

MONDAY 18<sup>TH</sup> JANUARY – EARLY YEARS



Primary  
influence  
UK

## RAINBOW RAIDERS

### WHATS REQUIRED:

COLOURED MARKERS – YOU COULD MAKE THESE YOURSELF BY COLOURING IN 5 PIECES OF PAPER.

1 x RED, 1 x YELLOW, 1 x ORANGE,  
1 x BLUE AND 1 x GREEN.

### HOW TO PLAY:

START BY YOUR FIRST COLOURED MARKER THEN SET OFF ON A HUNT AROUND YOUR HOME TO COLLECT AN ITEM THAT IS THE SAME COLOUR.

RETURN IT TO THE CORRECT MARKER AND THEN MOVE ON TO THE NEXT COLOUR. CARRY ON UNTIL YOU HAVE MATCHING OBJECTS ON YOUR WHOLE RAINBOW!

REMEMBER TO BE AS FAST AS YOU CAN AND REPEAT THE CHALLENGE UNTIL YOU'VE FOUND A VARIETY OF OBJECTS FOR EACH COLOUR.



TUESDAY 19<sup>TH</sup> JANUARY – EARLY YEARS



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## SHARK INFESTED CUSTARD

### WHATS REQUIRED:

6 – 8 CUSHIONS / T SHIRTS / TOWELS  
A MARKER FOR YOUR STARTING POINT  
A COLLECTION OF TOYS TO RESCUE

### HOW TO PLAY:

PLACE A MARKER AT ONE END OF THE ROOM AS YOUR STARTING POSITION AND THEN YOUR TOYS AT THE OTHER. HAVE AN ADULT SET OUT YOUR CUSHIONS/TSHIRTS IN A RANDOM PATTERN ON THE FLOOR - THESE ARE YOUR DESERT ISLANDS!



STARTING ON YOUR MARKER JUMP FROM ISLAND TO ISLAND UNTIL YOU REACH YOUR TOYS – RESCUE ONE AND BRING IT BACK TO THE STARTING POSITION.

BE CAREFUL NOT TO FALL INTO THE SHARK INFESTED CUSTARD THOUGH!!!

WEDNESDAY 20<sup>TH</sup> JANUARY – EARLY YEARS



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### PETER RABBIT'S RADISH RAID

WHATS REQUIRED:

AN ADULT  
BALLS/ROLLED UP SOCKS TO ACT  
AS YOUR RADISHES

HOW TO PLAY:



ASK AN ADULT TO PRETEND TO BE MR MCGREGOR FAST ASLEEP IN HIS GARDEN WITH HIS PRECIOUS RADISHES NEXT TO HIM! CREEP TOWARDS MR MCGREGOR WHILE HE SLEEPS TO STEAL HIS RADISHES BUT BE CAREFUL NOT TO WAKE HIM! BRING YOUR RADISH BACK TO YOUR STARTING POSITION AND THEN TIP TOE TOWARDS HIM AGAIN TO GRAB ANOTHER! IF HE WAKES YOU MUST FREEZE SO HE CANT SEE YOU – IF YOU MOVE AND HE SEES YOU, GO BACK TO THE START! CARRY ON ONCE MR MCGREGOR IS SAFELY SLEEPING AND ATTEMPT TO STEAL ALL THE RADISHES!

THURSDAY 21<sup>ST</sup> JANUARY – EARLY YEARS



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## DAILY ROUTINE DANCE

WHAT'S REQUIRED:

MUSIC

HOW TO PLAY:



CREATE A DANCE SEQUENCE INSPIRED BY YOUR DAILY ROUTINE!

START BY THINKING ABOUT ALL THE THINGS YOU DO FROM THE MOMENT YOU WAKE UP TO WHEN YOU GO TO SLEEP.

INCORPORATE ALL THESE ELEMENTS INTO A DANCE - YOU COULD ALSO ADD TRAVELLING STEPS AND USE YOUR BODY TO MAKE SHAPES.

FOR EXAMPLE YOU COULD START BY LAYING DOWN LIKE A PENCIL, DO A BIG STRETCH LIKE A STAR AND JUMP UP – BRUSH YOUR TEETH, EAT BREAKFAST AND SKIP TO SCHOOL.

FRIDAY 22<sup>nd</sup> JANUARY – EARLY YEARS



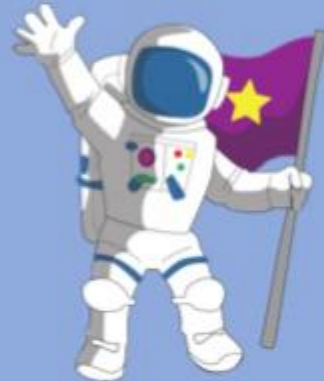
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## ASTRO ADVENTURE

### WHATS REQUIRED:

8 T SHIRTS TO PLACE ON THE FLOOR  
AS YOUR PRETEND PLANETS  
AN ADULT TO CALL OUT INSTRUCTIONS

### HOW TO PLAY:



3, 2, 1 BLAST OFF!  
TRAVEL FROM PLANET TO PLANET ON  
YOUR SPACESHIP USING DIFFERENT  
TYPES OF MOVEMENT.  
WHEN AN ADULT SHOUTS OUT ANY OF  
THE FOLLOWING YOU MUST CHANGE  
THE WAY YOUR TRAVEL THROUGH  
SPACE! THEY MIGHT SHOUT HOP, SKIP,  
JUMP, RUN OR SIDE STEP!

WHEN THEY SHOUT 'ALIEN ATTACK' ITS  
TIME TO FREEZE!