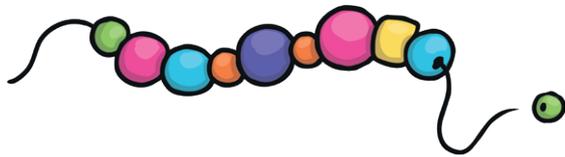


Shoebox Activities Pick

Looking for fun, physical activities while you're at home with your child? Try these Shoebox Pick Activities. Cut up each card and place them all in a shoebox. Pick one activity to complete each day. Great for strengthening the large muscles that we use to jump, run and dance and the small muscles that we use to write, draw and make.



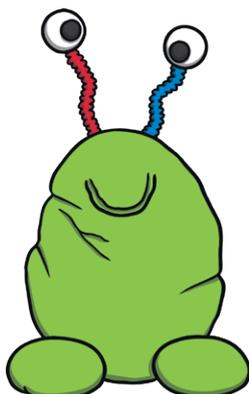
Thread beads on to pipe cleaners to make bracelets and necklaces.

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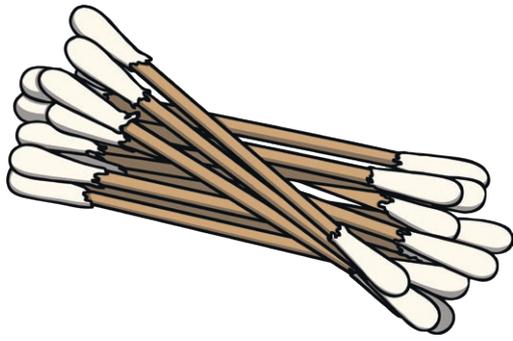
Plant some seeds. Poke holes in the soil and carefully put the seeds in before covering up and watering it.

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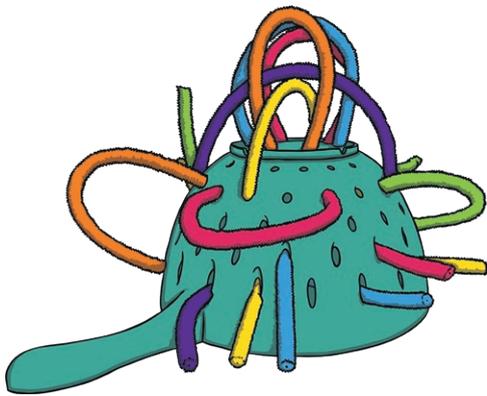
Use playdough to make a monster or an alien.

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Paint a dotted picture using cotton buds to make tiny dots of colour on the paper.

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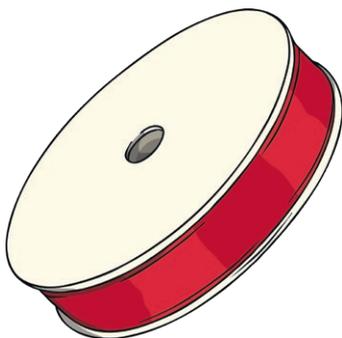
Make an alien space helmet by poking pipe cleaners through the holes in a colander.

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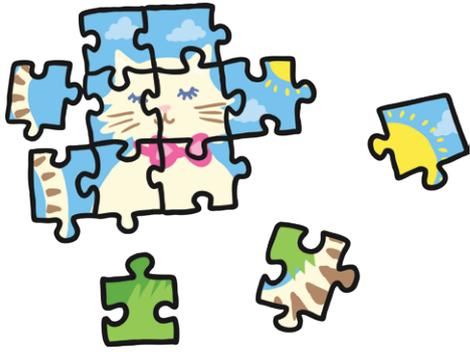
Help your grown-up make bread. Knead the dough by squeezing and squashing it with your hands and fingers.

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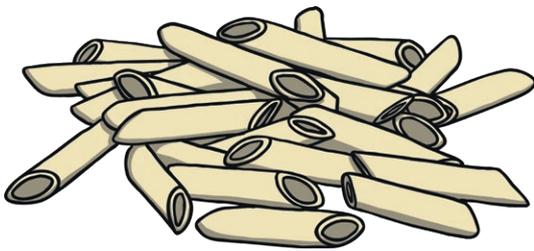
Thread ribbons in and out of the holes in a plastic mesh bag like those used to hold oranges.

