

SEND ACTIVE AT HOME | ACTIVITY CARD 4

www.sendactive.org/sendactive-at-home #SENDactiveAtHome

SEND
active

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



TENNIS TAP

- Using your tennis racket (or similar) try to tap your ball / beanbag / balloon / rolled-up socks into the air, without dropping it on the floor, tray or table.
- See how many taps you can do in 30 seconds or one minute. Can you beat your score each time?

You will need:

- tennis racket / frying pan / book / hand
- small ball / beanbag / balloon / socks

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AROUND THE WORLD

- How many times can you pass a ball / balloon / toilet roll / soft toy around your waist in 30 seconds or one minute?
- Someone else at home can support you with this activity, by positioning themselves behind you and taking your item from you when you have reached as far as you can, before passing it to you on your opposite side.

You will need:

- ball / balloon / toilet roll / soft toy

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

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EMOJI DANCE

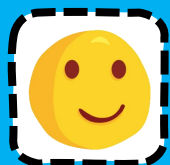
- Print some emoji flashcards (we have created some for you on the next few pages). If you don't have access to a printer, why not try drawing your own emojis?
- Ask an adult at home to find some appropriate music to match each emoji (see below for some ideas). When they show an emoji card alongside the matching music try to create dance that represents that emotion or theme.

You will need:

- emoji cards (printed or create your own)
- mobile phone / computer for playing music

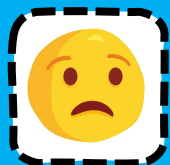
EMOJI MATCHING MUSIC...

Music will inspire different emotions in each individual, and these are simply a few suggestions.



HAPPY

Happy – Pharrell Williams
Hakuna Matata – The Lion King OST



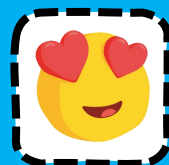
SAD

True Colours – Trolls OST
Do You Want to Build a Snowman? – Frozen OST



SLEEPY / TIRED

A Million Dreams – The Greatest Showman OST
A Dream is a Wish Your Heart... – Cinderella OST



LOVE

Beauty & The Beast – Beauty & The Beast OST
Can You Feel the Love? – The Lion King OST



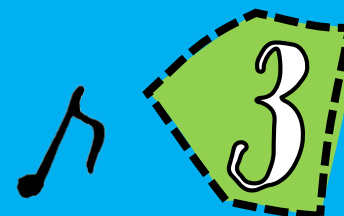
FEAR

Into the Unknown – Frozen II OST
Oops Got Scared Again – Vampirina (Disney)



EXCITED

Can't Stop the Feeling! – Trolls OST
How Far I'll Go – Moana OST





HAPPY



SAD

Cut or fold here



SLEEPY /
TIRED



LOVE

Cut or fold here



FEAR



EXCITED

Cut or fold here