

Physical activities + games to play as a family at home.

DINO SAYS "DO THIS"



Use these simple physical activity ideas to stay active at home. You can follow the instructions or make your own changes.



1 EQUIPMENT NEEDED

- Any soft toys around the house
- Clean and safe recycling
- Soft household items such as cushions and blankets
- Any sports equipment you may have

2 DINO SAYS "DO THIS"

Choose one player to be 'Dino the Dinosaur'. Dino asks everyone playing to do an action eg "Dino says do a loud ROAR and crawl around like a Dinosaur". All the players should ROAR and crawl like a Dinosaur. However, if Dino asks players to perform an action without saying 'Dino says' then the players shouldn't do this. See who Dino can catch out by getting them to perform an action without saying 'Dino says'. You can always swap around who is 'Dino the Dinosaur' and be as creative as you can with the different actions you ask players to perform using equipment and funny actions.

'CHANGE IT UP' 3

S - Space, can you use a new space
T - Task, can you change the task the players have to perform
E - Equipment, how can you use the equipment differently?
P - People, swap roles around.



FREE TO PLAY



IDEAL FOR EARLY YEARS



MINIMAL EQUIPMENT



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