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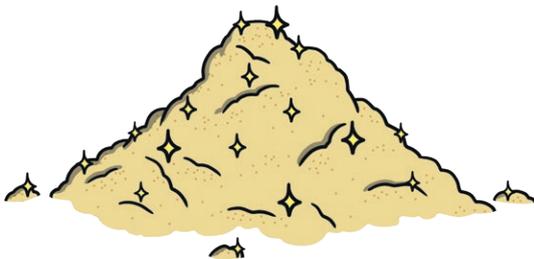
Do a jigsaw.

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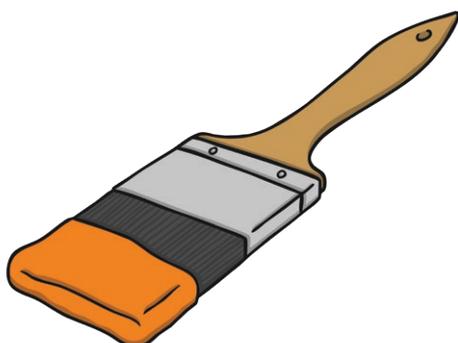
Thread pasta on to a piece of string to make a necklace.

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Make 'fairy dust' or 'space dust' by mixing play sand with eco-glitter. Place it on a shallow plate and make marks and draw pictures using fingers or other tools.

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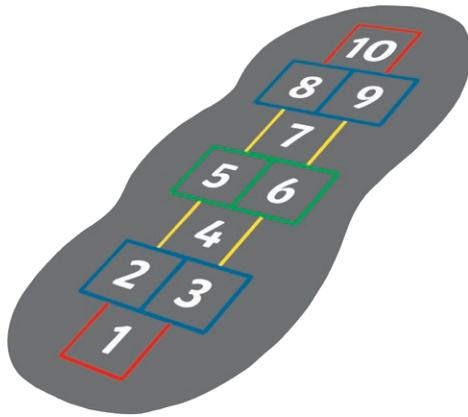
Do some 'Big Art'. Spread out a large piece of paper and make big, sweeping marks with your brush, pencil or crayon.

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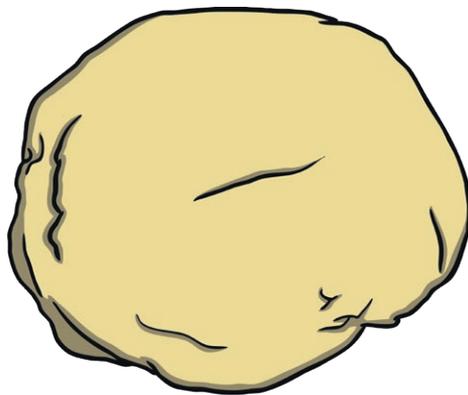
Build towers and other structures from plastic or wooden bricks.

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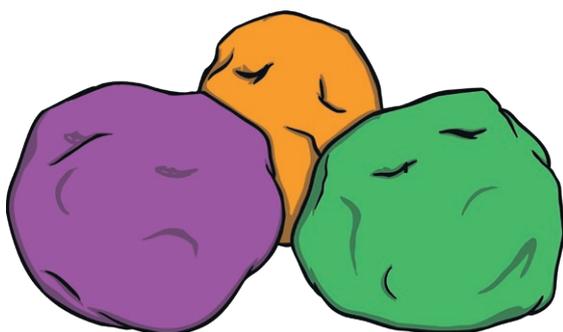
Play hopscotch.

