



Activity Sheet Six : Two more fun activities for you to enjoy with your household.

Take some photos to show your friends & family how well you are doing & what fun you are having being active.

Safety- try to move anything that you could break or trip over out of the way. Make sure your shoe laces are tied up & you have a drink ready.

The 'Getting Dressed' Challenge : You will need 5 t-shirts or 5 hats or 5 scarves. You could try this on your own, but it would be even more fun to try this activity as a race.

*Lay the items of clothing around the house or garden

*'On your marks, get set, go!' Move to each item & put it on

*When you have put the 5th t-shirt, hat or scarf on stop the clock. How did you do? Take a photo!



Other ideas :

*Ask a family member to stand at one end of the room/garden

*Put your hats & scarves in a pile as far away from them as you can.

*'On you marks, get set, go!' Pick up one item & take it to your family member. Put it or tie it on them.

*Go back & collect another item. Repeat until there are no items left. Stop the clock.

*Could you race against other family members?

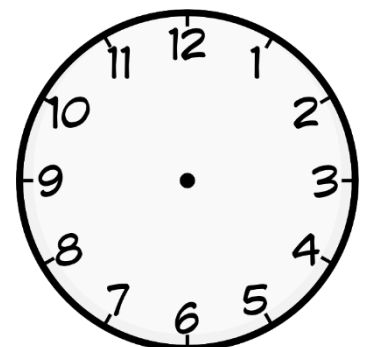
The 'Human Clock' Challenge : You will need 12 pieces of paper & a pen. You will need to ask one or two of your household to play with you.

* Write the numbers 1-12 on each piece of paper

* Lay the numbers in a big circle like a clock face with 12 at the top & 6 at the bottom (look at the picture to help you)

* You & your 'helpers' are going to be the hands on the clock. You are going to lay down in a long thin shape to answer the following questions

1) What does '5 o'clock' look like?



2) What does '9 o'clock' look like?

3) What does '3.30 or half past 3' look like?

What other times could you suggest & show?



How to make this activity harder:

- Change the numbers for socks or other markers
- Make the clock face smaller & use your body as 2 clock hands.
- Ask more challenging questions eg if you went for your daily walk at 3pm & you were out for 1 hour what time would you get home? Answer: 4pm
- If you have enough space set up 2 clocks & have a race to tell the time!

If you don't have someone else to play with or perhaps you don't want to lay down on the floor you could use scarves or something else that is long & thin as the clock 'hands'

Have fun!