 core capabilities for young people are:

- Communication
- Confidence & Agency
- Planning and Problem Solving
- Relationship and Leadership
 - Creativity
- Resilience and Determination
- Managing Feelings

The activities in this booklet will help young people with these core capabilities through role plays, word searches, games, quizzes, brain teasers and much more.

Lots of these capabilities can be joined into one activity and young people may be working on them without even knowing that they are!

Some of these activities require very limited equipment or things you would usually find around the house!

<https://youngfoundation.org/wp-content/uploads/2012/10/Framework-of-outcomes-for-young-people-July-2012.pdf>

Contents:

Human Bingo!	2	My Family	31
BSL Finger Spelling	3	Friendships	32
Listen & Draw!	4	Keeping In touch	33
Crack The Code	5	Follow The leader	34
Alphabet Sports	6	Personal Profile!	35
Communication Maze	7	Lead An Activity	36
Heads or Tails?	8	Activity Feedback	37
Build Up's & Put Down's	9	Responsibility	38
The Confident Person	10	Wreck This Page	39
Strengths & Qualities	11	Mail It To A Friend!	40
Role Play!	12	Minion Bookmark	41
Bucket List	13	Butterfly Craft	42
Take a Break	14	Paper Roll Flowers	43
Resilience & Determination	15	Lava Lamps	44
Scavenger Hunt!	16	Glow In The Dark Slime	45
Cereal Box Challenge	17	Oobleck	46
Riddles	18	Salt Dough Hearts	47
Goal Setting	19	Scratch Art	48
Origami Frog	20-21	What Is A Healthy Lifestyle?	49
Hidden Meaning!	22	Fruity Find	50
Island Community	23	Alphabet Game	51
Island Problems	24	Healthy Eating Challenge	52
Future Plans	25	Hygiene Word Search	53
Managing Feelings	26	Hand Washing	54
Mindfulness Jars	27	Emotional Health	55
Emotions!	28	Food Labels!	56-57
Gratitude	29	Vegetable Frittata Recipe	58
Exercising Feelings	30	4 Seasons Pizza Recipe	59

Contents:

Chocolate Cherry Popcorn Cake	60
Pancake Recipe	61
Pumbaa's Hippo Hops	62
Be Lumier's Guest	63
Balloon Volley Ball	64
Circuits!	65
Hula Hoop Challenge	66
Squash Pong!	67
Plastic Bottle Bowling	68
Bean Bag Toss	69
Ball Swap	70
Cup X's & O's	71
Treasure Island	72
Volcanos & Craters	73
Rock, Paper, Scissors	74
Shoot The Hoop	75
Useful Websites	76
What I Like Most About This Book...	77

Human Bingo!

Talk to your family members and friends (messaging counts!) to find the answers to the statements in the boxes! If a person answers yes then write their name in the box, but make sure it fits in with the rules!

Rules:

- 1) You cannot use yourself for any of the statements.
- 2) You cannot use the same person twice!
- 3) You must ask the person before you write their name in the box.



Find someone who...

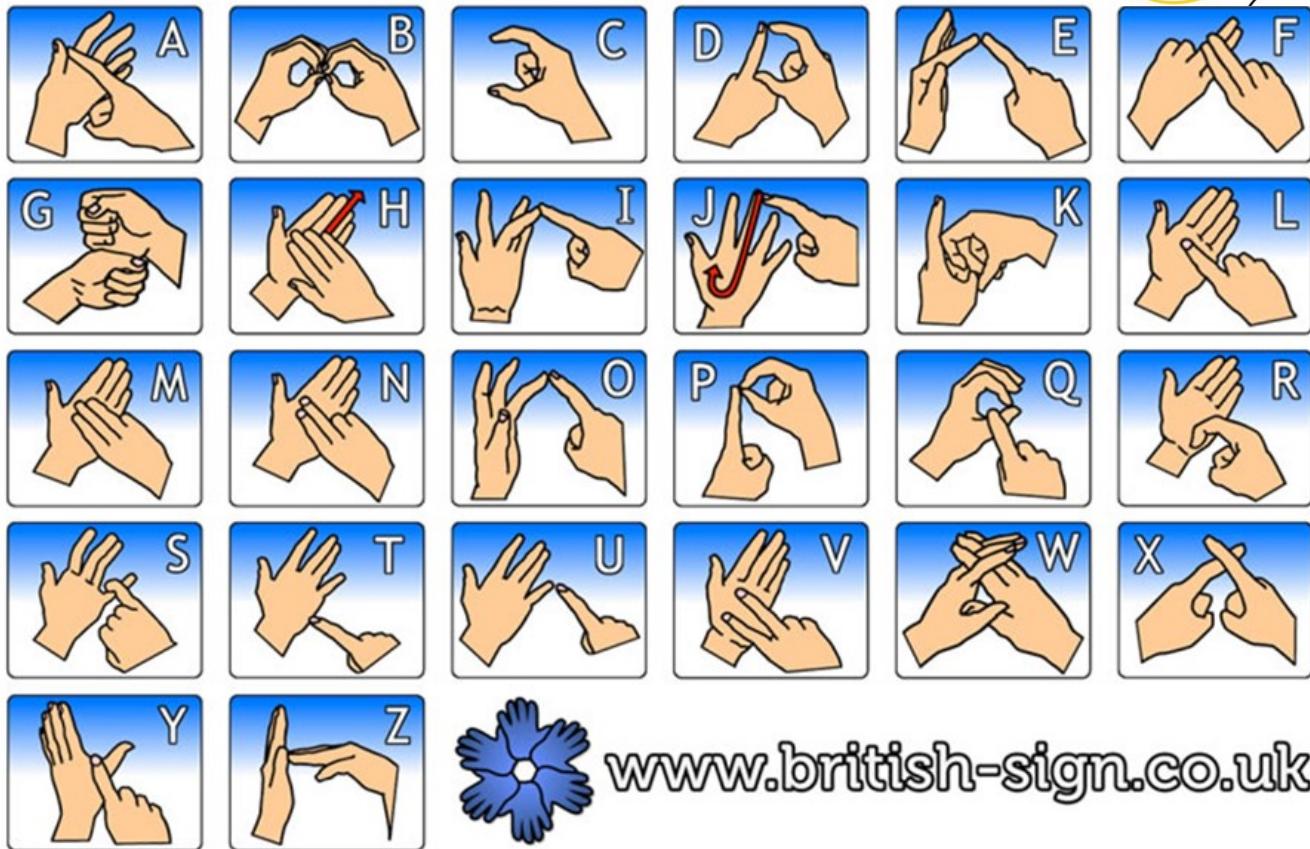
Has a birthday in June	Has 2 brothers	Wears a size 7 shoe	Likes chocolate
Listens to Dua Lipa	Who's favourite food is pasta	Always wears odd socks	Has the same middle name as you
Who's favourite colour is green	Was born before 2000	Does not have an iPhone	Watches the Voice UK
Knows sign language	Has the same shoe size as you	Does not like sweets	Likes to bake cakes

BSL Finger Spelling

Use the chart below to spell out some words. Do this without talking and see if your friend or family member can guess the word you are signing!



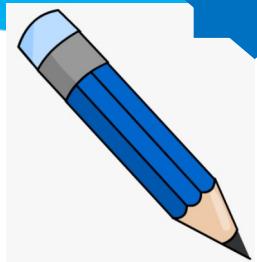
BSL Fingerspelling Alphabet



Why not try spelling:

- Fun,
- Communication,
- Your Name,
- A family member or friend's name,

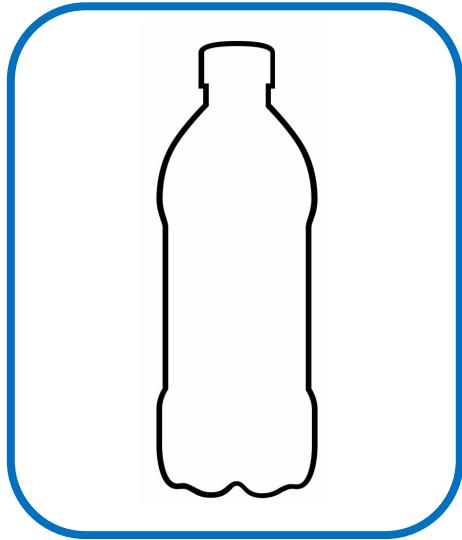
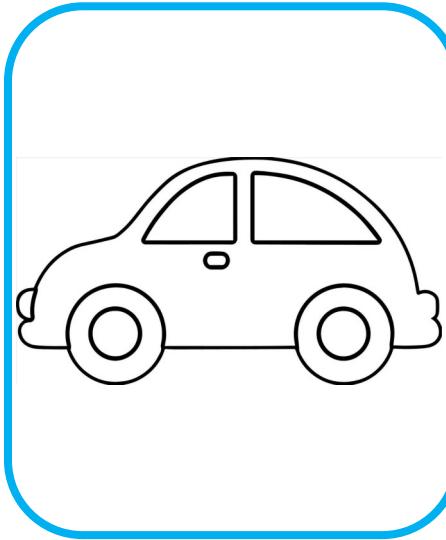
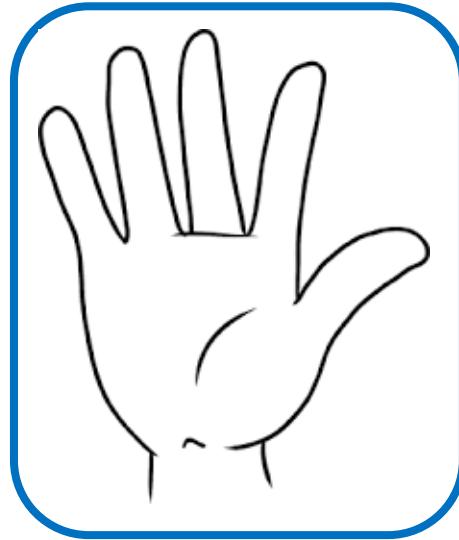
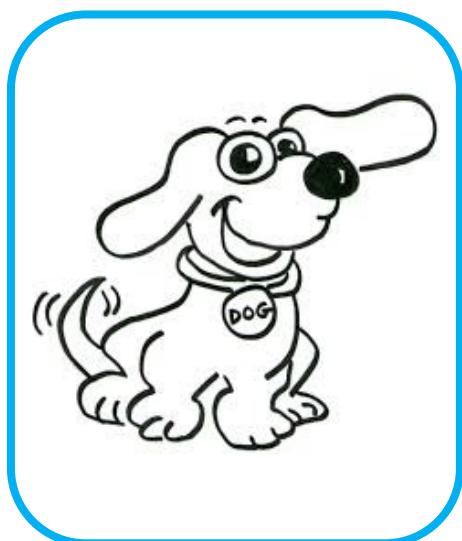
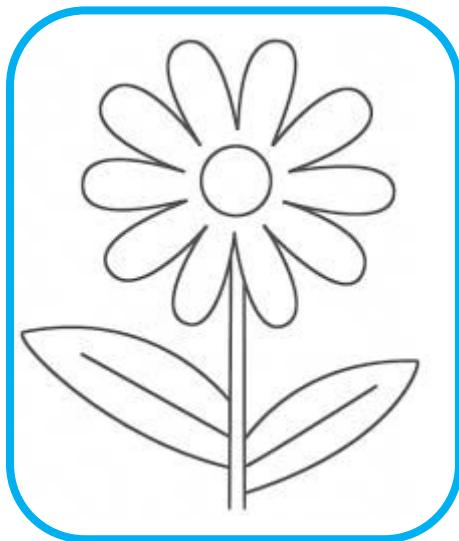
Listen & Draw!



This game allows you to practice your communication skills, both verbal and non-verbal! Did you know that only 7% of our communication is verbal?

- 1) Use your finger to draw an image on someone's back and see if they can guess what it is! Take it in turns to draw on each other's backs.
- 2) Can you describe the image to your partner and they draw it on a piece of paper? Make sure you use descriptive words and shapes like a "straight line with a circle at the end".

Below are some ideas of pictures to draw!



Crack The Code

Can you crack the code below to find out the secret words?

Two words will be separated by a “/”.



Code 1) 2 5 18 11 19 8 9 18 5 / 25 15 21 20 8

Code 1 Answer:

Code 2) 20 8 3 / 23 1 25 26

Code 2 Answer:

Code 3) 3 15 13 13 21 14 9 3 1 20 9 15 14

Code 3 Answer:

Code 4) 8 1 22 5 / 6 21 14

Code 4 Answer:

Can you think of some of your own? Challenge your friends!

Alphabet Sports

Can you think of a sport starting with each letter of the alphabet?

Write them in the table below!



A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

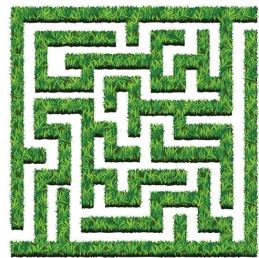
Why not time yourself and see how long it takes you?

Time taken:

Communication maze

Set up a maze in your house out of soft things like pillows, jumpers and blankets. Can you guide someone through it?

Try this by:



- 1) Having them close their eyes and giving them clear instructions on how to move through the maze such as "take two steps forward", "turn 90 degrees to the left".
- 2) Using non-verbal communication for example clapping and they have to follow the noise!
- 3) Add in items such as a pillow across two chairs so they have to duck under.

Getting good at this? Why not time yourself and keep a track of your attempts below:

Name	Way of going through maze (1,2 or 3)	Time Taken:

Which way did you find easiest to get through the Maze and why?

Heads or Tails?

You will need a coin for this activity!

This game can be played on your own or as a group.

How to play on your own: Predict the outcome of a coin toss and write your predictions in the table below! Now, toss the coin and see the outcome.

