

# SEND ACTIVE AT HOME | ACTIVITY CARD 1

[www.sendactive.org/sendactive-at-home](http://www.sendactive.org/sendactive-at-home) #SENDactiveAtHome



## STAYING SAFE

- Only do these activities in **safe spaces** such as inside your own home or garden and **only with other people you live with**.
- **Wash your hands** before and after doing these activities.
- All activities should be **overseen by a responsible adult** within your home. Better still... why not get them involved too?

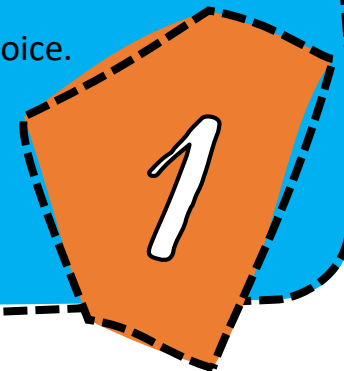


## TIN CAN ALLEY

### You will need:

- a few tins or cans
- some socks / soft balls / beanbags / toilet rolls (this is your ball of choice)

- Find a safe space for this activity, where you won't damage anything.
- Set up your tins / cans 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 your "ball" of choice.
- As you get better at knocking down the tins / cans why not try moving a little further away.
- You could even give each tin / can 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.



# SEND ACTIVE AT HOME | ACTIVITY CARD 1

[www.sendactive.org/sendactive-at-home](http://www.sendactive.org/sendactive-at-home) #SENDactiveAtHome



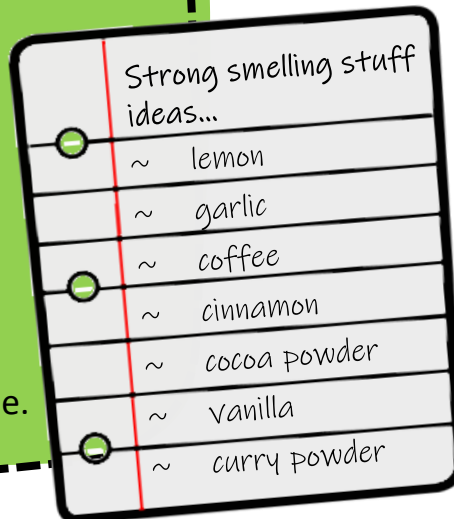
## WHAT CAN YOU SMELL?

### You will need:

- some empty plastic bottles / jars / dishes
- a range of "smells" (see ideas below)

**IMPORTANT:** Please ensure you are aware of any allergies when preparing and completing this activity. Please also ensure that all "smells" are safe and non-toxic.

- You may need to ask an adult at home to help you prepare this activity.
- Ask an adult at home to put some safe things that have a strong smell (see ideas to the right) into some empty bottles / jars / dishes.
- With either your eyes closed, or wearing a blindfold, you should try to guess what each smell is.
- You can write your answers down or tell your answers to someone at home.



## SHOOT 4 HOOPZ

### You will need:

- a few hula hoops or buckets
- some toilet rolls / socks / soft balls / beanbags

- Find a safe space for this activity where you won't damage anything. An outdoors space is best.
- Place some hula hoops / buckets at different points around the area.
- The aim is to land your toilet rolls / soft balls / beanbags in to the hula hoops / buckets from different distances.
- You may want to start close and move further away as you get better.



Let us know if you had fun!  
Tag @SENDactive on Twitter