



LITTERBOX



In turn, each family member has to pick up the litter using the body parts called out

1. Players take turns with a partner (or on their own) practising picking up the litter (soft toy, ball, rolled-up socks or crunched-up paper) using their own body part suggestions
2. Starting behind a line of tape, one player from each team should pick up the litter scattered over the floor and bring it back behind their starting spot. **For example;**
 - Elbow and elbow • Forearm and elbow • Forehead and back of hand
 - Foot and foot • Foot and elbow
 - Knee and knee • Knee and elbow • Toe and finger



HEAD, SHOULDERS, KNEES & TOYS



Players must be quicker than their partner to grab the toy

1. Partners stand opposite each other, 2 metres apart. A soft toy is placed in the middle on the floor between them
2. Another family member will call out either 'head', 'shoulders', 'knees' or '**toys**' (or another body part from the song)
3. Both players must follow the leader's instructions, touching the correct body part when it is said
4. When the leader calls out '**toys**', each player has to try to grab the toy before their partner does!
5. Best of five, then introduce a '**challenge**' for everyone or just the winning player each time, e.g. stand further away



BALLOON BALANCE



Keep the balloon in the air using your fingers

1. Players need to try keep their balance on one leg while the balloon is being pushed up in the air
2. If more than one player, each player must take it in turn to touch the balloon. Make sure not to punch
3. After one minute of keeping the balloon in the air, change your balancing leg and do the activity again
4. Repeat this until you've managed to keep the balloon up without losing your balance on each leg

Pfffff... game → Get a balloon from one end of room to the other by blowing the balloon up and letting it go, starting again from where it lands – using a timer; who can cross the room the fastest?



AS IF



Read out the sentences below for players to then act out

- Jog on the spot as if a scary bear is chasing you
- Walk forwards as if you're walking through chocolate pudding
- Jump up and down as if you're popcorn that's popping
- Reach up as if you are grabbing balloons from the air
- March on the spot, playing the drums as if you are in a marching band
- Paint as if the paint brush is attached to your hand
- Swim as if you are in a pool full of jelly
- Move your feet on the floor as if you are ice skating
- Shake your body as if you are a wet dog
- As a '**challenge**' ask children to write their own sentences