

SEND ACTIVE AT HOME | ACTIVITY CARD 2

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?

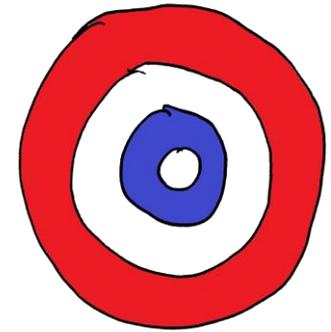


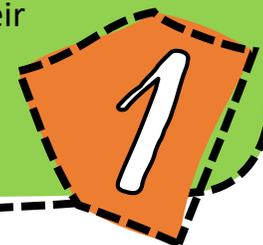
TABLE KURLING

IMPORTANT: Wash the jar lids / bottle tops before putting them back on the jars or bottles, and be careful if there are small children or pets around.

- Create or draw a kurling target (like the red, white and blue one in the picture above) on a piece of paper. Be creative with this, using different colours and adding points to each section.
- Stick the kurling target down flat near one end of the table/smooth surface. Make sure all the sides are taped down.
- Each person takes it in turns to push the jar lids/bottle tops from the opposite end of the table, using their hands or a pusher (wooden spoon or similar). You could also use a chopping board as a ramp.
- Try to get your jar lids/bottle tops to stop on the target as close to the centre as possible. You could play against other people at home or on your own, trying to score as many points as you can.

You will need:

- a few jar lids or plastic bottle tops
- a table or smooth flat surface
- paper, pens and tape



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PARACHUTE POPCORN

- Find a large enough space to play this game, where you won't risk breaking anything or bumping into objects around you. If you can safely play in the garden, that is the best place.
- Lay your blanket on the ground and place the soft objects in the middle.
- Each person playing now holds on to a part of the side of the blanket and everyone carefully lifts it up to around waist height.
- One person shouts "GO!" and everyone shakes the blanket as much as possible until all the soft objects have "popped" off into the air, like popping corn, and landed on the ground!
- Now try to collect all the soft objects in as quickly as possible and put them into the containers. You could have different containers for different types of object or have a container each and try to collect as many as you can. Be careful not to bump into other people or objects around you.

You will need:

- lots of soft objects like cuddly toys, soft balls and rolled-up socks
- a blanket or bed sheet
- a few containers (bucket, washing-up bowl, empty plant pots)

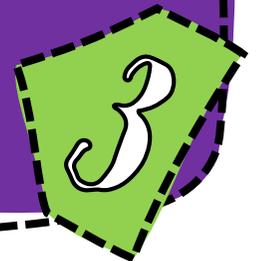


SUPER 6

You will need:

- socks / toilet roll

- With a partner, start by standing or sitting about 2 metres apart.
- Throw or roll a pair of socks or toilet roll to each other.
- See if you can make 6 catches. Each time you make 6 catches move a little further away from each other.
- How many times can you pass the socks / toilet roll without dropping it?



Let us know if you had fun!
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