**Physical Activities.**

If it is safe for you to do so try and go for a walk, bike or scooter ride every day.

Go to quiet areas or at quiet times, keep your distance from other people.

Make use of any outdoor space that you have, ensure that it is safe and that the children are supervised at all time.

**Activities that can be done inside as well as out**

**Bubbles:**

Kids of all ages enjoy bubbles.

Blow bubbles for them and race to pop them.

Pop them with different body parts: baby finger, nose, elbow, knee, toes etc.

Can you catch a bubble on your nose?

**Blow football**

Use a small ball, chocolate ball/easter egg, screwed up paper, feather, square of tissue and blow across a table into a goal. You could set up an assault course to blow around using household objects.

Ensure you clean the surface thoroughly afterwards.

**Balloon Tennis**

Bat balloons, try and keep them in the air for as long as possible.

**Memory Game.**

Put some objects on a tray, cover with a tea towel and see how many you can remember – take it in turns.

**Play Hide and Seek**

Inside the house!

**Assault courses**

Build an assault course around your living room. Use cushions, low furniture, toys, to make an assault course. Add different challenges, balancing a bean bag on your head, not using your right hand etc.

**Yoga**

Try some yoga. There are lots of examples on Youtube of Yoga for different ages.

**Dance**

Put some music on and dance like no ones watching! Turn down the lights and have a home disco.

**Build a Den**

Put a sheet over some chairs or furniture – make it comfy with cushions. Play games inside, good place to have an indoor picnic.

**Make paper aeroplanes**

Whose can fly the furthest, stay up the longest?

**Simon Says**

Take it in turns to lead, remember only do what ‘Simon say’s!

**Sing Songs with actions**

If you’re happy and you know it

Head, Shoulders, Knees and Toes

Peter Hammers

One finger one thumb

Tooty Ta song. <https://www.youtube.com/watch?v=PXvh08Mnork>