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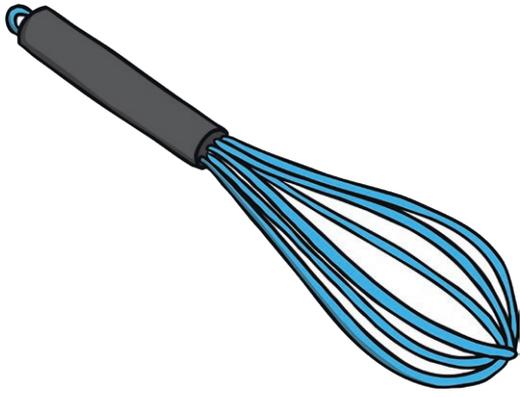
Make salt dough and then mould and bake some models.

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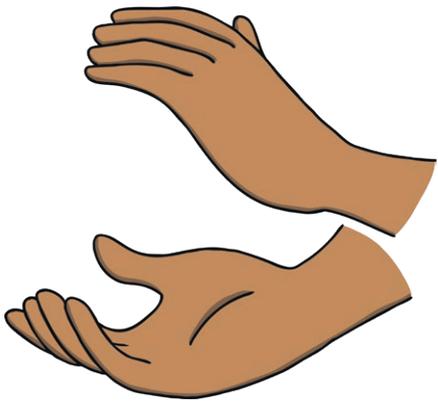
Stick pieces of dried spaghetti into a lump of playdough and then build towers of cereal hoops.

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Mix soap suds or shaving foam with paint and then whisk, stir or make patterns with your fingers.

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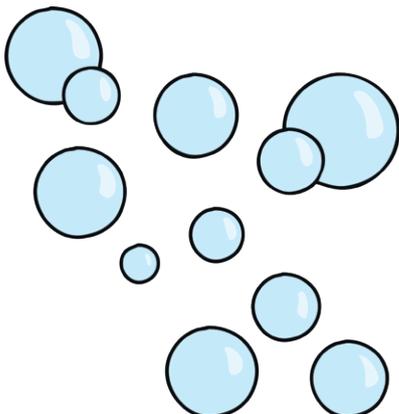
Play a clapping game.

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Balance on one leg for as long as you can. Then, balance on the other leg.

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Chase and catch bubbles or balloons.

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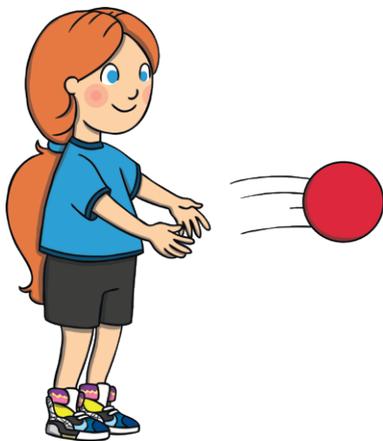
Put on some music and dance around the room.

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Do some tape resist painting. Stick short lengths of masking tape on to paper and then paint over the paper with bright colours. Peel off the tape and display your work.

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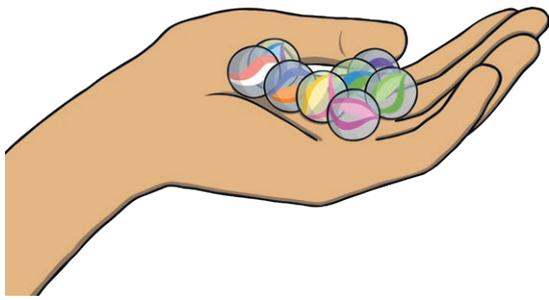
Throw and catch a ball while counting. How far can you count before you drop the ball?

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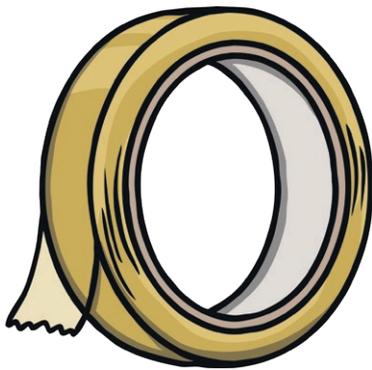
Grind some spices in a grinder or pestle and mortar.

