

CREATE YOUR OWN AT-HOME ACTIVITIES

FOR KIDS WWW.KIDDO.EDU.AU



Learn how to throw a frisbee



Make up a new game involving a ball



Learn a new trick with a skipping rope



Make up your own dance routine



Create a scavenger hunt around the house



Learn some yoga poses



Make a ribbon stick & play with it outside



Make a paper plane see how far it flies



Bubble Play how many you can pop



Make your own quoits set out of household items



Play a mirror game child copies the movement made by parent or sibling



Make a hobby horse and ride around on it



Learn how to play lawn/carpet bowls



Play a game of Lily pads and Leapfrogs Using household items



Make cardboard boxes into cars play "cardboard box car trip" - adaptation of hula hoop car trip



Provide a range of scarves and dress-ups



Learn how to play FLIP IT with a water bottle



Try learning & dancing to some of Peter Combe's action songs



Build a castle out of boxes and blocks



Learn how to do a handstand



Do the Hokey Pokey



Have a go playing elastics



Practice forward rolls on the bed



Wet sponge design Throw wet sponges at a wall to make a design



Have an egg and spoon race