How to play as a group: Choose someone to toss the coin, you all need to stand up for this game! Predict the outcome of a coin toss by placing your hands on your bottom for tails and hands on your head for heads!

When they tell you the outcome of the coin toss, sit down if you predicted wrong—stay standing and choose again if you were right! Keep going until there are 2 players left, then one must choose heads and one must choose tails so you have a winner!



Coin Toss Prediction	Coin Toss Outcome

Who I played this with as a group:

.....
.....
.....
.....

Who Won:

Build Up's & Put Downs

Buildups...

- are words and actions that make people feel good about themselves.
- show respect for others.

Example statement:

Good thinking!

Example actions:

giving someone a high five
smiling at someone
remembering birthdays

Put-Downs...

- are words and actions that tear people down and make them feel badly about themselves.
- show disrespect for others.

Example statement:

What's wrong with you?

Example actions:

turning away
making faces
rolling eyes



Build up's are words and actions that make people feel good about themselves, can you think of some build up's and list them below?

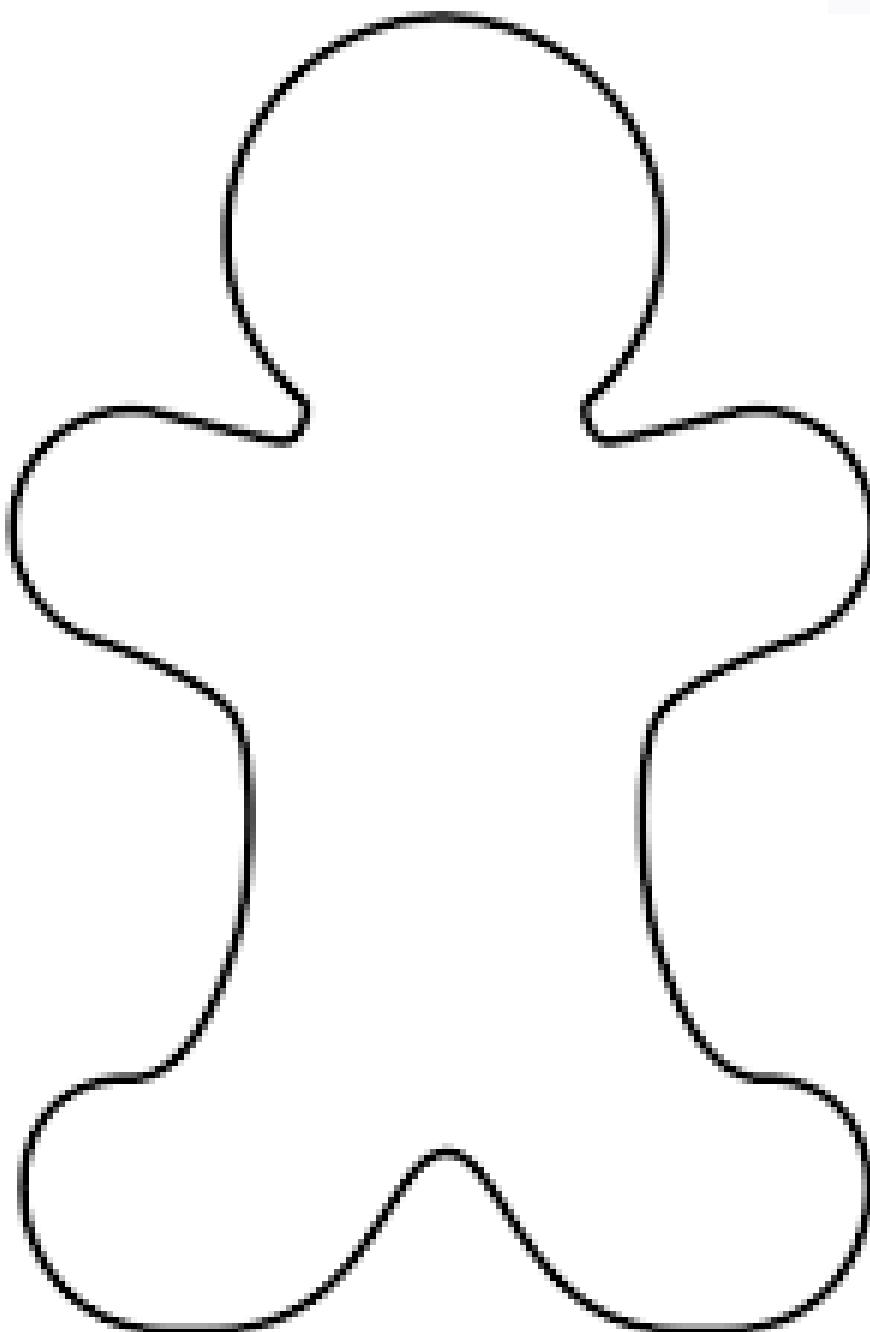
Try them out on your friends! Give them a compliment and use some of the build up's you thought of.

The Confident Person

Use the template below to design and draw your own confident person, write at least 6 things around the outside of why they are confident!

Confident Person's Name:

*Believe
in yourself
— & —
you will be
Unstoppable*



Strengths & Qualities

You have thought about Build Up's and looked at a confident person, now apply this to yourself!

Look at the statements below and try and think 3 answers for each.



Things I am good at:	Challenges I have overcome:
1)	1)
2)	2)
What I like about my appearance:	Compliments I have received:
1)	1)
2)	2)
3)	3)
Things that make me unique:	What I value the most:
1)	1)
2)	2)
3)	3)
I have helped others by:	Times I have made others happy:
1)	1)
2)	2)
3)	3)

Role Play!

Can you act out the following scenarios?

You might have to play more than one person in some of the role plays!



You go back to a supermarket to complain about an item that you have either been charged too much for or it is out of date!

You and your team of builders have designed a new leisure centre to go in your local town. Present your new ideas to the local council.

On a Saturday, you have gone to a theme park with your friends. One of your friends is really scared to go on a ride. Act out convincing them to come on the ride with you.

The head teacher has asked you to do a dance routine in an assembly in front of the whole school. They have also told you that the Mayor is going to be watching the performance.

Bucket List

Lets set some goals!

Have a think about all the fun and cool things you would like to do before you turn a certain age.

This can be anything from visiting a certain country, doing a sky dive, having a certain car or getting yourself a certain job.

Add them to the list below and tick them off when you have completed them! Why not add some pictures next to each item?



My Bucket List!

Age I want to complete these by:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)

Take a Break

It is important to take a break sometimes, this can also help with our confidence as we need to be relaxed and ready for the tasks ahead of us. If we are not relaxed it could impact our confidence!

Colour in or highlight some ways on the poster below that you could take a break.

Take a Break



50 Ways to Take a Break

The chart lists 50 ways to take a break, each accompanied by a small illustration:

- 1. Take a Bath
- 2. Listen to Music
- 3. Take a Nap
- 4. Go to a body of water
- 5. Watch the clouds
- 6. Light a Candle
- 7. REST your legs up on a wall
- 8. Let out a sigh
- 9. Fly a Kite
- 10. Watch the stars
- 11. Learn Something NEW
- 12. Read a Book
- 13. REST your legs up on a wall
- 14. Fly a Kite
- 15. Write a Letter
- 16. Take Deep Belly Breaths
- 17. MEDITATE
- 18. Notice your Body
- 19. Call a friend
- 20. sit in NATURE
- 21. Move twice as slowly
- 22. WRITE in a journal
- 23. Walk outside
- 24. Buy some Flowers
- 25. Meander around Town
- 26. SILENCE
- 27. Eat a meal
- 28. Go for a run
- 29. Find a relaxing Scent
- 30. Turn off all electronics
- 31. Take a bike ride
- 32. pet a furry creature
- 33. View some ART
- 34. Examine an everyday object with Fresh Eyes
- 35. Drive somewhere NEW
- 36. Go to a park
- 37. Create your own coffee break
- 38. read or watch something FUNNY
- 39. COLOR with crayons
- 40. Make some MUSIC
- 41. Go to a Farmer's Market
- 42. Forgive Someone
- 43. Engage in small acts of KINDNESS
- 44. Do some gentle stretches
- 45. Paint on a surface other than paper
- 46. Climb a Tree
- 47. Let go of Something
- 48. Put on some music and DANCE
- 49. Give Thanks
- 50. Write a quick poem
- 51. Read poetry

Karen Horneff-Ginter www.karenhg.com Art by Paula Holden www.chart-magic.com

Resilience & Determination



What is Resilience?

Imagine you have each end of a piece of elastic in your hands. Pull your hands apart and the elastic stretches. Let go of one end and the elastic bounces back to its original size.

That is resilience. For people resilience means that whatever bad times you go through you can always bounce back again and be yourself.

What is Determination?

Strongly motivated to succeed.

Determination is never giving up, no matter what! A determined person decides to do something, and then does it!

Set yourself a challenge such as “how many kick up’s can you do in a row” or another challenge that you want to set yourself. Think about targets you might need to set to help you achieve the challenge such as “get fitter” or “improve concentration”.

Keep a track of how many attempts you do at your challenge! Don't forget to use resilience and Determination.

Scavenger Hunt!

Can you find the following things around the house? Tick them off when you have!

Some of these items might be hiding in your garden!



Scavenger Hunt!

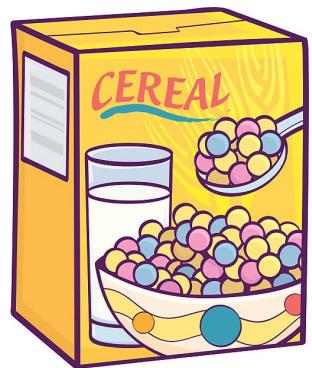
- 1) A Shopping Bag
- 2) Something edible that it not in the fridge and is yellow in colour
- 3) 2 items made from plastic
- 4) A fluffy sock
- 5) 3 different shaped leaves
- 6) A pencil, pen and ruler
- 7) Something with red, blue and green on
- 8) 2 dice
- 9) Something that has a sweet scent
- 10) A bug like a ladybird, ant or spider

Cereal Box Challenge

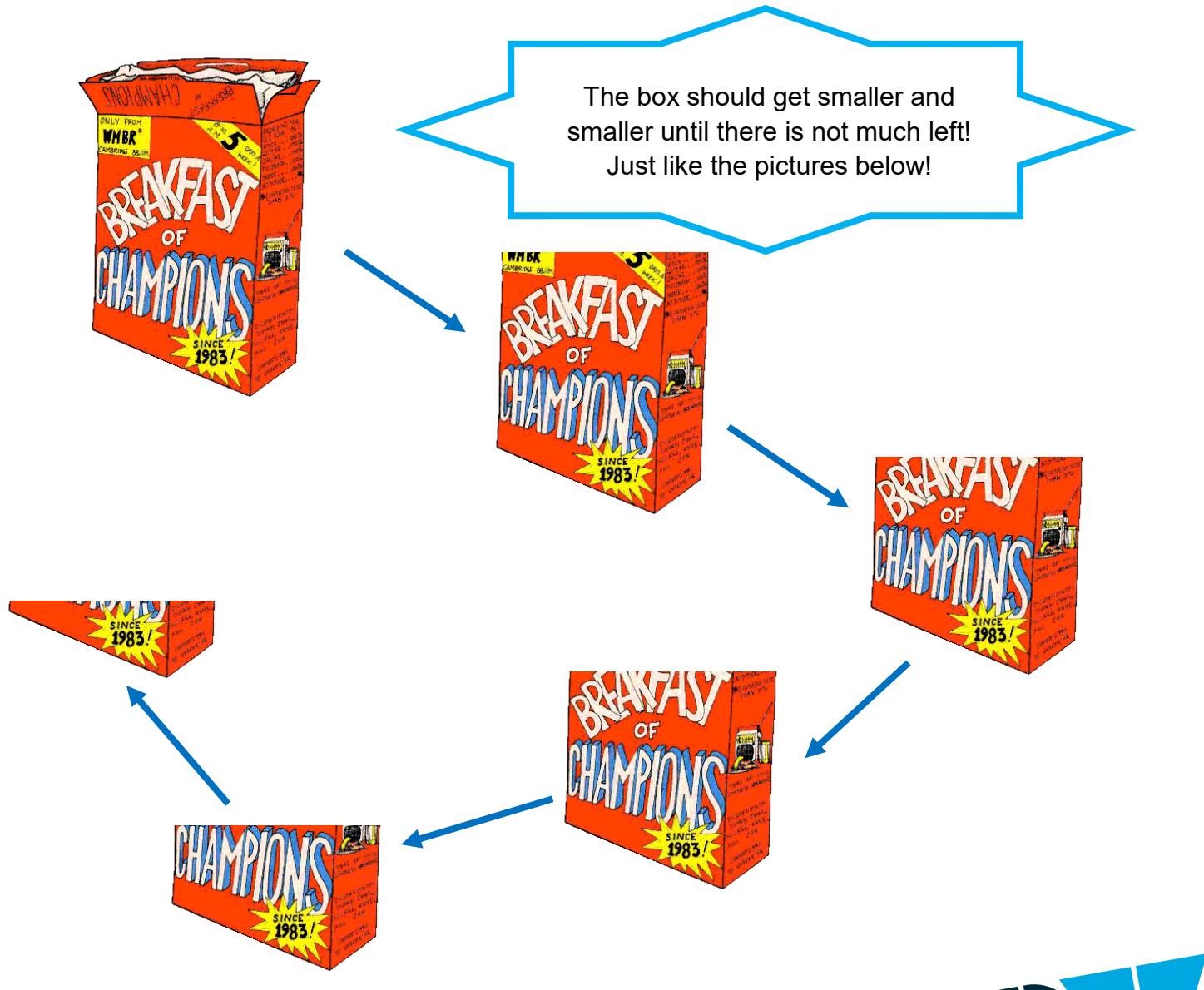
You will need an old, empty cereal box for this challenge!

