

Wet Days Fun

Activity	What You Need
<p>Deserted Island</p> <ul style="list-style-type: none"> Place the sheet open on the ground, children stand around the edge. When the music begins the children pretend to swim around the sheet (which is the Island). When the music stops the children hop onto the sheet. When the music begins again the children once again "swim", while they are doing this the sheet is folded to reduce the area to stand on. <p>The object of the activity is to get as many children onto the island as possible without falling into the water. Continue reducing the island until there is only one person left.</p>	<p>Blanket or sheet</p> <p>Music</p> <p>Space to play</p>
<p>Balloon Volley Ball</p> <ul style="list-style-type: none"> String up rope between two shelves or chairs. Balloon is not allowed to touch the ground. Change server when balloon touches the ground (you may wish to score or add extra balloons to make it more fun). 	<p>Balloons</p> <p>Rope</p> <p>Space to play</p>
<p>Indoor Hockey</p> <ul style="list-style-type: none"> Make a ball out of newspaper using tape to secure. Roll newspaper to make a bat and secure with masking tape. Mark out goals and centre using masking tape. <p>Rules are that stick and ball must remain below shoulder height. Team size depends on area available. A very fast, fun game</p>	<p>Newspaper</p> <p>Masking tape</p>
<p>Indoor Olympics</p> <ul style="list-style-type: none"> Use your imagination: straws can be a javelin, paper plates a discus, balloon a shot putt. Your could include walking races, pretend water ballet etc. <p>This could be the basis of a full days activities – making medals, opening ceremony, award presentations, closing ceremony etc.</p>	<p>Straws</p> <p>Paper plates</p> <p>Balloons</p>

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<p>Bats and Ball</p> <ul style="list-style-type: none"> • Make bat by bending the coat hanger into a diamond shape, cover with the stocking legs as many times as possible by pulling the stocking over the diamond from top to bottom, then from bottom to top. • Bend the hook of the hanger to form a handle. • Cover with masking tape for safety. • Using another pair of pantyhose, place one leg into the other for added strength. • Slip a tennis ball into the tow of another pair of pantyhose, suspend from beam 	Pantyhose stocking Tennis ball Bat made from a wire coat hanger
<p>Hoop Catch</p> <ul style="list-style-type: none"> • Two stand in the middle and hold the hoop between them. • The other two stand either side and throw the ball backwards and forward to each other. 	Large hoop(s) Soft ball(s) for indoor Teams of 4 players
<p>Ping Pong Ball Fun</p> <ul style="list-style-type: none"> • Blow a ping pong ball along a table using straws (could make goals at each end of table and score using a box). • Racquets or bats could be used instead of the straw. • Roll ping pong balls along the side of a rope (the rope can be made into interesting shapes). • Make bats out of rolled up newspaper, use them to hit the ball, two cardboard boxes make perfect goals. • Play with ping pong balls in a bowl of water. 	Ping pong balls Straws Rope Newspaper Bowl of water
<p>Balloon Capers</p> <ul style="list-style-type: none"> • The children make their way over to the other end of the room all the time keeping the balloon in the air. • The child must not use his/her hands or feet to keep the balloon in the air. • If the balloon touches the floor or they use their hands or feet they must start from the beginning. • The balloon must be airborne at all times. 	1 balloon per child Space to play
<p>Letters</p> <ul style="list-style-type: none"> • One player is chosen to be "IT". • Everyone else stands in a line. "IT" calls out a letter and if it is in the player's name, that player can take a step forward. • The first player to reach "IT" is the winner. 	Space to play Minimum of 3 people

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<p>Chair Aerobics</p> <ul style="list-style-type: none"> Chairs can be arranged in a circle. Each child chooses a set. The whole activity is done while the children are seated. To begin you have all the children stand and pretend to paint their chair with glue – make this a fun experience – explain that when they sit down they will be stuck to the chair. All movement must be performed in a sitting position. You can either lead the experience or have the children invent their own exercises. 	<p>Chairs CD / Tape player</p>
<p>Caterpillar Cool - Relaxation for younger children</p> <ul style="list-style-type: none"> “Lets pretend you are a caterpillar”. Lie on your back, bend your knees up to your chest and put your arms around your legs. Now rock gently from side to side while you spin your cocoon. Slowly stop, legs stretched out, hands by your side. Close your eyes and rest in you cocoon. Now the caterpillar is making a change ever so slowly - Changing, changing – and now open eyes, sit up ever so slowly. You have changed into a beautiful butterfly. Stand up, spread your wings slowly. Now fly to a flower to rest.... Sitting... (pause). Stand up now because there is another change. This time you are a busy bee collecting honey, buzz around, when you have collected your honey; fly back to your hive and rest. 	
<p>Human Obstacle Course</p> <p>The variety of is limited to imagination. All children can participate. Prior to commencement, have a rough idea of the layout of the obstacle course. Be flexible enough to enable children to contribute their won ideas and make changes as the experience progresses. Two children at a time to complete obstacle course and then take on another obstacle for another two to continue. Example of configurations:</p> <ul style="list-style-type: none"> Making towers with their arms held high. Two children lying opposite on their backs, putting feet together in the air. Serval children laying in a row with a space between as stepping stones. A child crunches over to enable leap frogging. 	