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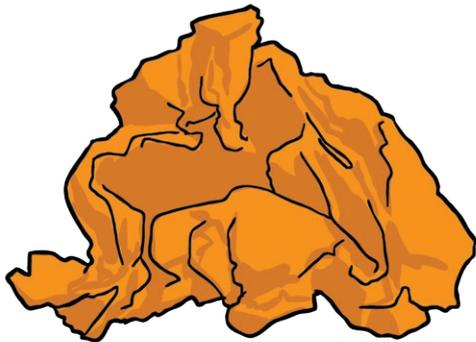
Post marbles or beads into narrow-necked bottles. Write numbers on the bottles to practise your counting and adding skills.

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Make a homemade 'balance beam' by placing a line of tape along the floor. Walk along it as carefully as you can. Try hopping, jumping or walking backwards along your beam.

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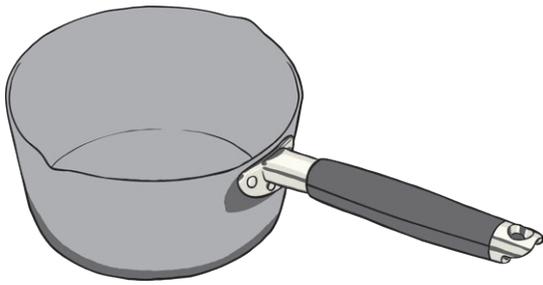
Make a collage picture by tearing and crumpling paper and sticking it down with glue.

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Use a craft knife or sharp scissors to cut off the lower portion of two clean, handled, two-litre milk cartons. Cover any sharp edges with tape. Use these 'scoops' to throw and catch a small ball.

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Pretend to be in a marching band. Play a drum (banging a spoon on an old tub or saucepan will do just fine) and march along to the beat you are playing.

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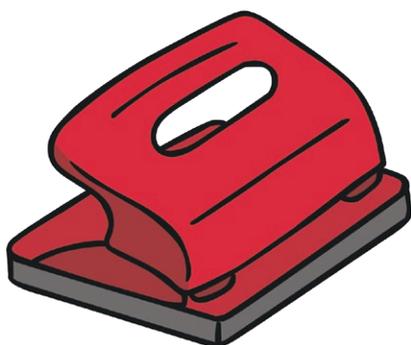
Use scissors to cut pictures from magazines. Make a new collage picture with them.

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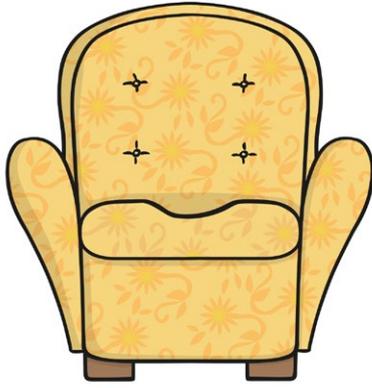
Aim beanbags, small balls or crumpled up balls of paper at hoops, buckets or cups laid out on the floor. How many can you get in?

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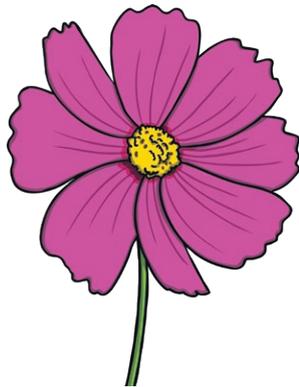
Punch holes around the edge of a cardboard shape and thread ribbon or string through them.

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Build an obstacle course from cushions, furniture and blankets.

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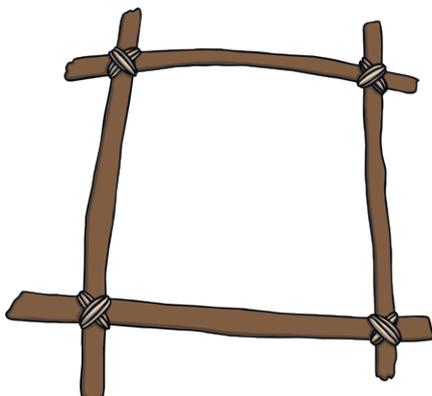
Float artificial flowers in water and try picking them out with chopsticks.