With the top of the cereal box open, place it on the floor and stand next to it. Bend down without bending your knees and try to pick up the cereal box with your mouth (you cannot use your hands only to stop yourself falling!)

Once you have got the box with your mouth, rip off the top inch of this and try again until the box is tiny and even flat on the floor!



Challenge your Friends and family to do this too and see who gets the furthest down the cereal box.



Riddles!

Can you solve these tricky riddles?



I call the trees my home, yet I never go inside, and if I ever fall off the tree I will be surely be dead.

If Bethany drank a half cup of tea, and Maria drank a fourth cup of tea, who drank more?

What has a thumb but no fingers and is not living?

You can always see me, yet never touch me. You can move towards me and I will always stay away at the same distance. You can run away from me, yet I will follow you still at the same distance. What am I?

I have hands, yet I cannot shake your hand, cannot give you five and have no fingers. What am I?

Which of the following is the largest? Triangle, circle, square, or rectangle?

Goal Setting

Set yourself a goal this can be short term or long term! Think about:

- 1) How are you going to achieve your goal?
- 2) When would you like to achieve it by?
- 3) What barriers may stop you from reaching your goal?
- 4) Is there anything you can plan for to stop those barriers affecting you?



My Goal is:



I want to achieve this by (try to be as specific as you can—maybe choose a date):



Barriers that there might be:

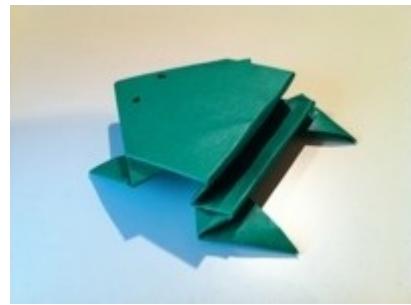


I could overcome these barriers by:

Origami Frog

Why not learn something new and try out some origami?

You will need paper and a pen for this activity!



Step 1: Start with a square piece of paper. Fold the paper in half by folding the left side over to the right.



Step 3: Fold back at where the two diagonal creases meet (the centre of the "X"). Then unfold.



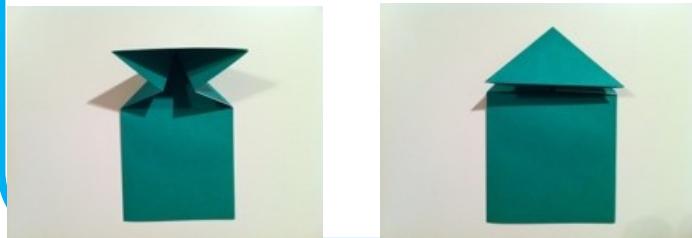
Step 5: Fold the bottom rectangle in half toward the triangle. Take the two corners of the triangle and fold them up at an angle .



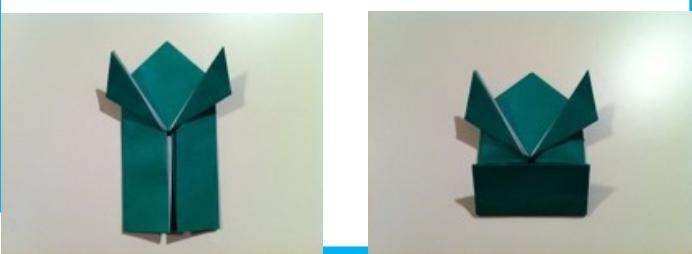
Step 2: Fold the left corner to the right side, creating a sharp point on the top/right corner and unfold. Do the same with the left.



Step 4: Using the creases as guides, form a triangle like you see in the picture.



Step 6: Fold the two sides of the rectangle towards the centre. Fold the rectangle in half toward the triangle.



Continued on next page!

<https://www.origamiway.com/origami-jumping-frog.shtml>

Origami Frog 2

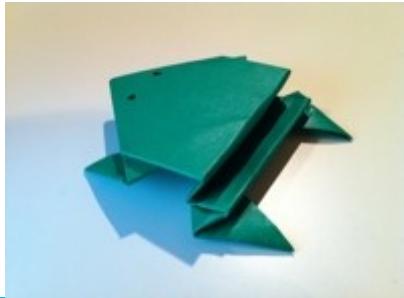
Step 7: Let's make the frog legs. Fold the left and right corners of the rectangle down and to meet at the centre.



Step 9: Fold the legs up and crease. Now take the left and right corners of the legs and fold them down at a slant just like the "arms".



Step 11: Place the frog on its feet and push on the rear to make it jump!



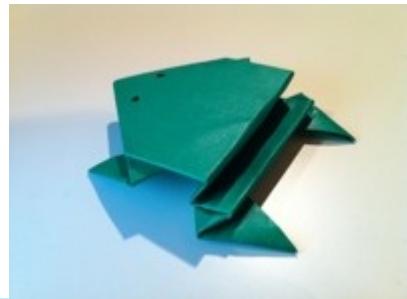
Step 8: Open the legs and spread out the insides of until it matches the outer legs.



Step 10: fold the frog legs up, creasing at the centre "X" where the arms and legs meet. Fold about half of the legs back to form a spring.



Step 12: Add eyes and any other markings! Test it out does it jump?

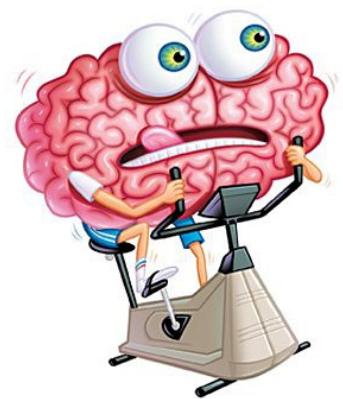


Hidden meaning!

Can you figure out these hidden meanings in the brain teasers below?

Write your answers in the boxes!

Can you think of 3 of your own to challenge your fiends and family with?



BAN	ANA	GESG	HISTORY HISTORY HISTORY
CHAIR		SPOT	MIND MATTER

Island Community

You have been sent to an island and your job is to build a new community for 5,000 to come and live in.

The building firm have given you an unlimited budget to redesign this island so it can accommodate all ages, design your very own island community in the box below. Your island can be any shape you like—be creative!

Don't forget to include everything needed for people to survive, including places to live, get food, have fun, work and much more!

A large, hollow blue-outlined oval occupies the lower half of the page, intended for students to draw their island community design.

Island Problems

On the last page, you were asked to build a new community for 5,000 to come and live in.

Now, time to solve some problems that can occur to make sure your island is as safe and fun as possible!



Can you think of some solutions to the following problems? Maybe add the adjustments to overcome these problems?

Possible Problem	Your Solution
There has been a lot of burglaries from the shops on your island and lots of items have been stolen but no one has been caught for these.	
Your people are running out of food! Your farm cannot produce enough food for everyone what can you do to overcome this?	
Lots of people on your island are complaining that they have a tooth ache but there is no one who can help them with this!	
At the swimming pool, lots of people are in a queue for the water slide but they have stopped working, what can you do to make sure they can be used again?	
Lots of young people on your island are bored as they have done all of the activities on your island and when they hang out in groups they get told off for hanging about. How can you solve this and give them somewhere to hang out?	

Future Plans

Have you thought about what you want to do when you are older?

How about having a think about what you want to do when you grow up or in 1, 3 or 5 years time! Use the template below to help you plan this.

What job do you want?

What car do you want?

Where will you live?

What new skills would you have learnt?



What do you want to be when you grow up?

What do you need to be what you want to be when you grow up?

What would you like to be doing in 1, 3 or 5 years time?

What skills do you want to learn?

Any other plans?

Managing Feelings!

It can be hard managing our feelings and emotions!

Ways that might help you to manage your feelings are:

1) Relax to think clearly

- Practice deep breathing and relaxing exercises.
- Get physical; take a walk, jog or play sports
- Listen to music, take a bath or a shower, read, or play with a pet.

2) Take good care of yourself

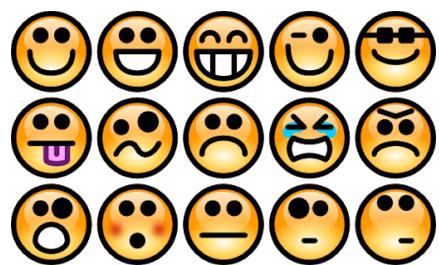
- Eat nutritious food
- Get plenty of sleep
- Do something fun with other people

3) Identify the cause(s) of the stress and write it down. Why not write these in a list below!

4) Mentally rehearse positive actions you can take to change or have control over the cause of the stress.

5) Motivate yourself by saying things such as "I'll be okay," "I've done this before, and I can do it again," or "I won't let this stress me out."

6) Talk with a caring friend or adult.



What might be stressing me out?

What can I do to take control over these causes of my stress?

mindfulness Jars

Mindfulness Jars are a good way to help you distress and calm down.



You will need:

- A glass jar or plastic water bottle
- Clear glue, enough to fill up to half the bottle
- Glitter!
- Water
- Food colouring (optional)

How to make your mindfulness jar:

- 1) Fill your bottle about 1/8 to 1/3 full with glue. The more glue you add, the longer it will take for the glitter to settle after shaking.
- 2) Add glitter, start with a tablespoon or so. Take a deep breath as you watch your child pour glitter everywhere but inside the bottle. PS: a slightly damp paper towel wipes up fine glitter pretty well. A vacuum works even better.
- 3) Fill the bottle the rest of the way with warm water. At this step, before filling the bottle all the way, you can leave a little less than an inch of space at the top of the bottle, cap it, and shake it to see if you want to add more glitter, more glue, or just more water.
- 4) When the bottle is full up to the neck with water, glitter, and glue, cap it. I recommend using a hot glue gun to seal the cap closed. I did this by applying a single ring of glue all around the top threading and then screwing the cap on.

For Calming

The swirling glitter is very calming as it falls to the bottom of the bottle. Shaking the bottle feels just as good as watching the last few specks of glitter fall to the bottom of the bottle.

For Relaxation

In the same way it can calm you when you're agitated, shaking the bottle and watching the glitter settle can further relaxation when you're already calm.

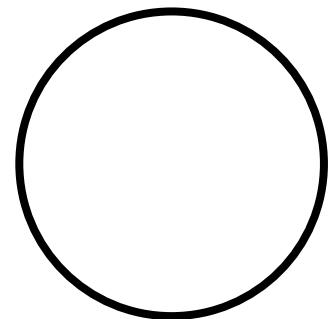
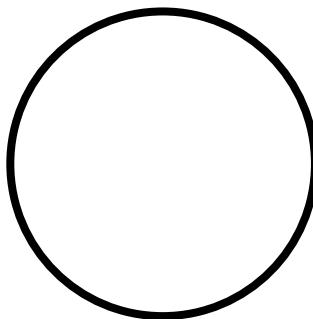
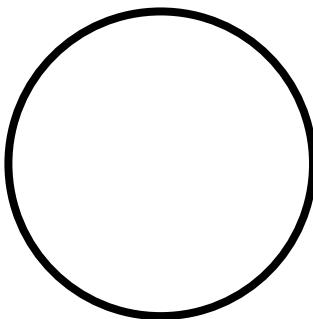
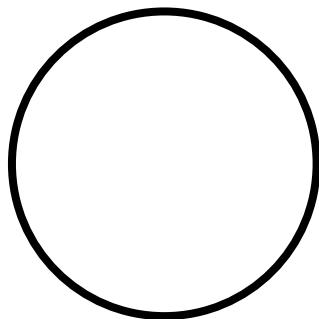
<https://heartmindkids.com/how-to-make-a-glitter-jar-for-mindfulness/>

Emotions!

Emotions and feelings can be different for different people and impact us in different ways. A good way to manage your feelings, is to keep a track of them!

Why not draw out some emotions or feelings you have been feeling recently in the circles below.

Then, why not keep a track of your emotions for a two months? Use the template below to keep a mood diary.

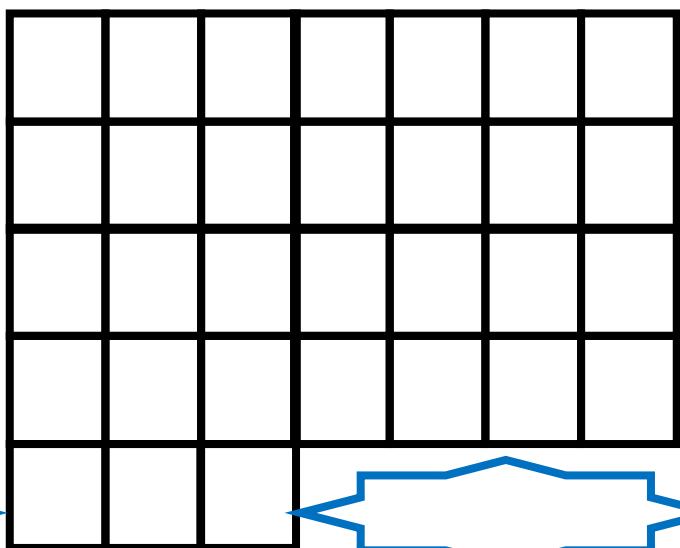
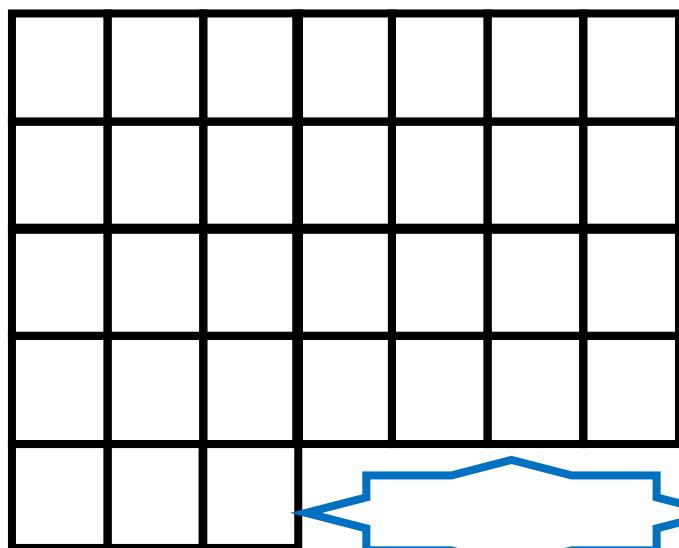


Mood Colour Key



Below, are two month templates, each with 31 individual boxes —enough to have one for each day of the month. Start in the box in the top left hand corner as day one then move to the right then onto the next row below until the whole month is complete.

