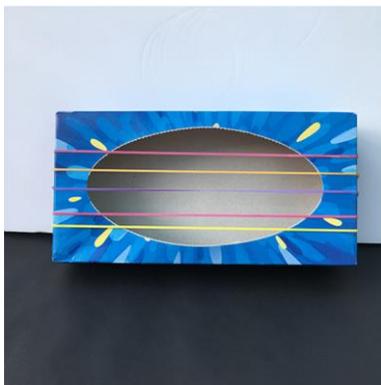


ACTIVITY 1 **FORM A BAND**

Music brings a smile to everyone's faces. It doesn't matter if you have no instruments to hand – be creative.

Get out your pots and pans, wooden spoons, colander, etc. and start making NOISE! Feeling even more creative? Make your own instruments – tissue box and elastic band guitars, homemade drums and bottle shakers. Fill the bottles with different things to make a range of sounds and make a video of your family's hit song.



DAUBENEY **CHILDREN'S CENTRE** **WEEKLY ACTIVITY** **IDEAS SHEET**

NUMBER ONE


Daubenevy
Children's Centre

ACTIVITY 2 **TREASURE HUNT**

Make the most of what you have to hand. You don't need expensive resources to keep your children busy. Send them on an indoor treasure hunt. Depending on their age and ability, you can tailor the hunt to them. It could be simple, like colours, "Bring me red sock, please." Or make it harder, like asking for different materials, "Bring me something made of metal, please." Also, try shapes, patterns or textures – round/fluffy/spotty/stripy/soft.



ACTIVITY 3 BALLOON GAMES

Can't get outside to play? No problem. Blow up a balloon and play catch inside. Try playing balloon tennis or have a balloon and spoon race. Blow it along the floor from one side of the room to the other, with a straw. You can also play keepy-uppy – how many times can you bounce it without letting it fall? Have a competition and give a prize to the winner.



ACTIVITY 4 BUBBLES

Who doesn't love bubbles? If you can't get to the shop don't worry – washing up liquid will work just as well. Mix washing up liquid and water in a cup or empty jar. Use 50ml washing up liquid to 330ml water. Make a wand using a plastic ring from the neck of a bottle, a biscuit cutter, a straw, or a slotted spoon. What can you find around the house that works? Who can blow the biggest bubble?

ACTIVITY 5 SINGING

Have a singalong. Each choose a song for someone else to sing. Use your imagination and make up your own songs. Think about rhymes and use lots of different words. If you have enough space try some ring games, like 'Ring A Roses'. You could even have a singing competition and hold up scorecards like on television!



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