

FREEZE DANCE

AGE: 5 to 9

NUMBER OF PEOPLE: 4+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Music with a pause button

HOW TO PLAY:

Choose one person to be in charge of the music. When the music starts, everyone else dances, the crazier the better. When the person in charge of the music presses pause, the dancers must freeze. Anyone caught moving after that is out. Play carries on until there is one person left, the winner can be in charge of the music and choose the next song.

Alternatively, to avoid being out, create a points system where you score a point if you freeze in time.



ROBOT

AGE: 5 to 11

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Blindfold/scarf and soft toys

HOW TO PLAY:

Spread a selection of soft toys on the floor. Starting away from the toys, in pairs, 1 person is blindfolded (using a scarf) and is the 'Robot'. Their partner tells them how and where to move to pick up objects and bring them back. Take turns picking up the toys.

Challenge yourselves by choosing a specific toy each time. Make it harder by not allowing the Robot to touch any of the other toys on their journey. If they do, they have to start again.



SHEET FORT

AGE: 5 to 9

NUMBER OF PEOPLE: 1+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Bed sheets and imagination

HOW TO PLAY:

Using sheets, build a fort using sofas and chairs and then play cowboys and indians. Create different areas or rooms in the fort.

Feel free to use it as your den for the day.

What are you going to call it?

What other activities can you do inside?

Read a book or even have lunch.

What's your password to enter?



RIVER CROSSING

AGE: 5 to 11

NUMBER OF PEOPLE: 1+

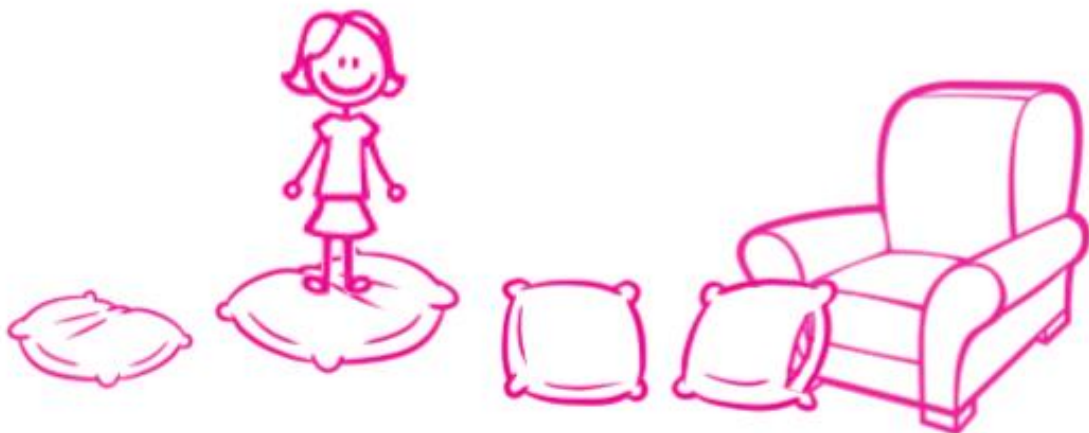
SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Pillows, chairs

HOW TO PLAY:

Your aim is to cross from 1 side of the 'river' (the room or garden) to the other without falling in the 'water' (directly touching the floor). You can use any household items to help you cross the river like pillows, chairs, etc. These items 'float' on water.

Try to cross the river by using as few items as possible to make it challenging.



CLOSEST TO WALL

AGE: 5+

NUMBER OF PEOPLE: 2+

SPACE NEEDED: Living Room

EQUIPMENT NEEDED: Balls, beanbags, socks, paper balls

HOW TO PLAY:

Using a ball or rolled up socks each. Stand 3+ metres from a wall or line, take it in turns to throw the ball towards the wall. The closest ball to the wall, that doesn't touch the wall or cross the line, wins.

1 game is first to 6. The winner then changes the target wall, distance or puts a chair in the way and start a new game.