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<p>Tyre Repair</p> <ul style="list-style-type: none"> • Offer an old bicycle wheel; a bicycle pump and a patch and tool kit. • See if the children can suggest how to mend the flat tyre. This can be a group activity, allowing for lots of problem solving and co-operation in working out how to mend the tyre. 	<p>Old bicycle wheel</p> <p>Patch, tool kit</p> <p>Bicycle pump</p>
<p>Talking Tube</p> <ul style="list-style-type: none"> • Make a talking tube by pushing plastic funnels, one into each end of a plastic hose. • Child listens to one end while adult or another child speaks from the other. 	<p>Plastic hose</p> <p>2 funnels</p>
<p>Golf Putting</p> <ul style="list-style-type: none"> • Using a putting stick or similar, child to hit ball into a household dustpan. 	<p>Household dustpan</p> <p>Putter / golf stick</p>
<p>Ring the Doorbell</p> <ul style="list-style-type: none"> • Children move in a large circle (passing around four chairs). Play some taped marching music. • Adult to stand next to circle with a bell behind back. When bell rings, child next to adult moves to the centre of the circle and forms a new circle. • Finish when all children moving in centre circle. 	
<p>Basketball Pickup Sticks</p> <p>Native people in British Columbia play a type of pickup sticks that is a little more interesting and a little more complicated.</p> <ul style="list-style-type: none"> • Attach a ring about 10cm in diameter to one of the pickup sticks so it looks like a miniature basketball hoop (a twisted pipe cleaner would work). Stick it into the ground and drop the sticks, one by one, from one hand. • The player with the highest number in the ring wins. Once your aim gets really good, try it blindfolded. Once you're really good at that, spin the blindfolded person around before she/he plays. 	<p>Set of pick up sticks</p> <p>Pipe cleaner</p>

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<p>Rocket Launch</p> <ul style="list-style-type: none"> Borrow a running shoe from the biggest dad you know. Draw a line in the ground to stand on, put on the shoe and kick it off as far as you can. Measure the distance and record the best of three tries. 	<p>Large running shoe (sneaker)</p> <p>Masking tape to make a line</p>
<p>Electric Balloons</p> <p>Explain that electricity is all around us, we use it to start the car, it is lightning in the sky, it runs our appliances and lights our flashlights. When we walk across the carpet and touch the car, or another person, we sometimes get a shock. When we take off our clothes in a dark room we sometimes see sparks of static electricity.</p> <ul style="list-style-type: none"> Ask a child to rub a balloon on his/her hair. Why is his/her hair flying all around? It's the electricity. Stick the balloon to the wall; that's electricity. If you have a dark room, try rubbing the balloon on your hair. Do you see or hear anything? (This works best on a cold, dry day). 	<p>Balloons</p>
<p>Opposites</p> <ul style="list-style-type: none"> Play the game of opposites. If directed to sit, then everyone must stand. If directed to walk then everyone must stop etc. Make up your own directional commands. 	
<p>Play with Shadows</p> <p>Scare your friends by casting some spooky shadows on the wall. This will also show you how light travels in straight lines. Shadows form when an object blocks the light.</p> <ul style="list-style-type: none"> Trace patterns of ghosts from a book, or invent some of your own and make a drawing of them. Transfer your ghost patterns from the tracing paper to a piece of card. Carefully cut out the ghost patterns and tape each one to the end of a stick. Hold patterns near the wall. Shine a torch on them and large shadows of a ghost appear on the wall. 	<p>Tracing paper</p> <p>Thin card</p> <p>Scissors</p> <p>Tape</p> <p>Thin sticks</p> <p>Bright torch (darkened room)</p>

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<p>Squirrels</p> <ul style="list-style-type: none"> • Divide children into groups of three. Numbers one and two join hands to represent a hollow tree and numbers three stand between them to represent squirrels. • There should be at least one squirrel without a home. At a signal from the leader, all squirrels change trees. The odd squirrel tries to get a tree during the change. 	
<p>Knots</p> <ul style="list-style-type: none"> • Six - twelve players stand in a circle with sides touching and hands straight out towards the middle of the circle. • Players then grasp hands with two different people on the other side of the circle. • The group then endeavour to untangle themselves into the original circle. 	
<p>Dragon Tag</p> <ul style="list-style-type: none"> • For this game at least ten players are needed. Four players join arms to make the dragon. The dragon has to try and catch everyone else. It can only do this by making a circle around a player. As soon as a player is caught, he/she must link onto the back of the dragon. • The game is over when everyone has been circled and is part of one long dragon. 	
<p>Where is Digit Dan Hiding?</p> <ul style="list-style-type: none"> • Each player has a turn choosing a place in the room the right size for an imaginary Digit Dan to hide. Everyone else tries to guess where it is. 	
<p>Beetle Balance</p> <ul style="list-style-type: none"> • Children can move any body part as long as they remain on their back, in one place. • Vary the music from slow to fast 	CD / Tape and player

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<p>Progressive Story</p> <ul style="list-style-type: none"> • One person starts the story and each player adds a line in turn. • You may want to tape the adventure or write it down, because it's certain to be eventful. For instance, you might start "One night I heard footsteps outside my tent..... Thump, thump, THUMP, THUMP.....". 	<p>Tape recorder</p> <p>Pen and paper</p>
<p>Bird, Beast, Fish</p> <ul style="list-style-type: none"> • Everyone forms a circle or a line and the leader throws a ball to players in any order, calling out Bird, Beast, Fish, as the ball is thrown. • Whoever catches the ball throws it back calling out the name of a bird, beast or fish. No creature may be called twice and players must respond before the leader can say bird, beast, fish, three times. 	

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