Use different colours for different moods and colour in that days square with that colour for the mood you felt that day! Use the boxes on the right to create your colour and mood key!



Write the month you are keeping track of your moods for in the blue stars!

Gratitude

Another way to help manage your emotions is through gratitude, this is the quality of being thankful; readiness to show appreciation for and to return kindness.

Use the template below to fill in something you have been thankful for today, this week, this month and even this year!

Today, I am thankful for:



This week, I am thankful for:

This month, I am thankful for:

This year, I am thankful for:

Other times, I have been thankful for:

Exercising Feelings

A good way to manage your emotions is to do some exercise!

This could be calming exercises such as stretches and yoga or fun, fast paced activities to release those endorphins!

Here are some exercise below to try out:



Yoga Bridge Pose



Yoga Tree Pose



Star Jumps



Skipping



Dance



my Family

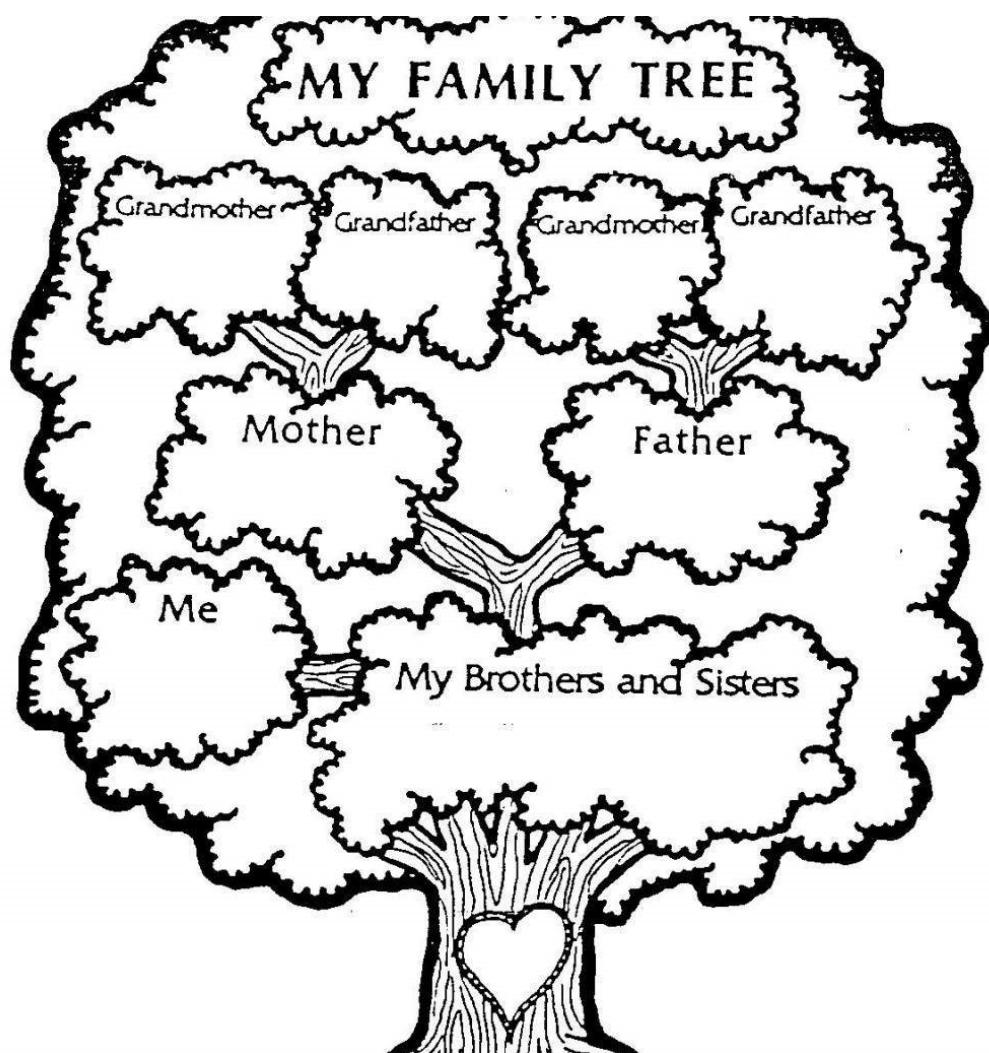
What is a relationship?

The way in which two or more people or things are connected, or the state of being connected. This could be;

- A blood relation such as family, children, parents etc.
- Friends
- Marriage
- School Staff
- Customer Services
- People in the community



If we think of family relationships, everyone's is different. Why not have a go at drawing your family tree!



<https://paintingvalley.com/simple-family-tree-drawing#simple-family-tree-drawing-9.jpg>

Friendships

Friendships are important and maintaining them can be hard! We may have lots of different friends and we might do different activities with each of them depending on your common interests.

But, is everyone a good friend? Add to the spider diagrams below and see what makes a good friend!



Good friends do...

Good friends don't...

Qualities of a good friend...

Keeping in touch!

In times where we cannot visit our friends and family, it is still important to keep in touch.

How many ways can you think of to communicate with friends and family? Write them or draw them in the box below.



Forget to tell them things when you are on the phone? Why not jot things down you want to share in the box below so you don't forget!

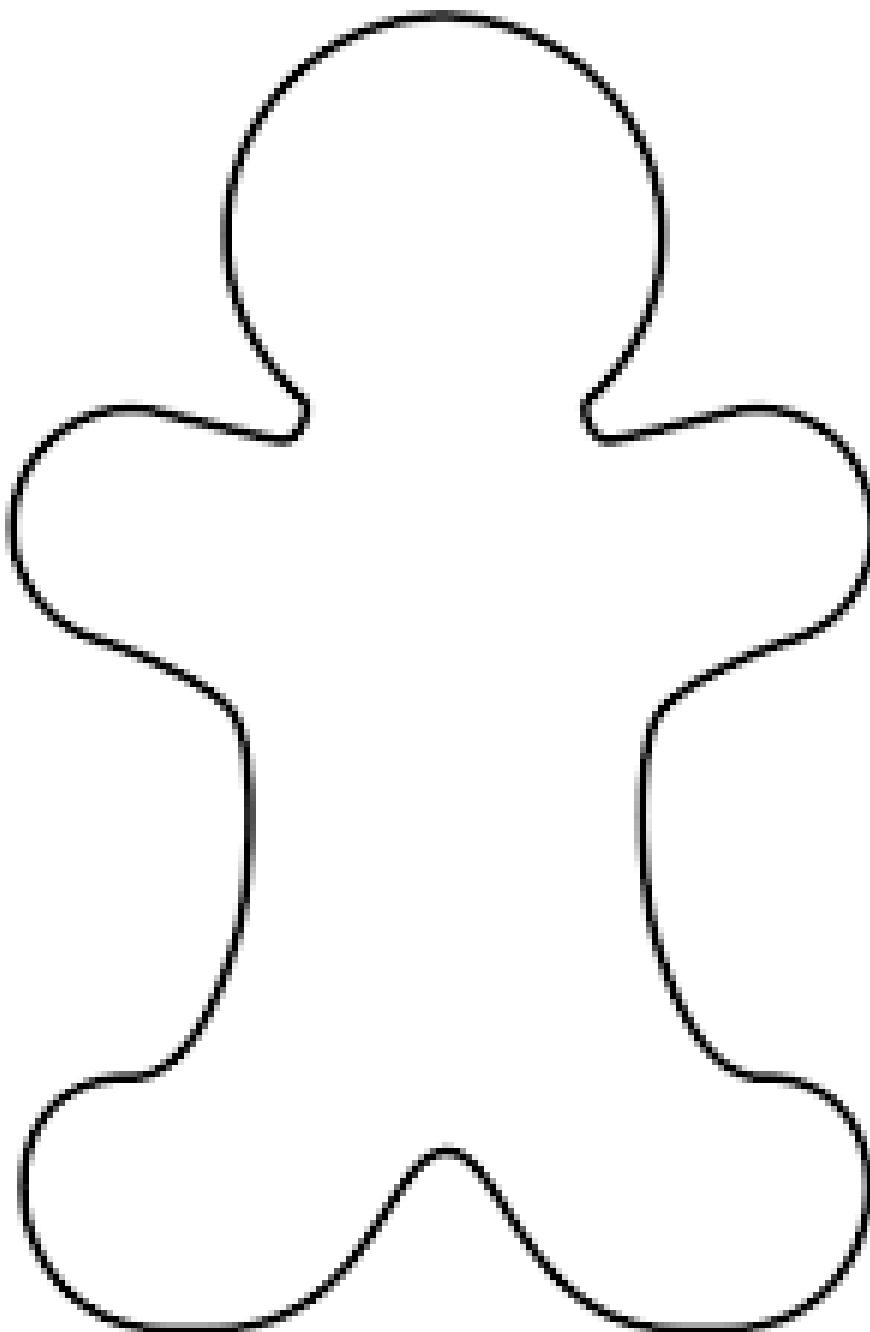
Ways I can communicate with my family and friends.

Things I want to tell my family and friends!

Follow The Leader

What makes a good leader? Leadership is an important skill develop and can help not only in school but in daily life.

Decorate the template below as someone you believe to be a good leader and list all the qualities needed to be a good leader around the outside! Can you think of at least 8 qualities?



Personal Profile!

To be a good leader, it is important to be aware of your likes, dislikes, strengths, weaknesses, skills and qualities.



Likes: Things you like.

Dislikes: Things you do not like.

Strengths: Tasks or actions you can do well.

Weaknesses: Tasks or actions you cannot do well yet!

Skills: Developed through experiences and training.

Qualities: A characteristic that you have.

Use the template below to create your personal profile!

Likes	Dislikes	Strengths
Weaknesses	Skills	Qualities

Lead An Activity

Design an activity that you can lead with friends or family playing! The plan should be detailed enough that someone else could run and lead the activity just from the plan.

My activity is:

Age and number of players:



Space and equipment needed:

Health and Safety considerations (how can you make the activity safe e.g.. Correct shoes, no pillages, things in the way):

If people do not want to play they could still join in by:

How to play:

Activity Feedback

To help develop leadership skills, feedback is important as this helps you to work on skills that you are not as good at just yet! Remember, all feedback is good as it will help you to improve for next time!

The Feedback Sandwich



- Positive Feedback
- Constructive Feedback
- Positive Feedback

Ask a friend or family member to give you some feedback on the activity you ran using the template below!

Add one positive piece of feedback to the top bun!

A constructive piece of feedback to the filling!

Add a different positive piece of feedback on this bun!

Why is feedback important?

.....
.....
.....

Responsibility

Having responsibility is great! It means that we are trusted to do and complete a variety of tasks. It also helps us as we get older and have to take on more and more responsibilities.

Fill in some ideas of how you could be responsible at home — some of them you may already do!

It is also important to take responsibility for our actions, write how could do this in the second box.



Responsibilities I do or can have at home:

How I could start to take responsibility for my actions:

Wreck this page!

Use this page hints to wreck this page, use the prompts and your own ideas to well and truly, wreck this page!



Cut a hole here,
use scissors,
poke a pencil
through it, rip it
out!



Stick pins in this section make
lots of holes, make sure you
take the pins out after.

Stick a leaf here,
use tape glue or a
staple. Something
permanent.

Cotton wool, rip it
up and attach it
here!

Something pink...
cover this square
in it.

Your favourite
scent is what this
box should smell
like.

Cut up newspapers and magazines to make
a picture or you.

Collect natural materials, stick them here!

Deface it! Add a moustache, stains, rips,
scribbles anything you want!

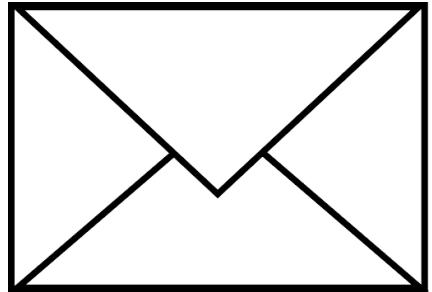
Practice your signature here.... 1,000
times!

Scribble here with pencil and rub it out, as many
times as you like even if a hole appears.!

Mail It To A Friend

Keep in touch, write a letter to a friend or family member and send it to them in the post!

Tell them about your day, how much you miss them, make plans for the future anything you like.

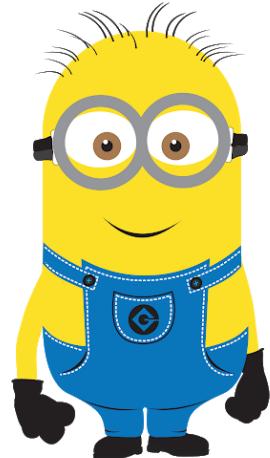


minion Bookmark

This minion bookmark will hug your book to keep your place. The arms fold over the page and keep your place marked.

