

MONDAY 25TH JANUARY – EARLY YEARS



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ALPHABET FRENZY

WHATS REQUIRED:

THE LETTERS A – Z WRITTEN ON
INDIVIDUAL PIECES OF PAPER
MUSIC
AN ADULT OR SIBLING TO PRESS
STOP/PLAY

HOW TO PLAY:



SPREAD THE LETTERS ON THE FLOOR
AND START THE MUSIC!
DANCE, HOP, SKIP AND JUMP AROUND
ON THE LETTERS – WHEN THE MUSIC
STOPS IDENTIFY THE LETTER YOU HAVE
LANDED ON AND THEN LOCATE AN
ITEM IN YOUR HOUSE THAT BEGINS
WITH THE SAME LETTER.
FOR EXAMPLE: P – PENCIL. IF YOU
CANT FIND AN OBJECT GRAB
ANOTHER LETTER AND TRY AGAIN.

TUESDAY 26TH JANUARY – EARLY YEARS

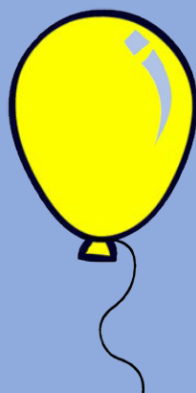


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BALLOON BONANZA

WHATS REQUIRED: A BALLOON

HOW TO PLAY: ASK AN ADULT TO INFLATE A BALLOON FOR YOU, THEN ATTEMPT THE FOLLOWING CHALLENGES:



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HOW MANY TIMES CAN YOU HIT IT UP IN THE AIR WITH YOUR HANDS WITHOUT IT TOUCHING THE FLOOR?

HOW MANY TIMES CAN YOU PASS IT AROUND YOUR WAIST WITHOUT DROPPING IT?

HOW MANY TIMES CAN YOU HIT IT BACK AND FORTH WITH A PARTNER BEFORE ONE OF YOU DROPS IT?

WEDNESDAY 27TH JANUARY – EARLY YEARS



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SAFARI ADVENTURE

WHATS REQUIRED:

MUSIC
AN ADULT OR SIBLING TO PRESS
STOP/PLAY AND CALL OUT
DIFFERENT ANIMALS

HOW TO PLAY:



DANCE AROUND TO YOUR
FAVOURITE SONGS (WE LOVE THE
LION KING SOUNDTRACK!)
WHEN THE MUSIC STOPS THE
OTHER PERSON CALLS OUT AN
ANIMAL, FOR EXAMPLE A LION,
GIRAFFE, SNAKE, ELEPHANT, RABBIT
ETC AND YOU HAVE TO MOVE
AROUND OR POSE LIKE THAT
ANIMAL! YOU COULD PUFF OUT
YOUR MANE AND PROWL TO BE A
LION, HOP AROUND THE ROOM AS A
RABBIT OR STRETCH UP TALL TO BE
A GIRAFFE!

THURSDAY 28TH JANUARY – EARLY YEARS



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TEDDY BEAR BOWLING

WHATS REQUIRED:

6 – 8 SOFT TOYS
A BALL (OR AN ORANGE IF YOU DON'T
HAVE ONE!)

HOW TO PLAY:



SET YOUR SOFT TOYS UP IN A
TRIANGLE FORMATION THEN SET YOUR
STARTING POINT 2 - 3 METRES BACK.
ROLL THE BALL AND ATTEMPT TO
KNOCK DOWN AS MANY SOFT TOYS AS
YOU CAN! SEE HOW MANY ATTEMPTS
IT TAKES YOU TO KNOCK THEM ALL
DOWN.

PROGRESS:

TRY KICKING THE BALL TO KNOCK THE
TOYS OVER THIS TIME.

FRIDAY 29TH JANUARY – EARLY YEARS



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ROADTRIP RACERS

WHATS REQUIRED:

AN ADULT TO CALL OUT
INSTRUCTIONS
10 OBJECTS

HOW TO PLAY:

PLACE YOUR 10 OBJECTS AROUND
THE FLOOR IN PAIRS TO ACT AS
'GATES' THEN SET OFF ON A
ROADTRIP AROUND YOUR HOME OR
GARDEN TRAVELLING IN AND OUT
OF THE GATES! ASK AN ADULT TO
CALL OUT DIFFERENT VEHICLES TO
CHANGE THE WAY YOU TRAVEL!



AEROPLANE = ARMS OUT

CAR = JOG

BICYCLE = HIGH KNEES

ROCKET SHIP = JUMP UP & DOWN

TRAIN = MAKE CIRCLES WITH
YOUR ARMS BY YOUR SIDE