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Move around like different animals – slither like a snake, scurry like a mouse, hop like a kangaroo, prowl like a tiger.

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Build a miniature raft with twigs and leaves and then see if it will float in the sink.

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If you have access to a paved area, paint with water and brushes of different sizes. Or 'paint' the outside of the house.

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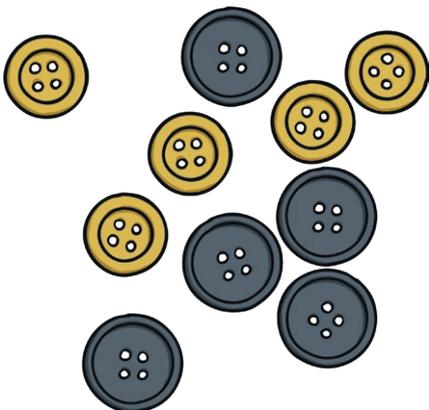
Learn to tie your shoelaces or to tie a bow in a length of ribbon.

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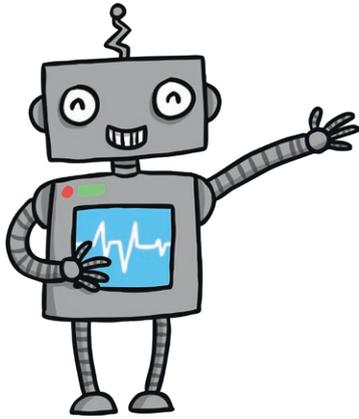
Sing some of your favourite action songs and join in with the actions. Try 'The Hokey Cokey', 'Heads, Shoulder, Knees and Toes' or 'I'm a Little Teapot'.

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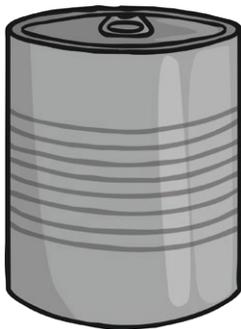
Practise fastening buttons – see how fast you can button up a shirt.

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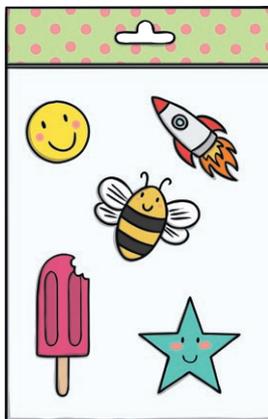
Pretend to be a robot. Can you walk around the room like a robot would? Try other activities like eating a meal or kicking a ball.

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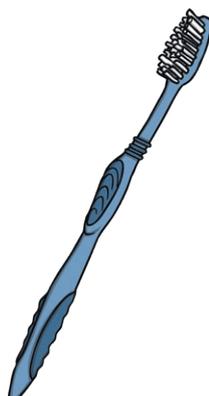
Make a 'tin can alley' with empty plastic cups, tin cans or cereal boxes. How many can you knock down by throwing a soft ball or ball of crumpled paper?

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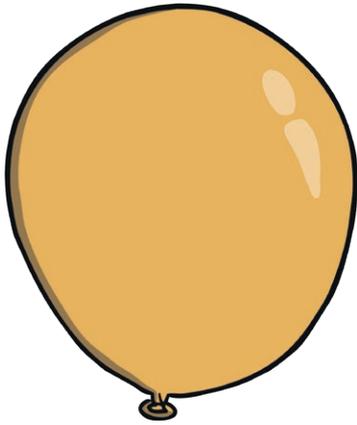
Peel stickers from a sticker sheet and make a new picture with them or add them to a picture you have already drawn.

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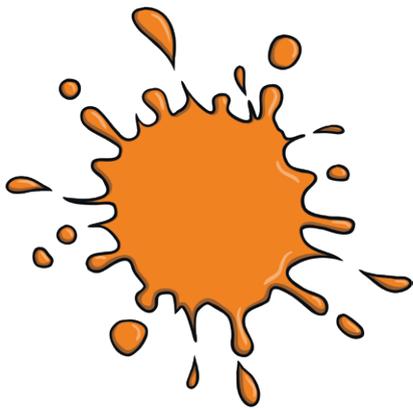
Spray paint by running your finger across the bristles of a toothbrush.