You will need:

- Card—yellow, blue and grey or black.
- Large googly eyes.
- Extra strong glue.
- Sharpie
- Scissors
- Template



How to make:

- 1) First print off the template. You can get the template emailed to you as a free gift for subscribing to the best ideas for kids newsletter at the bottom of the post (**on the form with the preview of the template**). The link is at the bottom of this page.
- 2) Trace around the template elements on the matching coloured cardstock. Yellow for the head and hands, blue for the clothes and grey or black for the eyes. You can cut out the template eyes or use googly eyes!
- 3) Glue the round grey circle to the grey strip. Then glue a googly eye on top or glue the template eye on. Glue the yellow head on top of the blue clothes. Then using a sharpie or black marker, make the ends of the hands black.
- 5) Glue the arms to the body. Glue only the top part, leaving most of the arm and hands free. Then glue the suspender straps on an angle and add a small black dot on top. Trim off the excess blue strip on the side.
- 6) Glue on the eye and trim off the excess from the side. Draw on the mouth and some strips of hair on the top.
- 8) Now your minion bookmark is done! Add two eyes if you'd like for another version. Make one surprised minion and one with a smirk smile. Then hand out extras to friends and family!

You can download the template and instructions at:

<https://www.thebestideasforkids.com/minion-bookmark/>

Butterfly Craft

You can use the three different sized butterflies to create anything you want!

You will need:

- Card—your favourite colours!
- Glitter paper
- White card/paper
- Glue & Scissors
- A ruler
- Templates



How to make:

- 1) Print off each template and cut out your butterflies for each colour. You can save time and paper by printing directly on your coloured cardstock.
- 2) Using a ruler, score two lines in the middle of the butterfly. There should be a rectangle shape inside the middle of the butterfly so that this portion can be glued down to your cardstock.
- 3) Glue down your butterflies to your paper. Place the larger ones near the top of the page and put the smaller ones at the bottom. Mix in the different coloured butterflies with some of the glitter paper ones.

You can make these into a picture themselves or add them to other art and creations!

You can download the template and instructions at:
<https://www.thebestideasforkids.com/butterfly-template/>

Paper Roll Flowers

You can recycle paper rolls to make these. Use paper towel rolls or toilet paper rolls!



You will need:

- Lolly sticks
- Pipe Cleaners
- Paint & Paint brushes
- White Card
- Glue / Glue dots
- Buttons
- Paper Rolls

How to make:

- 1) First you'll need to paint your paper rolls. Paint the outside first and then let them dry. You may need to paint a few coats if your paper rolls are brown. If they are white they will require less paint coats.

- 2) Flatten your toilet paper rolls and then cut to about 1/2 cm in size, you should be able to get about 7-8 pieces per roll at this size. Once cut, it will be easier to paint the inside of your paper rolls.

- 3) Place a glue dot in between each paper roll to form your butterfly. Use 4 pieces of your paper roll for your butterfly and 5 pieces for your flower.

- 4) Glue a button on top of your flower and a pipe cleaner on top of your butterfly.

- 5) Use a glue dot on the back centre of your butterfly or flower and glue down to your paper.

- 6) Add a green popsicle stick for the flower stem and then add two leaves to the side. You can dip the leaves in glue and then glue down.

You can download the template and instructions at:

<https://www.thebestideasforkids.com/paper-roll-flowers/>

Lava Lamps!

The lava lamps will keep going and going as you keep adding the ingredients to make the reaction!

You will need:

- Empty bottle or glass jar without lid
- Water
- Vegetable oil
- Food colouring
- Aspirin tablet (Alka-seltzer)



How to make:

- 1) Fill the bottle most of the way with vegetable oil.
- 2) Fill the rest of the bottle with water, this will sink to the bottom under the oil.
- 3) Add a few drops of food colouring, this will also sink to the bottom as it is water based.
- 4) Break an alka-seltzer tablet into a few small pieces and drop them in the bottle one at a time.
- 5) Watch your lava lamp erupt into activity! As soon as the reaction slows down, add more alka-seltzer.

You can watch a video and get instructions at: <https://www.homesciencetools.com/article/how-to-make-a-homemade-lava-lamp-science-project/>

Glow In The Dark Slime

Using glow in the dark glue, this needs 2 minutes under a light to “recharge” to make it glow in the dark!

You will need:

- A bowl
- 1 bottle of glow in the dark glue—they used Elmers
- 1/4 tbsp. baking soda
- 2 tbsps. Water
- 1 tbsp. contact lens solution (must have boric acid and sodium borate in).



How to make:

- 1) Grab the bowl and empty the bottle of glow in the dark glue into the bowl, try and get as much as you can out.
- 2) Add the 1/4 tbsp. of baking soda and 2 tbsps. of water and mix thoroughly until it is mixed in with the glue. For stretchier slime, add more water up to 1/4 cup.
- 3) Slowly add the contact lens solution 1/2 tbsp. at a time and mix in. Adding too much will make the slime hard rather than stretchy.
- 4) Once you have mixed in the tablespoon take the slime out of the bowl and start to knead it until it is not sticky.

You can watch a video and get instructions at: <https://www.thebestideasforkids.com/glow-in-the-dark-slime/>

Oobleck!

Oobleck is a mixture of corn starch and water. Two ingredients you likely already have in your kitchen cupboards! You can also add some food colouring to it.

You will need:

A bowl
2 cups corn starch
1 cup water
Food colouring (optional)



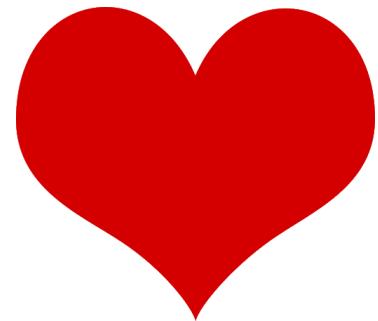
How to make:

- 1) Mix 2 cups of corn starch and 1 cup of water in a bowl.
- 2) Mix until Oobleck is formed, if you would like to add colour then you need to add the food colouring to the water and then mix with the corn starch.
- 3) If the mixture is too watery and not forming into a solid when you pull it out of the bowl then add more corn starch.
- 4) If you find it is not dripping like water then add more water. Keep experimenting until you have the right consistency!

You can watch a video and get instructions at: <https://www.thebestideasforkids.com/how-to-make-oobleck/>

Salt Dough Hearts

These salt dough conversation hearts can be used in a variety of ways! Glue a magnet on the back and stick them on the fridge.



You will need:

- A bowl
- 4 cups flour
- 1 cup salt
- 1.5 cups warm water
- Heart cookie cutter or pattern
- Clear glaze finish or mod podge
- Acrylic paint

How to make:

- 1) Preheat the oven to 120 degrees, salt dough needs to be baked on a low heat for a long time.
- 2) Combine all ingredients and knead for 10 minutes. If the dough is too dry add a bit more water and continue to knead.
- 3) Roll out to the thickness you desire for your heart and use the cutter or pattern to cut out the heart shapes.
- 4) Add letters to the hearts such as “love” or “hello” or any message you like. Bake the salt dough for about 2 hours or until dry.
- 5) Once hardened, and cooled mix some paint and water and paint them. When this is dry, brush over a coat of mod podge and allow to dry.

You can watch a video and get instructions at: <https://www.thebestideasforkids.com/salt-dough-hearts/>

Scratch Art

The part that makes this craft so fun is you can make any silhouette design! Just simply google silhouettes for your interest.



You will need:

- Card
- Black paint
- Wooden rods
- Dish soap
- Wax paper
- Silhouette designs
- A bowl

How to make:

- 1) Put some wax paper down to protect your surface.
- 2) Colour the card with the oil pastels in any design you like!
- 3) Now mix one or two drops of dish soap in a bowl with the paint.
- 4) Paint all over the page, covering the whole page.
- 5) Print out and cut out your silhouette designs on card. Tape the back of the image and tape to the painted card and use a wooden rod to trace round the silhouette.
- 6) Pull off the silhouette and scratch until the whole design is showing.

You can watch a video and get instructions at: <https://www.thebestideasforkids.com/scratch-art-for-kids/>

What Is A Healthy Lifestyle?

A healthy lifestyle consists of 4 main areas: nutrition, physical activity, hygiene and emotional health.



All about food and drink! Everything we eat and drink is included in nutrition however, not everything we eat can be healthy!

Even healthy foods such as fruit can become unhealthy if it is eaten in the wrong portions.

Of the 5 a day, 2 of these should be fruit and 3 of them vegetables as fruit has more natural sugar than vegetables.



Movement! Moving around counts as physical activity, this could be walking it does not have to be sports.

Activity is anything that raises your heart rate. Physical activity can be slower movements such as yoga or stretches or fast paced activities such as basketball.

It is important to do at least 60 minutes every day.



Hygiene is keeping clean, not just our bodies but our clothes too!

It is important to ensure we wash our hands, clean our teeth and wash the rest of our bodies too!

Washing clothes is also important as this helps to get rid of any stale sweat in the clothes!

Emotional Health is all about our feelings and emotions and keeping this positive is important.

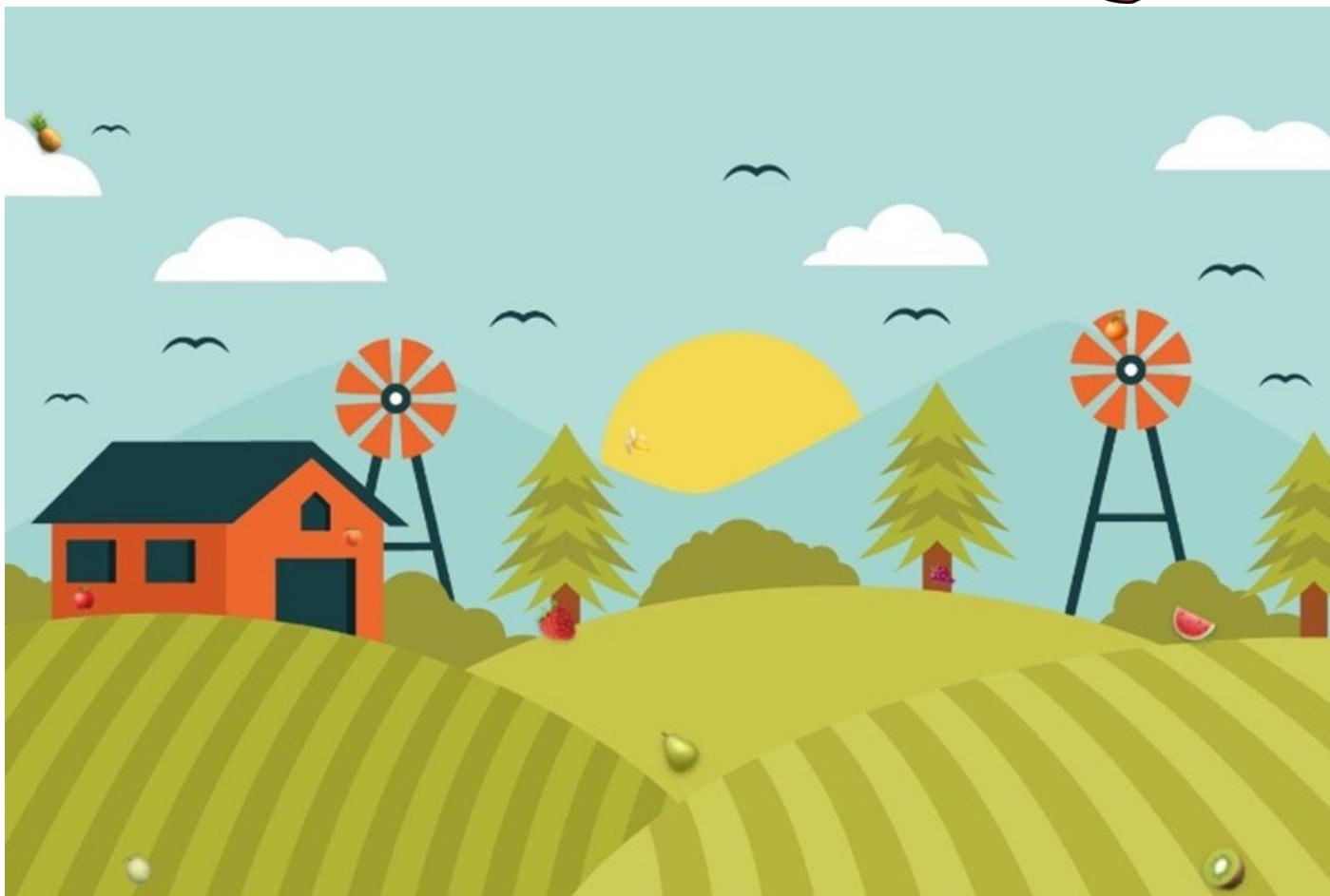
We can keep this positive by talking to our friends and family and looking after ourselves!



Fruity Find

In this picture of a farm, there are 11 different fruits hidden, can you find them all? Circle your answers!

List the fruits you found below.



Alphabet Game

Can you think of a fruit or vegetable beginning with every letter of the alphabet?

List them below!



A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

Healthy Eating Challenge

How many of these fruits and vegetables can you eat this week?

