

# Games/Activities

(30 Minutes)



## The Keepy-Uppy Card Game

- Selection of balls and a pack of cards.
- Lay all of the cards face down on a table or the floor.
- Standing behind your ball you must run out and turn a card over.
- The number on the card represents the amount of keepy-uppy's you must try to do with your ball.
- You can use any part of your body or just your feet for a challenge.
- You must complete the number before choosing a new card.
- Play against a partner to see who can complete the most cards.
- Use lower value cards for younger children.
- ACE = 1, PICTURE CARD = 10

## Bag the Beans

- Mark out 3/4 areas using tape or objects. Ideally you want them to get further away from where the person will stand.
- Using soft objects such as socks, the person must get the sock to land in the marked areas (each area will be worth different points).
- Give them 5 soft objects to throw to start with. If the sock lands in a marked area, the person has the option to run over and 'bag the points' or can continue throwing to build them up. If the person doesn't 'bag the point' and misses on the next throw, all points are lost.
- Give the person a time scale.
- Make them have to travel a good distance to 'bag the points', maybe put a paper on the other side of the room.

## Balloon Keepy Ups

- How long can you keep the balloon off the floor?
- Can we do it while sitting on the floor?
- Can we do it on our knees?
- Can we do it while standing?
- Can we do it on the move?
- How many times did you touch the balloon in 3 minutes? Can you beat your score?
- In a group:
- Holding hands and trying not to move can we work as a team to keep the balloon off the floor?
- How many times did the team touch the balloon in 3 minutes?

## Tabletop Tennis

- 2 Players sitting at either end of the table, have a towel or blanket or anything that makes an obstacle acting as a net in the middle of the table.
- They are to bounce the ball back and forth trying to hit/strike the ball off the table at their partners end.
- Players can catch/stop and bounce the ball or return/strike straight away.
- Points can be tallied for each player.
- Different players can play on either end of the table.
- Balls can bounce once or twice on either side of the net depending on how challenging you want to make the game.

## Bear Hunt

- Hide different objects around your home/garden/space.
- Think about in cupboards (safe places), under beds, behind sofas, under tables and any other places suitable for your home.
- Objects could be their toys, teddy bears, blankets, or any other safe objects used on a day to day.
- Whoever finds the most wins the round (treats like snacks will help motivate, mainly fruits and the healthier options).
- If they are struggling.
- Guide them around the house and give them small clues on where the objects may be (show them the objects before hiding so they are aware of what they are looking for).



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