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Hang a piece of ribbon or string between two sturdy chairs. Throw balloons, beach balls or balls of paper to each other across your 'net'.

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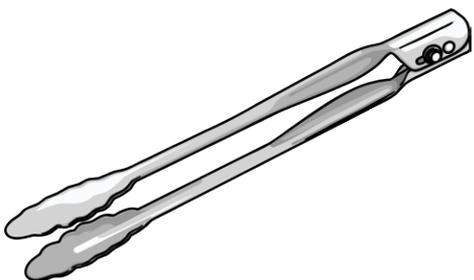
Make a squirty painting using syringes from children's medicine bottles.

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If you have space in your garden, ride around on a tricycle or other wheeled toy. Make an obstacle course using boxes, pots and other containers.

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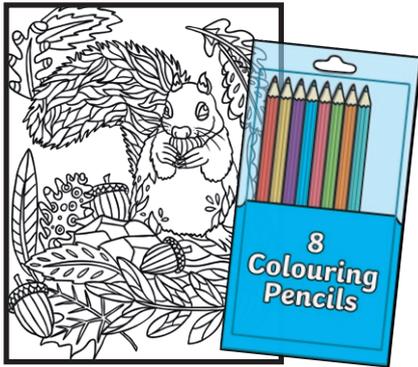
Use kitchen tongs to pick up different items. Which are easier or harder to pick up? Have a race to see who can move objects from one place to another the quickest.

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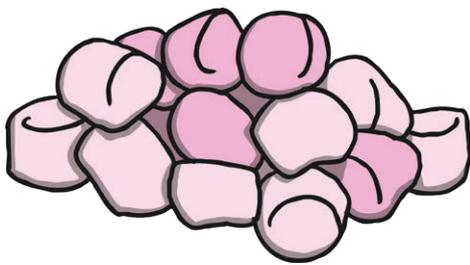
Make a goalie target using a laundry basket or cardboard box laid on its side.

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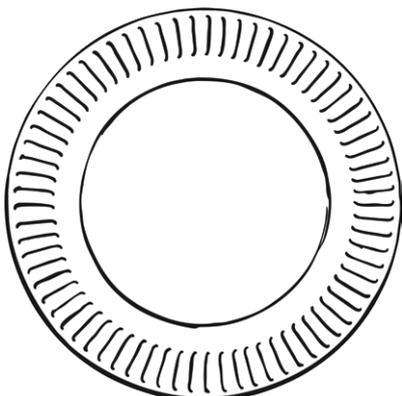
Complete some mindfulness colouring sheets.

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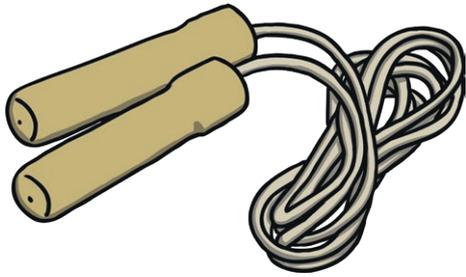
Build a structure using strands of spaghetti and grapes or marshmallows.

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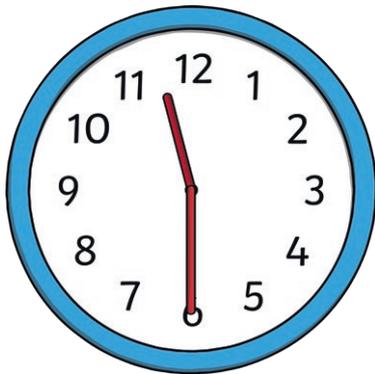
Tape two paper plates to your feet and 'skate' across the carpet. If you have a hard floor, just wear your socks.

