

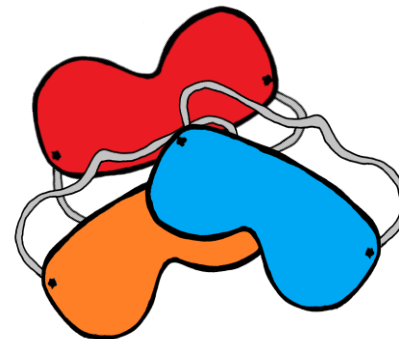
SENDACTIVE AT HOME | ACTIVITY CARD 6

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?



BLINDFOLD TRUST

IMPORTANT: It is important that you think about safety with this activity.

Ensure the blindfold isn't tied too tightly around the head, and make sure you think carefully about the course.

Do not use stairs or any dangerous obstacles and ensure the course is clear of any other hazards.

- The aim is to undertake an accompanied blindfold walk with a partner.
- One person wears a blindfold and should not be able to see.
- The other person guides the blindfolded person around a course by communicating with them from a short distance
- The course could be an obstacle course you have created yourself or a route around your home or garden.

You will need:

- something to use as a blindfold (scarf, eye-mask etc)



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BOUNCY BALL

You will need:

- bouncy ball (football / tennis ball)

- See how many times you can bounce a ball in one minute.
- Where you are able to, try bouncing your ball in the following ways:
 1. with both hands
 2. with one hand
 3. standing on one leg
 4. whilst moving
- You can do this activity in a seated position, either in a chair or on the floor.
- You could also try bouncing your ball on a table top.



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



STRIKING USING THE UPPER BODY



- Place an empty plastic bottle (or skittle) / soft ball on a table or tray in front of you / young person.
- The aim is to attempt to push or roll the bottle / ball off the surface or tray using any part of the upper body.
- You could also try knocking a small ball or pair of rolled up socks off a post such as a roll of wrapping paper.
- Why not try knocking a soft ball or pair of rolled up socks down a ramp such as a plank of wood.

[CLICK HERE](#) for a video of this activity from *Special Olympics Great Britain*

You will need:

- empty plastic bottle (or skittle) / soft ball / balloon / pair of socks
- table or tray / post (wrapping paper) / ramp (plank of wood)

