

30 Tips for an Active Family

Place these activities in a jar and get your child to pick a few out each day.

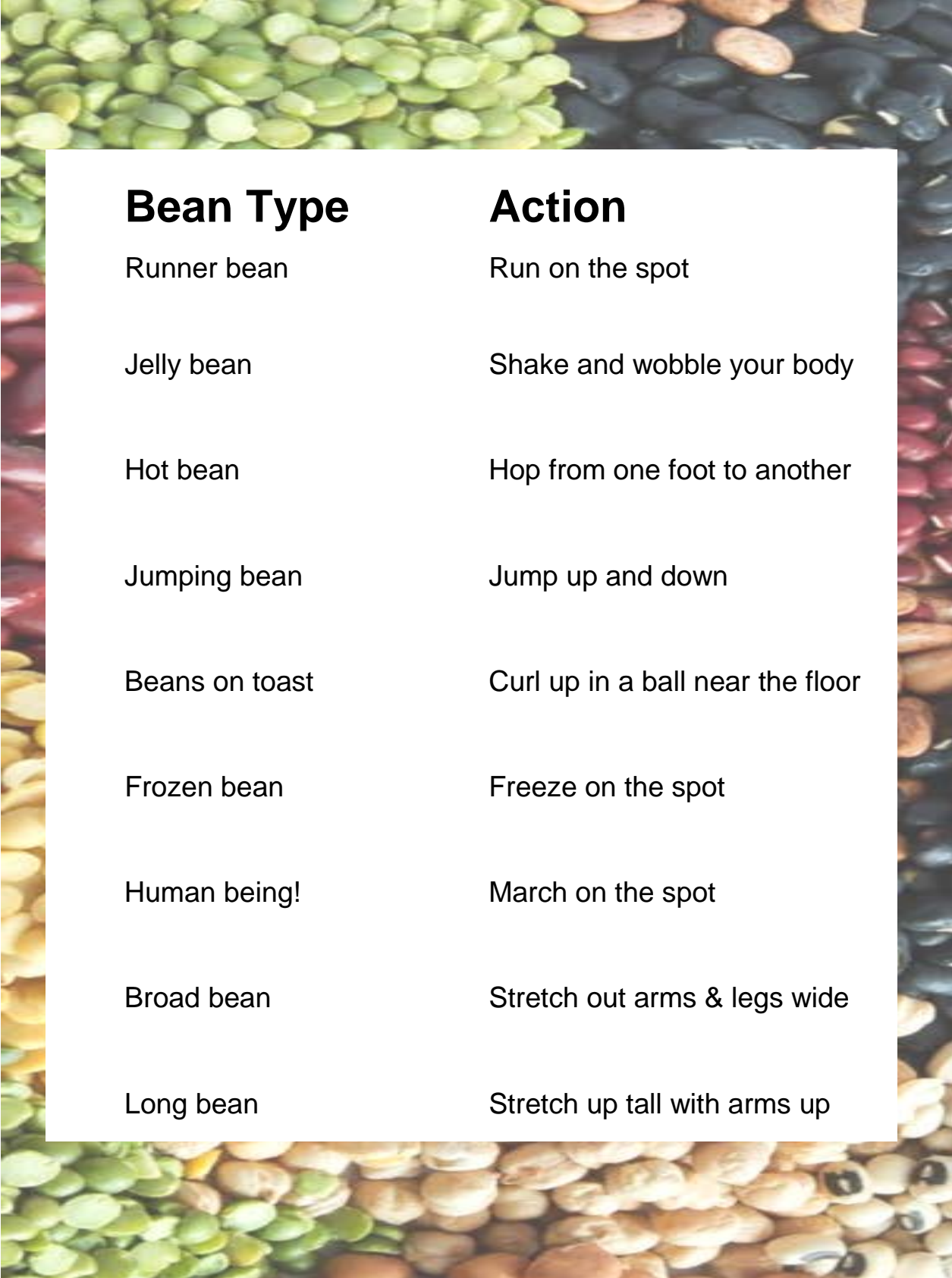
Go for a family walk	Make a card or picture for a family member and post it to them	Play catch	Make sock puppets	Have a 'themed day' where the whole family dresses up
Clear out your wardrobe or toys	Let your child be your personal trainer	No screen time night	Play soccer outside or balloon soccer inside	Draw something that you see on your walk
Play the 'Beans Game' throughout the day (how-to on next page)	Play hide and seek	Have an egg and spoon race with balloons and spoons	Cook dinner together as a family	Make a poster to put on your window
Have an Easter egg hunt or treasure hunt	Play a target game using socks and a box	Have sensory play (ideas on next page)	Do a 7 minute animal workout (how-to on next page)	Bake something together
Create an obstacle course in your garden or living room	Play your child's favourite game together	Have a dance party	Have a picnic in the garden or living room	Read for at least 15 minutes
Build a fort	Make some 'junk art' from bits around the house	Ring a family member that you can't visit	Watch a movie in your pyjamas	Make a paper aeroplane

Sensory Play

- Dry pasta – transfer from a box, to cups etc. using a spoon
- Create jewellery with dry pasta and string
- Dry rice & wet rice – using hands (you can also colour the rice)
- Moon sand - mix 4 cups flour & ½ cup baby oil and allow child to play with it with their hands
- Getting hands dirty in the soil outside and making mud cakes
- Playing with the garden hose
- Edible finger paint (using yoghurt and food colouring)
- Sensory balloons (add a little bit of rice or flour to a balloon while blowing it up or fill the balloon completely with rice or flour so it is solid and there is no air in the balloon)
- Rainbow bubbles – mix 2:1 ratio of bubble bath to food colouring to a bowl and blend/whisk until foamy – put into a tray and allow your child to play with their hands / place lego or other toys into the foam that your child has to find and wash in a bowl of water
- Fill clear plastic bottles with water and crafty items (e.g. buttons/gems/pom-poms/googly eyes etc.) and glue the lid closed
- Put rice or pasta into used tins with lids (e.g. hair gel tins/hand cream tins/ tea tins/ pringles can etc.) and glue the lid closed

Beans Game

While the children run around outside or even to burn some energy indoors while running on the spot, shut out the Bean Type's and the children must do the action – your children can come up with their own Bean Type's too.



Bean Type	Action
Runner bean	Run on the spot
Jelly bean	Shake and wobble your body
Hot bean	Hop from one foot to another
Jumping bean	Jump up and down
Beans on toast	Curl up in a ball near the floor
Frozen bean	Freeze on the spot
Human being!	March on the spot
Broad bean	Stretch out arms & legs wide
Long bean	Stretch up tall with arms up

Animal Workout

KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!