

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

WHATS THE TIME MR SEA CREATURE?



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 WHATS THE TIME MR SEA CREATURE?

Start with a 'sea creature' in the 'deep blue sea'. All other players start opposite on 'the shore'. Players ask the Sea Creature "What's the time Mr Sea Creature" the players take however many steps the Sea Creature says. If the Sea Creature says dinner time the Sea Creature can chase players back to the shore. Around the Sea Creature in the water is secret gold which the players must try to steal. The secret gold can be your favourite toys or other objects. Maybe try to make some gold using recycling? The team or player that collects the most gold wins.

3 'CHANGE IT UP'

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



MORE ACTIVITIES ONLINE



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