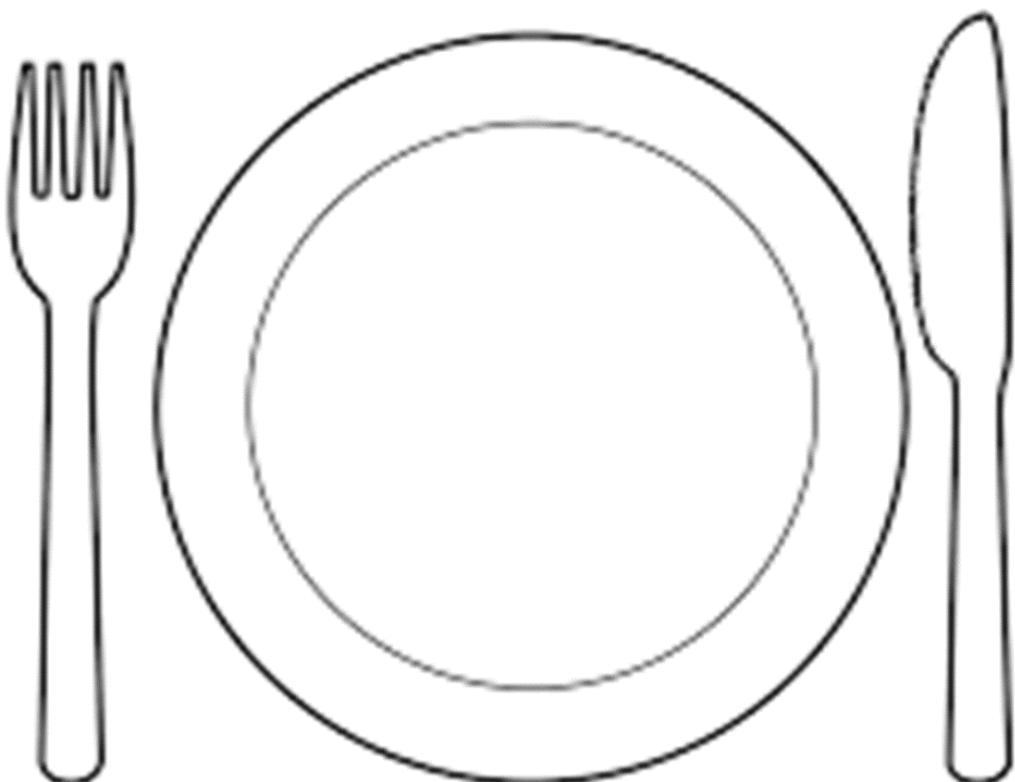
Have them in your breakfast, lunch, dinner and for snacks!

Tally them in the table below and add your own too!



Apples		Broccoli	
Bananas		Courgette	
Grapes		Mushrooms	
Melon		Onion	
Peach		Radish	

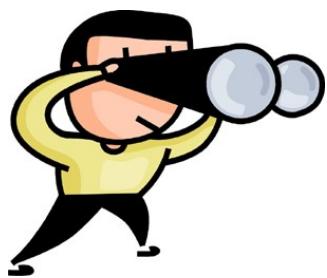
Can you draw one of your meals or snacks that included some of the fruits or vegetables above?



Hygiene Word Search

How many of these words can you find?

Don't forget to cross them out when you have found them!



G O P H K S E T L K W A T E R
Z E X L S M X S I D W C Y P E
D Q R C F U Q U A B L B T C O
P L R M G I R E N E Y E E O A
C B E F S N R B A T S G E T T
M N W L J P U N H P R T T H S
P A O S S V A V O T K I H K Q
E J H F J Z J E Y Z O F D H W
B C S Q X O R U Y F S O B H B
U H S Y H U M X S Q X F T F X
V I J P S D A M L S W J D D P
E T S A P H T O O T K K K A Z
M V T P H U V Y X H V P Y F A
O W O C F R D O O R G F S V W
A O Y Y X R L Z G P D V G G O

Clean

Dirt

Germs

Shower

Soap

Spread

Teeth

Toothbrush

Toothpaste

Water

Hand Washing

Washing your hands is very important because it gets rid of germs and dirt from our hands! Fill in the cross word below with other handwashing information! Hint, the pictures near the number might also help you!

When washing out hands, what 2 things should we use? _____ (1) and _____ (2). We need to wash our _____ (3) to get rid of _____ (4) and _____ (5). How many locations on our hands should we wash? _____ (6). We must make sure we wash our hands after coughing and _____ (7). We should wash our hands after touching pets and other _____ (8). We must wash our hands so we don't spread germs to _____ (9) and other _____ (10).

Can you name all the places on our hands we should wash?

.....
.....
.....



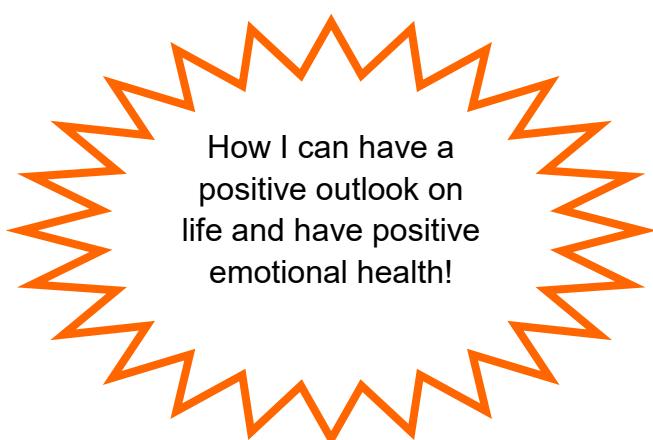
Emotional Health!

It is important to keep our mental health positive and we can do this in a number of ways, having positive relationships with friends, family, teachers etc., knowing how to handle stress or anxiety, better resilience, being able to speak to people about problems, having a positive mind-set, things that make us happy.

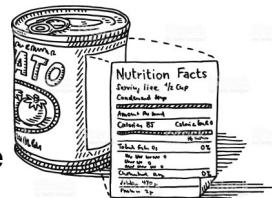
We can help to have a positive mind set by changing the way we think about things we are doing or cannot quite do yet. For example:

Instead of saying...	Try saying...
I give up.	I will use some of the strategies I have learnt.
I am not good at this.	What am I missing?
I messed up.	Let's try again!
My plan didn't work.	Let's try this a different way.
This is not a strength of mine.	This is a skill I can learn.

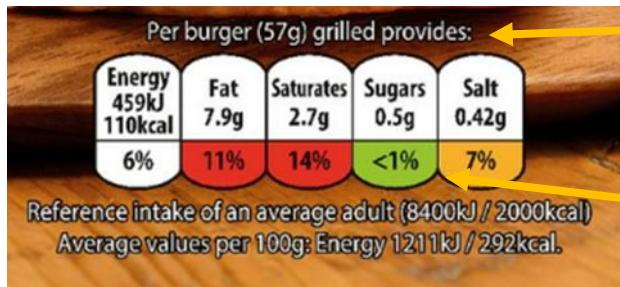
Add to the spider diagram with ways in which you can keep a positive outlook on life and positive emotional health.



Food Labels!



There are different labels on food packaging, usually a “traffic light” label will be on the front of the packaging. Things to look for:



What amount of the food is this label telling you about? Check as this may not be per serving!

Colours – what do they mean? These give an indication as to if the food is high (red), medium (orange/yellow) or low (green).

Another label, is the table of nutritional information, usually found on the back of the packaging. This gives us similar information to the “traffic light” label, however this tells us the information per serving and per 100g – this 100g allows us to compare similar foods and make healthy choices!

Table of Nutritional Information

	As Sold 100g Provides:	Per Burger (57g) Grilled Provides:
Energy - kJ	1211kJ	459kJ
- kcal	292kcal	110kcal
Fat	25g	7.9g
- of which Saturates	8.5g	2.7g
Carbohydrate	2.8g	1.6g
- of which Sugars	0.9g	0.5g
Fibre	<0.5g	<0.5g
Protein	14g	8.2g
Salt	0.73g	0.42g

This is the 100g column, this is used to help compare between similar foods as most foods have the nutritional information displayed per 100g!

Ingredients! Tells us what is in the food, allergens are displayed in **Bold**. This helps people with an allergy to identify if they can eat the food or not.

Ingredients

Beef (76%), Onion (14%), Beef Fat, Fortified **Wheat** Flour (**Wheat**, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Onion Powder, Yeast Extract, Spices, Natural Rosemary Flavouring

Food Labels!



Why not read some of the food labels on items you have at home?

Look at the labels to see how much fat, saturated fat, sugar and salt is in the food. Don't forget to jot down the allergens too!

In the box at the bottom, describe why one of the foods surprised you, was it higher or lower in one of the items? Or did you not know it contained that allergen?



What's Hidden In My Food!



What food/meal?	<u>How much total fat per 100g?</u>	<u>How much saturated fat per 100g?</u>	<u>How much sugar per 100g?</u>	<u>How much salt per 100g?</u>	Allergens

The food that surprised me the most was:

.....
.....
.....
.....
.....

Veggie Frittata Recipe

How about some healthy cooking? This is a lovely thick omelette made for 4, served cut into wedges.



Prep: 10 mins

Cooking: 10 mins

Ingredients:

2tsp vegetable oil

6 eggs

2tbsp milk

4 slices of bread (wholemeal if possible)

Optional:

2 tomato's, chopped

1 courgette, coarsely grated

1 pinch, ground black pepper

You can add any of your favourite vegetables!

Method:

- 1) Preheat the grill
- 2) Heat the vegetable oil in a non-stick pan
- 3) If using, add the courgette and tomatoes and cook on the hob for 3-4 minutes, stirring often, until soft. Spread out over the base of the frying pan.
- 4) Beat the eggs and milk together and pour into the frying pan. Cook over a medium-low heat for 4-5 minutes to set the base.
- 5) Transfer to the grill to set the surface - about 2-3 minutes. Remove from the heat and let the frittata cool for 3-4 minutes.
- 6) Toast the slices of bread. Slice the frittata into wedges and serve with the toast.

<https://www.nhs.uk/change4life/recipes/courgette-and-tomato-frittata>

Four Seasons Pizza Recipe

Everyone loves making pizza—it's completely customisable and usually a lot healthier than shop bought ones! This one is made for 4.

Prep: 15 mins

Cooking: 15 mins

Ingredients:

One 23cm pizza base

Tomato puree

2 tomatoes, sliced

50g ready-grated mozzarella

1tsp dried Italian mixed herbs

25g sliced wafer thin ham, chopped

25g pineapple chunks, drained

2 mushrooms thickly sliced

25g cooked chicken (or turkey) chopped



Method:

- 1) Preheat the oven to 200C/fan 180C/gas mark 6.
- 2) Place the pizza base on a large baking sheet. Spoon the tomato purée on top and spread it evenly over the surface.
- 3) Arrange the tomatoes on top. Scatter with half the mozzarella, then sprinkle with the herbs. Arrange the ham over a quarter of the pizza, along with the pineapple pieces.
- 4) Arrange the mushrooms over a second quarter of the pizza. Put the cooked chicken or turkey over a third quarter of the pizza. Leave the last quarter plain.
- 5) Sprinkle the rest of the mozzarella over the whole pizza, then bake for 12 to 15 minutes until the cheese is bubbling. Let cool for a few moments before slicing and serving.

<https://www.nhs.uk/change4life/recipes/four-seasons-pizza>

Choc Cherry Popcorn Cakes Recipe

Make a healthier version of crispy cakes with this popcorn recipe.

Prep: 10 mins

Cooking: 8 mins

Ingredients:

2 tsp vegetable oil

100g popping corn

2 egg whites

2tsp unsweetened coca powder

65g dried cherries, chopped



Method:

- 1) Preheat the oven to 180°C, fan oven 160°C, gas mark 4. Put 14 paper bun cases into bun trays.
- 2) Heat the vegetable oil in a large heavy-based saucepan with a tight-fitting lid. Add the popping corn, put the lid on and shake the pan to coat the kernels in the oil. Put the pan over a medium-high heat. The kernels will begin to pop, and when they do, carefully shake the pan occasionally.
- 3) When the popping subsides, remove from the heat. Cool for 5 minutes. Remove any un-popped kernels.
- 4) Whisk the egg whites and cocoa powder together in a large bowl. Stir in the cooled popcorn and dried cherries. Share the mixture between the bun cases, then bake for 8-10 minutes until set. Cool.

<https://www.nhs.uk/change4life/recipes/choc-cherry-popcorn-cakes>

Pancake Recipe

Pancakes are quick and tasty all year round – so don't just leave them for Shrove Tuesday. These serve 4!

Prep: 10 mins

Cooking: 12 mins

Ingredients:

75g plain flour

1 medium egg

200ml semi-skimmed milk

2tsp vegetable oil

1 eating apple, cored and thinly sliced

1tsp caster sugar

Finely grated zest and juice of 1 lemon



Method:

- 1) Put the flour into a large jug or mixing bowl. Add the egg and milk and beat with a wire whisk or a hand-held electric beater to make a smooth batter.
- 2) Heat a pancake pan or non-stick frying pan. Add 2-3 drops of vegetable oil. Pour in a quarter of the batter, and tilt the pan so that it flows evenly over the surface. Cook over a medium heat for 1-2 minutes until set, then flip over to cook the other side. Make 4 pancakes in total, adding 2-3 drops of oil to the pan for each one. Keep the pancakes in a warm place until all of them are cooked.
- 3) Heat the remaining oil in the frying pan and add the apple slices, cooking them over a medium-high heat for 3-4 minutes, and turning often. Sprinkle the sugar over them and cook for another few moments until lightly browned. Add the lemon zest and juice, stir to coat, then remove from the heat.
- 4) Serve one pancake per person, topped with the caramelised apples.

<https://www.nhs.uk/change4life/recipes/pancakes-with-caramelised-apples>

Pumbaa's Hippo Hops



Imagine a tasty-looking insect has caught Pumbaa's eye... but it's on the other side of a mudhole full of sleeping hippos!

Can you show him how to get through without waking them?

How to Play!

- 1) Grab some cushions, clothes or even pieces of paper to be the hippos, then lay them out across the floor. Make sure they're not too far apart.
- 2) When you're ready, start your crossing! Crouch down like a frog and leap over the first hippo.
- 3) When you land back on the floor, keep hopping to stay out of the mud! Make your way across the mudhole, leapfrogging over the hippos until you reach the other side.
- 4) Once you've made it to the other side, turn around and cross back again, leapfrogging the hippos again.
- 5) Keeping playing for 10 minutes, and invent different challenges for each crossing. You could time yourself to see how quickly you can make it across, try to cross making as few jumps as possible, or cross by jumping over every single hippo in the mudhole. Once you've finished, remember to recycle any paper hippos!

