










Activity Bag Ideas to Do at Home

Cut out each of the blocks on this page and the blank ones on the next. Place the blocks with activities in a bag. Give the participants the additional blank squares and have them write an idea on each and put in the bag.

	House Skate	Place paper on the floor—one sheet under each foot. Turn on music (slow music is best). Then skate around the room!
	Snow Balls	Take several sheets of paper and crumple each into a ball! Then throw them at each other as you would a snowball!
	Obstacle Course	Turn over a chair, hang a blanket over a couch, put string on the floor to walk on, a basket to climb in, etc., then all go through the course!
	Bowling	Save toilet paper rolls or fold paper into tents and stand up together like bowling pins. Use a beach ball or light play ball to knock over the pins!
	Bridge Ahead	Place 2 pieces of string about 4-6 feet long next to each other about 12 inches apart. This is the bridge. Have child walk on it. Then put the strings closer each time!
	Frog Jump	Put down toys in 4 corners to form a square. Take turns squatting in the middle and then jumping to each corner to catch a “fly” with your tongue!
	Treasure Island	Sit on the floor and put toys next to you. Pretend you are a pirate on an island sleeping. Close your eyes and your child must slide quietly to get a toy. When you open your eyes he must freeze or go back. When he grabs a toy it is someone else’s turn to find the pirate treasure!
	Don’t Wake Baby	Pretend a baby is asleep in the house, and have everyone tiptoe around the house. Then tell them she is awake and they must crawl like the baby!
	Basketball Throw	Crumple sheets of paper into balls. Use a wastebasket or box and have children throw underhand and overhand to sink it!
	Bend and Stretch	Sing or chant and do movements too: <i>Bend and stretch reach for the sky</i> <i>Stand on tippy toes oh so high</i> <i>Bend and stretch reach for the stars</i> <i>There goes Jupiter, here comes mars</i> <i>Repeat the chant several times and stretch as far as you can!</i>

Blank Squares for Participants to Create Their Own Activities

Additional Activities

<p>Physical activity correlated with theme for parents</p>	<p>Balloon Activity: Put individual ideas for physical activities for families inside several balloons then blow them up and tie them. Then give several group members balloons. They must pass them among the other group members by swatting them in the air. If a balloon falls, everyone stops, and the person who missed the balloon pops it and reads the idea to the group. Then everyone begins again until all the balloons are used. Remember to have the group members throw the balloons high!</p>
<p>Physical activity correlated with theme for children</p>	<p>Animal Walk: Find pictures of animals. Show one to the children and ask them to walk like the animal, pretend to eat like the animal, and finally, to sleep like the animal!</p>
<p>Parent-child activity based on theme</p>	<p>Activity Bag: Use the activity bag the parents developed to choose an activity they can do together.</p>
<p>Book and activity for children on theme</p>	<p>Book: <i>We're Going on a Lion Hunt</i>, by David Axtell</p> <p>Activity: The children can act out the book as you read each page!</p>