

# Time to Play!

Free or cheap games and activities to play with your children at home



- Balloon tennis – bat balloons and try to keep them in the air
- Home disco – turn the music up, the lights down and dance!
- Home cinema – watch a film together with lights off and popcorn
- Memory games – put some items on a tray, cover with a tea towel and see how many you can remember
- Giant jigsaw (keep out on a table, board or tray)
- Giant picture with paints, crayons and anything to stick on (use wallpaper lining, magazines to cut out, wool/material/tissue paper to stick on)
- Decorate paper plates or cut out holes for eyes and mouth and make into a mask
- Magazines to cut up to make your own story book
- Playing shops – using your tins, packets, shopping bag and some pennies
- Board games and card games (e.g. Snakes and Ladders, Snap, Spoons)
- Hide and seek – someone hides and the others look for them
- Hide an object in the house and child looks for it, say they are getting cold when they are going further away and they are getting hot as they get nearer
- Water play in the sink or bath with bubbles and plastic bottles or containers for pouring
- Making dens – use a sheet to make a den behind the settee, under the table etc
- Follow the Leader – the leader does different actions which everyone else copies, take it in turns to lead
- Children’s puppet show/play/concert/dressing up
- Making music with pots, pans, tins and jars (fill to different levels to change the sound)
- Nursery Rhyme Action songs
- Cooking together e.g. [www.bbcgoodfood.com/recipes/collection/kids-cooking](http://www.bbcgoodfood.com/recipes/collection/kids-cooking)
- Making playdough [www.bbcgoodfood.com/howto/guide/playdough-recipe](http://www.bbcgoodfood.com/howto/guide/playdough-recipe)
- Picnics
  - in the garden, or somewhere you wouldn’t usually eat e.g. the bedroom
  - under the kitchen table with a sheet over to make a den
  - teddy bear’s picnic

## Useful websites

[www.nhs.uk/10-minute-shake-up/shake-ups](http://www.nhs.uk/10-minute-shake-up/shake-ups)

[www.bbc.co.uk/cbeebies/games](http://www.bbc.co.uk/cbeebies/games)

[www.bbc.co.uk/tiny-happy-people](http://www.bbc.co.uk/tiny-happy-people)

[www.bbc.co.uk/cbeebies/curations/fun-activities-to-do-with-older-kids](http://www.bbc.co.uk/cbeebies/curations/fun-activities-to-do-with-older-kids)

[www.booktrust.org.uk/books-and-reading/have-some-fun](http://www.booktrust.org.uk/books-and-reading/have-some-fun)

Have fun and remember that your time is the best reward for your child – a few minutes of fun will help everyone feel (and behave) better!

[www.emotionalhealth.org.uk](http://www.emotionalhealth.org.uk)