

Haktive at Home Challenges

Week 16

"..every little bit of activity will help their well being and yours."

5. Scavenger Hunt

- Challenge your children to find various things as quickly as they can from around the house or garden.
- Or as many things from a list in a certain time.
- For example: 5 green things, something with 'B' on it, something round, something soft/hard, 5 to touch, 4 to see, 3 to taste, 2 to hear, 1 to taste

3. Memory Box

- Place 4 different items in a square as big as your playing area allows. e.g., tin, pasta, teddy, socks.
- Stand in the middle of the square, someone calls 3 items in order and you have to run to those items in that order.
- Increase the number of items to remember and run in order.
How many can you get?

1. Toilet Roll Target.

- Make a pyramid or shape balancing toilet rolls on top of each other.
- Take 3 steps back and with a ball aiming at them try to knock it down.
- Build it up again and repeat but taking 6 steps back.
- See how far back you can go and knock them all down.

4. What's the Time Mr Wolf

- Mr Wolf stands at one end of your playing area, not facing children.
- Children line up at the other end and say 'What's the time Mr Wolf?'
- Mr Wolf Says a time, e.g. 5 o'clock and the children have to take 5 paces towards him, trying to get close.
- If Mr Wolf says 'Dinner time', he chases them and tries to tag them then they're Mr Wolf .

2. Jump your height.

- Place a marker on the floor, lie down next to it with your feet touching it and place another marker by your head.
- Stand at the start marker and see how many 2 feet to 2 feet jumps it takes to jump to the other marker.
- Repeat above from 2nd marker so 2 your heights and continue challenge.

These bubbles have progressively harder challenges as they rise

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