

# SEND ACTIVE AT HOME | ACTIVITY CARD 3

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

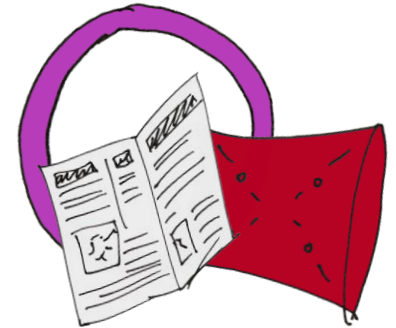


## STAYING SAFE

- 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?



@SENDactive



## CROSS THE SWAMP

**IMPORTANT:** Use whatever you can safely use as mini islands in order to get across the “swamp”. Be careful that the equipment you use doesn’t slip under your feet or mobility-aid.

- Set up a start point and a finish point. Everything in between these points is a “swamp”.
- The aim is to cross the “swamp” using your mini islands without getting your feet “wet”.
- If you fall or move off the mini islands, return to the start and try again.
- You should try to take your mini islands with you and finish with all of them on the other side of the “swamp”.
- You can race against other people in your home or try as a group. Why not limit how many people can be on each mini island at a time? You may wish to work with a partner to help you place your mini-islands.



### You will need:

- hoops / cushions / old newspapers

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## BALANCE BEAM

### You will need:

- a straight line / tape / chalk

- Find or create a straight line. You could use floor tiles or paving slabs; put down some tape; or draw a line outdoors with some chalk.
- Your first challenge is to walk or move forward along the line, trying to keep your feet or the centre of your body on or over the line at all times.
- Your next challenge is to walk or move along the line on tip-toes or with pointed toes.
- Now try walking or moving backwards along the line, and then sideways.
- You could even try balancing something on your head.
- What other ways can you move along the line? Be creative!



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

## NEWSPAPER GAME

- The aim is to re-assemble a ripped up newspaper or magazine, putting it back together using tape or simply laying it out on a flat surface.
- Try to put the newspaper or magazine back together as quickly as possible.
- You could try to race other people in your home or beat your own time.

### You will need:

- old newspapers or magazines
- sticky tape (optional)