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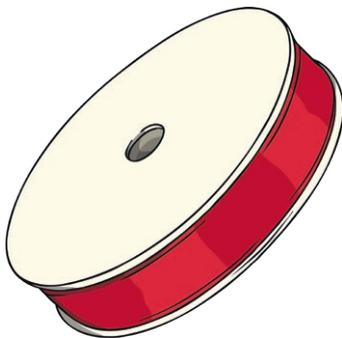
Lay out two skipping ropes parallel to one another and see if you can jump over them as if jumping over a stream.

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Play an old playground game like 'Simon Says', 'What Time Is It, Mr Wolf?' or 'Mother May I?'

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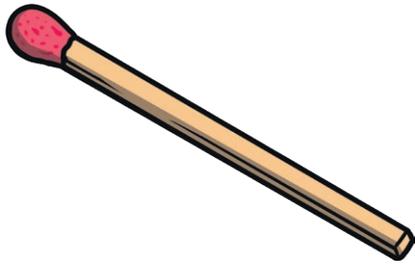
Make a weaving by threading ribbon and string in and out of the back of a chair.

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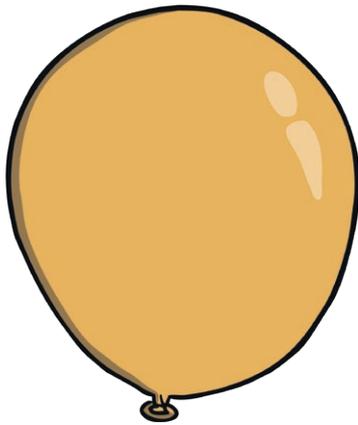
Bake some cakes and then decorate them with small jelly sweets, chocolate buttons and other cake decorations.

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Go on a scavenger hunt and find ten items that fit inside a matchbox. Pick each one up carefully and put it in to check if it fits.

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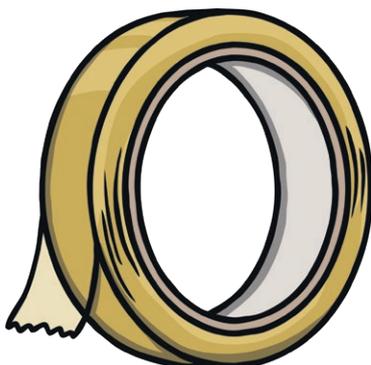
Make a 'parachute' out of an old sheet. Bounce small balls, rolled-up socks or balloons on top or wave it up and down, hide under it or toss it into the air.

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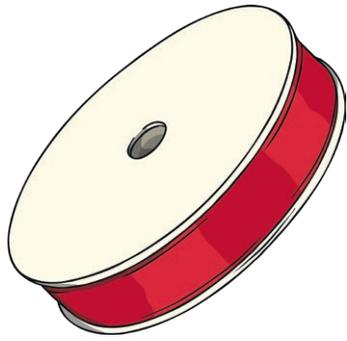
Practise your handwriting by writing your name as neatly as possible or writing a card to a relative you can't see at the moment.

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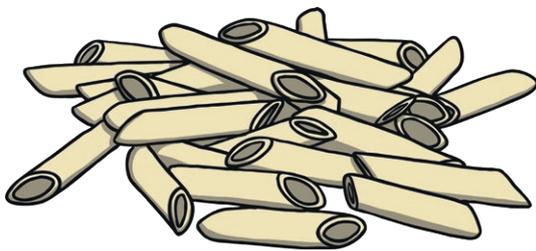
Set up a trail around your house by marking areas with masking tape. Move from place to place in different ways - hopping, jumping, crawling, tiptoeing, etc.

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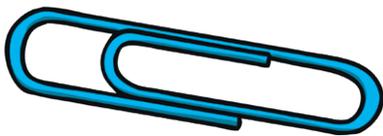
Make a limbo pole by hanging a piece of ribbon or string between two sturdy chairs. How low can you go?

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Mix dried pasta and some peas in a bowl. How quickly can you sort them using tweezers or small tongs?

