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SENDactive Spooktacular Activity Pack

Activities to keep you and your family active over the half-term break!



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www.sendactive.org



PUMPKIN GOLF

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CARVE YOUR PUMPKIN

- Grab a pumpkin that can be carved.
- Carve a spooky / friendly / surprised face into your pumpkin, ensuring that the mouth reaches the bottom of the pumpkin.
- This will allow your ball to travel into the pumpkin's mouth easily.
- Make the mouth narrower if you want a challenge.

IMPORTANT: You must ensure that you are with a responsible adult when carving your pumpkin.

CHOOSE A GOLF CLUB (AND GRAB A SMALL BALL)



Wooden spoon golf club
on table or floor



Wrapping paper golf club



Rolling with hands



Real or plastic golf club



HOW TO PLAY

- You can use an outdoor or indoor space, but ensure that there is nothing around you that you could damage.
- Mark a tee (where you will hit / roll a ball from) and place your open mouthed pumpkin in-line a short distance away.
- The aim is to hit / roll your ball towards the pumpkin, attempting to get it to roll inside the pumpkin's mouth. If you miss, simply try again.
- Start with the pumpkin close and move it further away as you get better. You could even roll your pumpkin over and attempt to "chip" your ball in to its mouth!

IMPORTANT: Golf clubs and moving balls can be dangerous if not used carefully. Make sure that you do not swing your club or hit / roll your ball until you are sure that there is nobody around you.





GHOST ALLEY

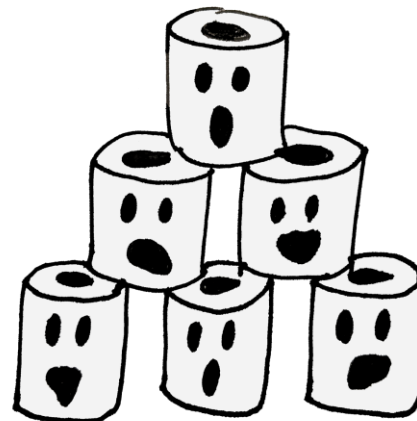
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CREATE YOUR GHOSTS

- You will need to sacrifice some toilet rolls for this activity (make sure you ask permission first!)
- Draw some ghoulish faces on 6 – 10 toilet rolls with a marker pen. Get creative and make them look as scary (or friendly) as you like!



Let us know if you enjoy these activities!
Tag **@SENDactive** on Twitter

HOW TO PLAY

- Find a safe space for this activity, where you won't damage anything.
- Set up your ghosts on a flat surface. You could pile them on top of each other like a triangle or pyramid, or you could place them in a different shape.
- From a short distance away, try to knock down as many tins / cans as possible with a pair of socks / soft balls / beanbags / more toilet rolls / small pumpkin.
- As you get better at knocking down the ghosts why not try moving a little further away.
- You could even give each ghost a score and then play against other people at home.
- You may want to use a ramp (chopping board or plank of wood) or a pusher (wooden spoon or similar) for this activity.



SPIIDER'S WEB WALK

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CREATE A SPIDER'S WEB

- Using some masking tape (or similar), create a spider's web in a safe space.
- You can create a full web or, if space is limited, a half or quarter web.

HOW TO PLAY

- Place some obstacles on the web, such as pretend spiders, ghosts and bats. You could create these yourself with pens and paper.
- Set a start and end point on the web, and ask an adult to place a prize at the end.
- Try to keep your feet on the lines (or keep your chair in line with the lines) at all times, and avoid the obstacles.
- This is a test of your balance. Can you reach the prize without falling off the web?



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PUMPKIN DROP

HOW TO PLAY

- Place a mini pumpkin (or make one with a ball, socks etc) on the end of an empty toilet roll (the cardboard middle).
- Can you get around an obstacle course whilst keeping your mini pumpkin balanced on the holder?
- Try different ways of carrying your mini pumpkin. Can you carry it in one hand or balance it on your head?



SPOOKY SCAVENGER HUNT

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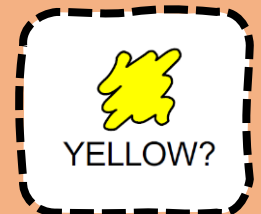
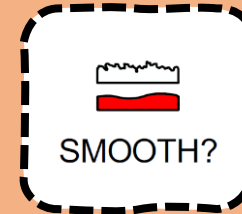
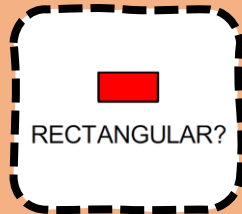
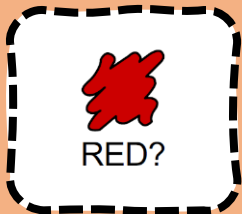
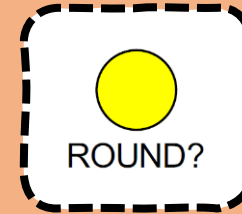
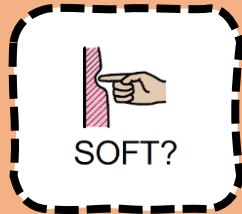
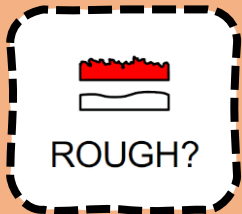
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HOW TO PLAY

- Ask an adult to place some spooky items around your home and/or garden.
- You could create the spooky items yourself. Spiders, bats, ghosts and witches hats are a few spooky items you could create.
- The aim is to find the items as quickly as you can. Once you have found them all, why not ask an adult to hide them again, in different places, and see if you can beat your time.
- If you don't have any spooky items, or you don't want to make your own, you could try finding items that are already around your home and/or garden (see below).



CAN YOU FIND SOMETHING THAT IS...



TRICK OR TREAT?



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This is to certify that

has completed activities from the
SENDactive Spooktacular Activity Pack



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Share your activity and certificate photos on Twitter

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