



## Physical Challenges

1. Do a squat, star jump or hop scotch challenge and try and beat your score each day.
2. How many minutes can you skip rope for?
3. Tape or draw with chalk 5-10 lines on the ground. How many lines can you long jump over, jump backwards over, or run a jump over?
4. Keep the balloon from touching the ground.
5. Write the letters of your name on separate post it notes, stick to a wall or door, and then using a soft ball throw at the letters to spell your name.
6. Lego hunt – hide equal number of pieces of coloured Lego for each child, everyone has their own colour and has to find one piece at a time and bring it back to a mat before they get the next piece.
7. Tape a balloon to the top of a door frame and see how many jumps you can do in a row to hit it with your hands or head.
8. Scavenger hunt outside for a rock, a flower, something fuzzy, a rock, a stick and something green.

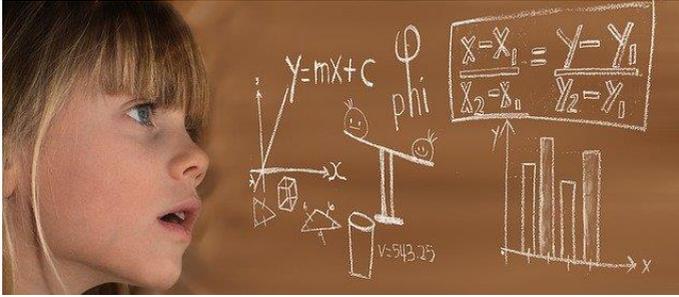




## Quick Snacks

1. Split medjool dates and remove seed. Add your favourite nut butter and a couple of choc chips or chopped roasted nuts.
2. Make ice blocks by blending a little orange juice with raspberries or just use your favourite juice.
3. Crackers and carrot sticks, cucumber slices, cherry tomatoes and your favourite dip.
4. Celery with peanut butter and sultana eyes.
5. Popcorn – our favourites are olive oil and sea salt or donut! Simply drizzle popcorn with olive oil, a sprinkle of coconut sugar and cinnamon. For serious popcorn lovers try [these ideas](#).
6. Apples sliced in circles with a spread of peanut butter and a sprinkle of coconut.
7. Slushies made with frozen grapes.





## Mental Challenges

1. Choose a word of the day – learn how to spell it and what it means. Now use it as many times as you can today.
2. Learn to say the alphabet backwards.
3. Learn to stack cups using both hands and then un-stack them.
4. Go through the alphabet and name animals, foods or places to go with each letter (take alternate letters if playing with someone).
5. Go around the house or garden and find something by criteria (soft, hard, big, small, shape) or by letters of the alphabet (you might like to do the letters in your name).
6. Word ladder challenge – pick a four-letter word and change only letter at a time to make a new word. Keep changing one letter at a time - how far up the ladder can you go?
7. Set up a few items from the pantry and label with dollar values. Set a budget and go shopping. What can you make with those ingredients?
8. Go for a walk and take photos of plants, flowers, or birds. When you get home try and identify them.





## Mood Boosters

1. Balance on one leg in tree pose. How long can you hold it? Which leg is easier? Can you beat your time the next day?
2. Count to 100 with your eyes closed.
3. Lay down and body scan. Start with your toes and squeeze or wriggle each body part as you move up towards your head.
4. Blow bubbles and try and catch them.
5. Start a gratitude journal or jar.
6. Sensory check – name one thing you can see, hear, smell, taste and touch.
7. Start an herb garden or grow edible sprouts.
8. Write a self-love list: what words describe me, what have I achieved that I am proud of, what am I grateful for?
9. Skip. Freeze. Boogie. This is a good one to bust a tantrum and elevate moods. Simply skip. Freeze for a couple of seconds. Do a little boogie.





## Get Creative

1. Do a painting by blowing through a straw.
2. Make things with playdough or for older kids use air dry clay.
3. Make a fort out of blankets or recycled boxes.
4. Paint with your non dominant hand.
5. Do a painting using just your fingers or toes.
6. Make an instrument with rubber bands, tins, spoons or recycled items.
7. Bake your favourite cookies but everyone can only use one hand.
8. Make a bird feeder out of recycled objects.
9. Paint a flower pot and grow a sunflower.
10. Learn origami or napkin folding.
11. Make friendship bracelets.





## Resources

[Reading Eggs](#)

[Teach Your Monster to Read](#)

[Skoolbo](#)

[Prodigy](#)

[Planning Play Time](#)

[Natural Beach Living](#)

[ABC Me](#)