<https://www.nhs.uk/10-minute-shake-up/shake-ups/pumbaas-hippo-hops>

Be Lumiere's Guest



When Lumiere shows Belle all the culinary delights of the castle, he puts on a fantastic show.

Now it's your turn to prepare for another great party!

How to Play!

- 1) Mark out a line with a skipping rope or some string. Along 1 side, place cushions or toys at different distances away from the line.
- 2) Now stand on the line and pose like Lumiere by standing on one leg, putting your arms in the air at right angles like a candlestick.
- 3) You're against the clock! Jump along the line holding your pose, then pick up each item and move it to the other side – make sure your feet do not leave the line.
- 4) Be careful – if you lose your balance or drop anything, you must go back to the start.
- 5) If friends want to play, then take it in turns and time yourself to see who can do it the quickest.

<https://www.nhs.uk/10-minute-shake-up/shake-ups/be-lumieres-guest>

Balloon Volleyball

You will need a balloon, two chairs and a blanket for this activity!

2 player game!

How to play:

- 1) Inflate the balloon and put the two chairs with the backs facing each other about 1m to 1.5m apart. Place the blanket over the top of the back of the chairs to create the “net”.
- 2) Each player must stand either side of the “net” and hit the balloon across the “net” to each other.
- 3) If the balloon hits the floor on the opposite side to you, then you win a point! The first player to gain 11 points wins!

You could play with more players and turn it into a tournament.

Keep a track of your scores below!



Player 1 Name	Score	Player 2 Name	Score

Circuits!

You may need a variety of equipment for this activity, it depends which exercises you want to do!

For this, I am choosing: star jumps, wall sit, shuttle runs and step up's. I would need 5 markers for my circuit to mark out each station and do shuttle runs between.

How to play:

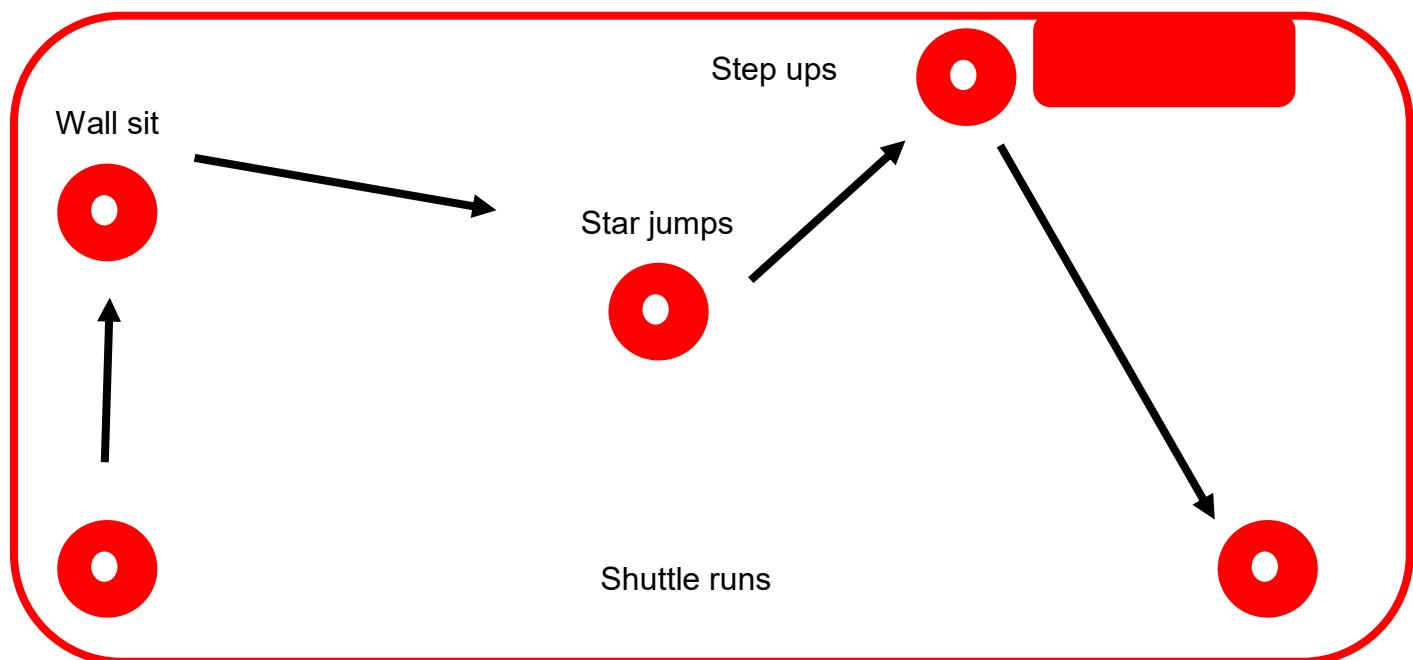
- 1) Decide the exercises you want to do and set up some stations around a room or in the garden. For my exercises, I would set up one marker next to the wall, one at the bottom step, two a 1-2m distance apart and one in a clear space.
- 2) Set yourself a time limit for each activity and how many times you will do the circuit. I am going to the circuit twice and have 30 seconds on each exercise.
- 3) Use a stopwatch to time 30s and choose one of the activities to start on! Move round to each of the activities with a rest break in between make this shorter each round you do.

1+ player game!



Safety Info!

Remember to drink water during activities! Make sure you have suitable clothing and footwear. Do not over work yourself, take longer rest breaks if needed!



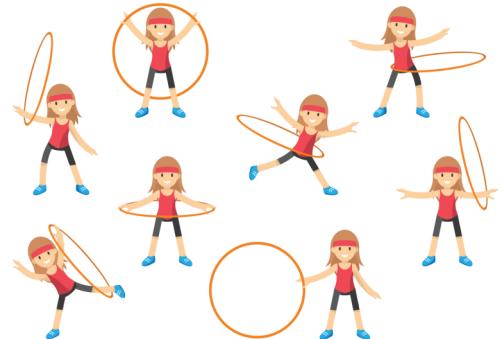
Hula Hoop Challenge

You will need a hula hoop and a stopwatch for this activity!

1+ player game!

How to play:

- 1) Grab your hula hoop and see how long you can keep it spinning for!
- 2) Challenge yourself to reach a certain time such as 30 seconds or 1 minute. Keep a track of your scores and how long you can keep the hula hoop going for!



Use the table below to keep a track of your scores and your friends and family scores!

Player Name	Time Wanted	Time Achieved

Squash Pong!

You will need a ping pong ball, squash, 12 cups and a table for this activity.

How to play:

- 1) For 2 players, set up the 12 cups with 6 on each end of the table in a triangle shape and fill them up half way with squash. If playing on your own you only need 6 cups set up at one end of the table!
- 2) Take it in turns to bounce the ping pong ball on the table ad into the cups! If the ball lands in the cup then that cup needs to be removed and is out of the game.
- 3) The winner is the first one to get rid of their opponents cups or all the cups on the other end of the table if playing on your own.

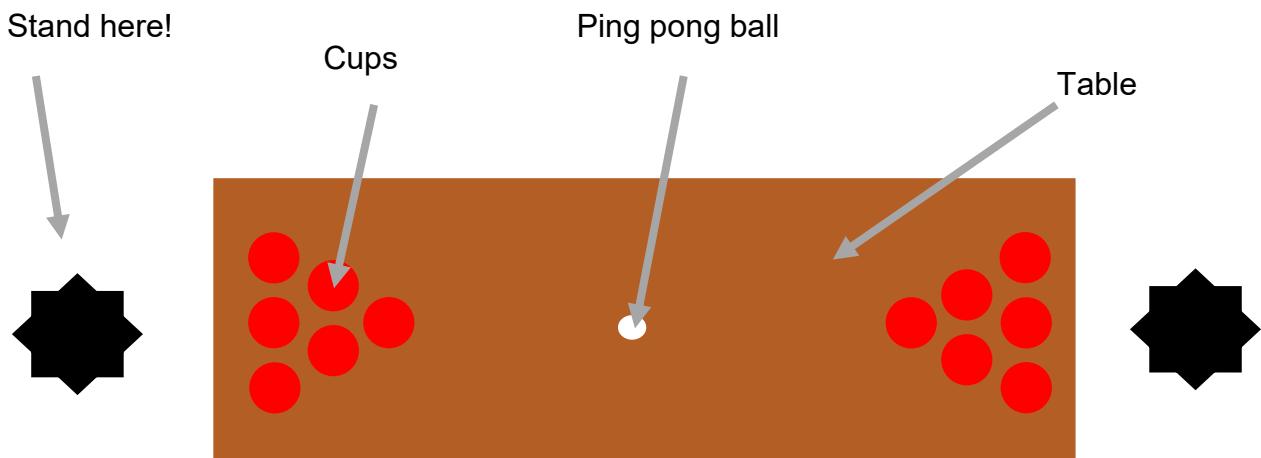
Player	Points



1+ player game!

Playing on your own?

Why not change the shape of the cups and give each cup a number of points! Keep track of them in the table to the left!



Plastic Bottle Bowling

You will need 10 plastic bottles and a soft indoor ball for this activity! You may also need something to fill the bottles with to make them a bit more sturdy or you could leave them 1/4 full with water.

1+ player game!



How to play:

- 1) Arrange the bottles like bowling pins, in a triangle shape at the end of the room or area you are using.
- 2) Make sure you are 1-2m away from the pins and bowl the indoor soft ball at them.
- 3) If playing with friends then have 2 go's at the pins like a game of bowling then swap turns. If playing on your own then just keep track of your scores below!

Player Name:

1	2	3	4	5	6	7	8	9	10

Player Name:

1	2	3	4	5	6	7	8	9	10

Player Name:

1	2	3	4	5	6	7	8	9	10

Player Name:

1	2	3	4	5	6	7	8	9	10

Bean Bag Toss

You will need bean bag, hoops or markers for this activity.

1+ player game!

How to play:

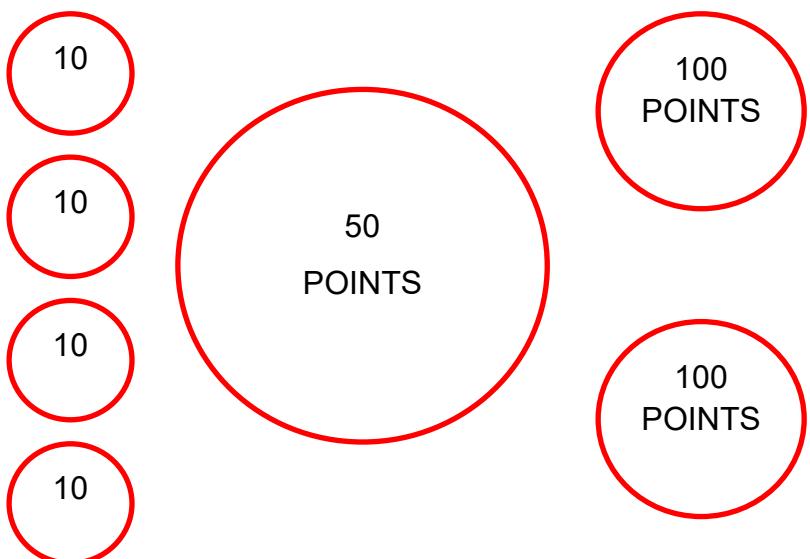
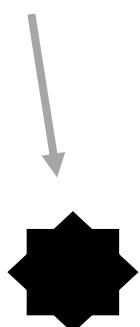
- 1) Arrange the hoops or markers in the area you have and allocate them all points.
- 2) Stand at least 1-2m back and throw the bean bags attempting to get the highest score possible.
- 3) If playing with 2 or more people, take this in turns and see who gets the highest score at the end of each round.



Keep a track of your scores below and see an example of how to set up the hoops.

Player Name	Score Rd 1	Score Rd 2	Score Rd 3	Score Rd 4	Score Rd 5

Stand here!



Ball Swap!

You will need a ball per pair for this activity, if you are playing indoors make sure it is a soft ball!