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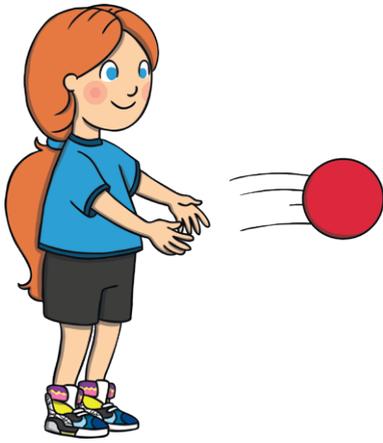
Join paperclips together. How many can you add on?

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Do an online football skills session.

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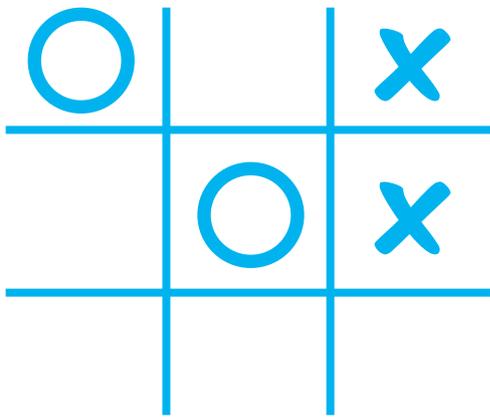
Spell out words as you throw and catch a ball with an adult.

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Do an online dance class.

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Play 'Noughts and Crosses' with your adult.

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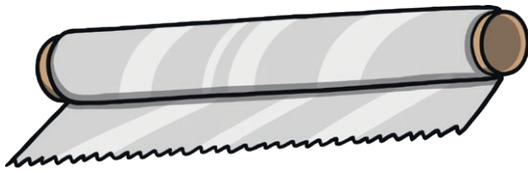
See if your adult can teach you how to sew, knit or crochet. If not, find an online tutorial.

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See how many star jumps you can do in one minute. What about hopping on the spot, bouncing a ball or throwing and catching a ball?

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Wind strips of aluminium foil around the handle of a wooden spoon to make icicles.

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Fill a piece of paper with colourful fingerprints.

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Balance a beanbag on your head while you stand on one leg.

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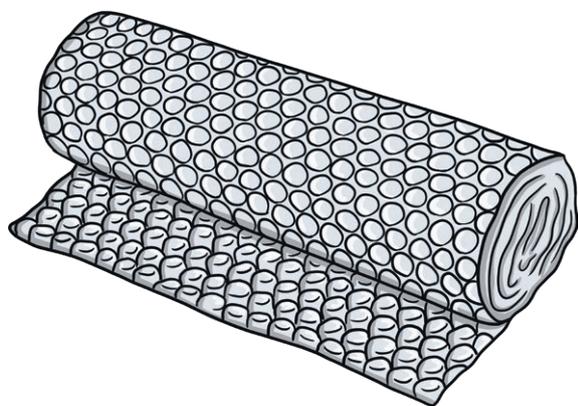
Do an online yoga class.

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Spin a hula hoop round your middle. How long can you keep it going?

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Find some bubble wrap – how many bubbles can you pop with your fingers?

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Balance a beanbag on your head while you hop on the spot.

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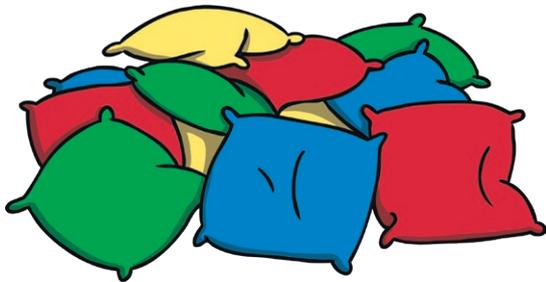
Do an online exercise class.

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Measure how many giant strides it takes you to walk from your bedroom to the kitchen. How many tiny steps does it take?

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Balance a beanbag on your head while you walk around the house.

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Catch beads on a blunt toothpick. How many can you catch in 1 minute?

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Find an online piano app and have a go at playing a tune.