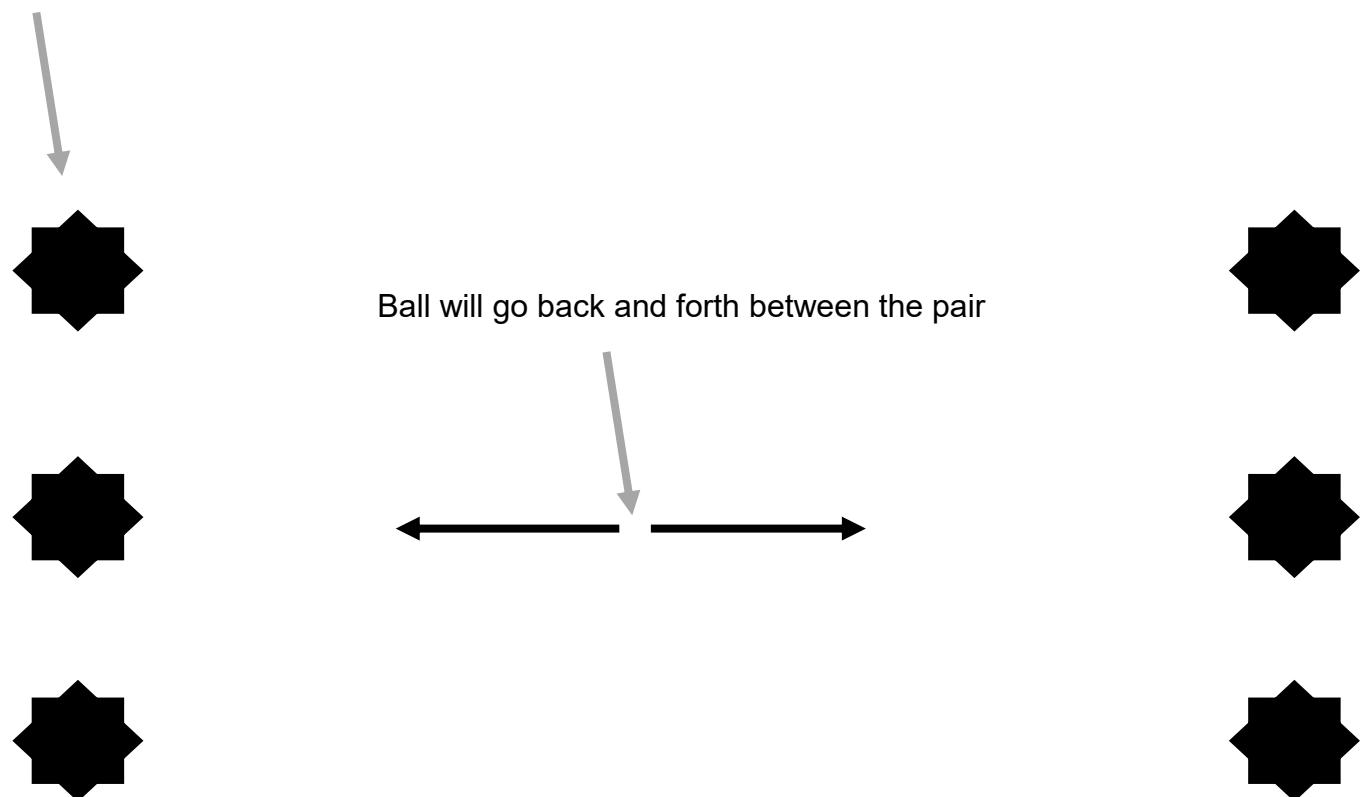
2+ player game!

How to play:

- 1) Decide on a different actions and give each of them a number, such as 1 = bounce the ball, 2 = throw it in the air and clap, 3 = throw with one hand, 4 = jump in the air.
- 2) Stand 1-2m apart from each other, one of you start with the ball.
- 3) Keep chest passing the ball to each other until someone shouts a number then do that action and then continue passing.
- 4) You can also decide to shout SWAP. This means you have to swap places with your partner. Shout this more and more often as the game goes on, you could even shout it twice in a row!

If playing with lots of players, swap partner every so often to play with other people!

Stand here!



Cups X's & O's

You will need 10 cups per pair, 5 one colour and 5 another. You can just add coloured stickers to the bottom of plain colour cups if no colour cups! You will also need a playing board made from paper and pen lines or tape.

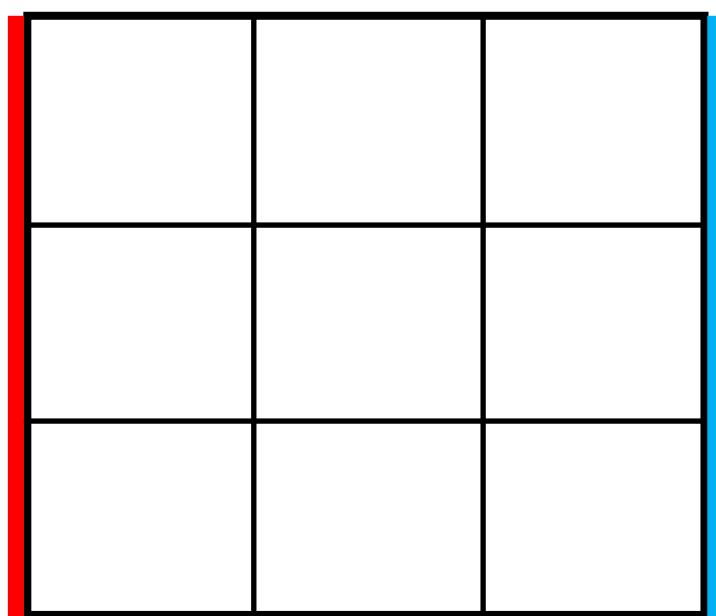
2+ player game!

How to play:

- 1) Create the game board with 3x3 squares.
- 2) You need to have your colour stack of cups next to the game board so you can easily reach them.
- 3) Your task is to flip a cup of the edge of the table so it goes from drinking side up to drinking side down, keep trying with the same cup until you get it! Like the image to the right.
- 4) If it lands drinking side down then place it on the board like you would a X or O in noughts and crosses!
- 5) Players win if they get 3 in a row.

Do not place!

Place me!



Treasure Island!

You will need items such as t-shirts, socks, bean bags, small soft balls—anything you can turn in to treasure and pick up easily with one hand!

2+ player game!
Could be played on your own!

How to play:

- 1) Arrange the “treasure” down one end of the playing area.
- 2) Start at the other end of the area, about 1-2m away from the treasure.
- 3) Set yourself a time limit such as 2 minutes, 1 minute or 30 seconds—decrease the time every round!
- 4) Make your way towards the treasure in different ways, for example, crab walking, hopping, lunging or crawling (or any other ways you can think of).
- 5) When you get to the treasure, pick up one item and head back to where you started from. Keep going until all of the treasure is gone.
- 6) Decide how much each of the items is worth (it might be good to get someone who is not playing the game to decide this so it is fair!)
- 7) Count up your points for that round!
- 8) You can adapt the game by making some of the items worth minus points or adding obstacles on the way to the treasure.



Keep track of your points below!

Player Name	Score Rd 1	Score Rd 2	Score Rd 3	Score Rd 4	Score Rd 5

Volcanos & Craters

You will need lots of cones for this, similar to the ones used to mark out playing areas in PE, the flatter ones not the large pointy ones. If more than 2 players, you will need to play in 2 teams!

2+ player game!

How to play:

- 1) Put all the cones in the playing area, scatter them about so they are up different ways.
- 2) Stand either side of the area of cones. One of you (or one team) will be volcanos and the other of you (or team) will be craters.
- 3) If you are a volcano, you need to get the cones so they look like a volcano, with the bigger end on the floor and the smaller end facing up.
- 4) If you are a crater, you need to get the cones so they look like a crater, with the smaller end on the floor and the bigger end facing up.
- 5) Set a time limit! At the end of the time, count up who has the most cones turned over their way—they are the winner!



Makes a volcano



Makes a crater



Rock, Paper, Scissors

You will need a marker or middle line for this activity.

2+ player game!

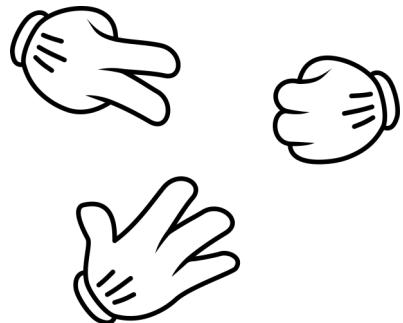
How to play:

- 1) You will need to stand at opposite sides of the playing area.
- 2) Run into the middle and choose and action, rock, paper or scissors and make this action!

Rock - Crouch down in a ball

Paper - Stand tall with your arms and legs stretched wide apart

Scissors - Stand with your legs together and clap your hands in front of you with your arms out straight in front of you.

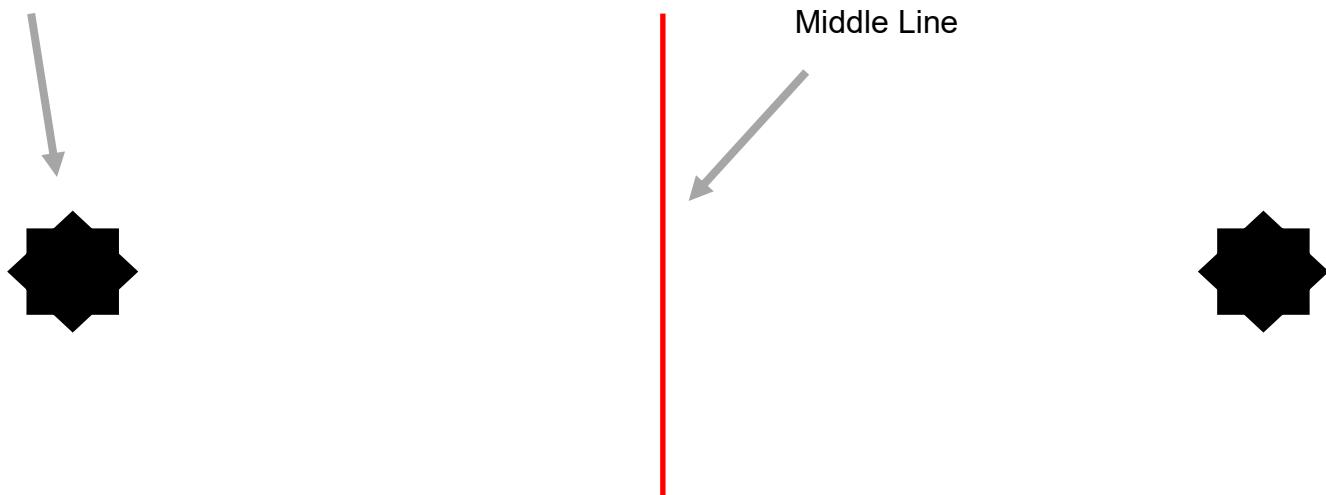


You must decide which action you are going to make before you run into the middle and both players must run in at the same time.

If more players join, you form two team and everyone on the team must take the same action.

Remember that: rock crushes scissors; scissors cut paper and paper covers rock.

Stand here!



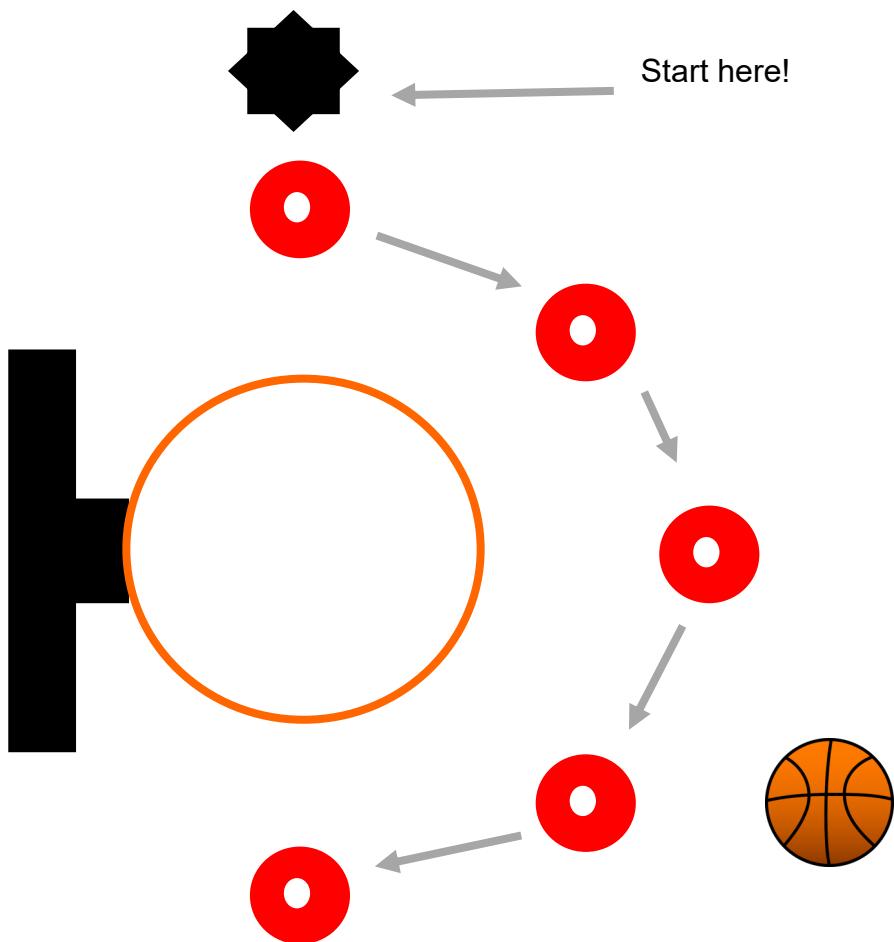
Shoot The Hoop!

You will need a basketball, 5 x PE cones and basketball hoop for this activity.

1+ player game!

How to play:

- 1) Set up the 5 cones around the basketball hoop on the floor so they are in a semi circle. Like in the picture below
- 2) Stand at one of the ones to one side 90 degrees of the hoop and try to shoot. If you get the ball in the hoop then move round to the next cone!
- 3) Keep going until you have gone through all the cones, then do them again backwards (starting with the one you finished with).



Useful Websites

General Information

Berkshire Youth	http://berkshireyouth.co.uk/
The Wayz	http://thewayzyouth.co.uk/
UK Youth	https://www.ukyouth.org/
National Youth Agency	https://nya.org.uk/

Arts & Crafts Ideas

The Best Ideas For Kids	https://www.thebestideasforkids.com/
Easy Peasy and Fun	https://www.easypeasyandfun.com/crafts-for-kids/
Happiness Is Home Made	https://www.happinessishomemade.net/

Healthy Lifestyles

NHS	https://www.nhs.uk/live-well/
Change 4 Life	https://www.nhs.uk/change4life
Eat The To Defeat Them	https://eatthemtodefeatthem.com/

Sports and Exercise

NHS	https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-
Get Berkshire Active	https://getberkshireactive.org/
Sports Clubs Net	sports-clubs.net/Sport/Clubs.aspx?County=Berkshire

There is space to add your own websites you find under each section! Sports Club Net you will have to copy and paste into the web browser—it is not a link.

What I Like Most About This Book...