

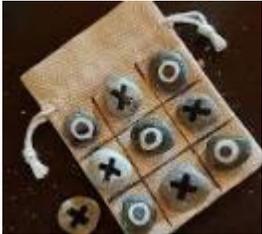
130 Choice Board Activities with Common Household Items



All activities can be adapted to suit your child/children.
Children should be supervised by adults at all times when engaging in suggested activities

Leigh Morton 2020

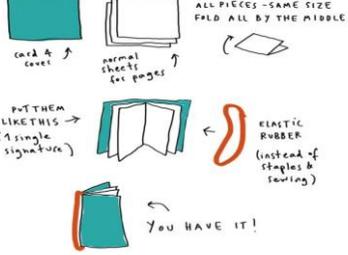
Choose a fun activity to do at home!

<p>Eggy Characters Make your own characters out of eggs. You could try do egg blowing too!</p> 	<p>Chalk Walk Photoshoot Design a set for a photoshoot using chalk or else using things you find around your home.</p> 	<p>Feely Box Make your own feely box and blindfold people to see can they work out what is inside.</p> 	<p>Giant Marble Maze Make a giant maze with toilet roll cores. Change the challenge by going through different coloured tunnels in different orders.</p> 	<p>Butter in a Jar Put a few marbles in a jar. Add in some cream. Shake and shake and shake and see what happens.</p> 
<p>Stone Xs and Os Create your own game of xs and os using stones.</p> 	<p>Toilet Roll Printing Design a stamper using toilet roll cores.</p> 	<p>Tie Dye T-Shirt (gloves! Pre-soak in ½ water ½ vinegar) Half a cup of water 7 or 8 drops food colouring. Set in plastic wrap for 8 hours. Rinse out.</p> 	<p>Clapping Game Learn a new clapping rhyme or create a secret handshake.</p> 	<p>Bottle Toss Use the top of an old bottle and make a tin foil ball. Attach together with a string (stick layer of tissue over tin foil with PVA glue) and try to score some points.</p> 

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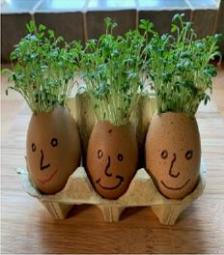
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<p>Sensory Jar Make a special jar! Glitter/water/small toys etc</p> 	<p>Movie Night!</p> 	<p>Fort Building Make a pillow fort!</p> 	<p>Book Making Make your own book!</p> <p>SUPER-EASY BIND No GLUE, No SCISSORS, No NEEDLE, No RULES</p> <p>ALL PIECES - SAME SIZE FOLD ALL BY THE MIDDLE</p>  <p>card & sheet → normal sheets & pages → PUT THEM LIKE THIS → (A single signature) → ELASTIC RUBBER (instead of staples & sewing) → You HAVE IT!</p>	<p>Rainbow Hunt Go on a rainbow scavenger hunt or make up your own!</p> <p>RAINBOW SCAVENGER HUNT <i>primary, kindergarten</i></p> <ul style="list-style-type: none"> 🐛 Find something red. 🐛 Find something yellow. 🐛 Find something orange. 🐛 Find something green. 🐛 Find something blue. 🐛 Find something purple. 🐛 Name a fruit that is red. 🐛 Name a vegetable that is orange. 🐛 Name a plant that is green. 🐛 Name a flower that is purple. 🐛 Name something outside that is blue.  
<p>Junk Art Search the recycling bin and make some junk art!</p> 	<p>Art Attack Use some items that you find in your house to make a giant picture.</p> 	<p>Little Chef Help to make dinner! Can you be the head chef?</p> 	<p>Telephone Check In Ring someone you love to say hello!</p> 	<p>Board Games Play a board game with someone you live with!</p> 

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<p>Letter Writing Write an anonymous letter to someone special!</p> 	<p>Candle Holder Make your very own candle holder!</p> 	<p>Clean Up Spring clean your room!</p> 	<p>Playdough Homemade playdough: Cup of flour, half a cup of salt, water and some oil!</p> 	<p>Science Time Try a bread experiment! You piece of bread with dirty hands one with clean!</p> 
<p>Rainbow Spaghetti Use food colouring to make rainbow spaghetti or rice! Hide some small toys in it and try pick them out with a tweezers!</p> 	<p>Mini Beast Hunt Go on a mini-beast hunt when you are out walking!</p> 	<p>Cabbage Clothes Dye Try to dye something old using red cabbage, soap and vinegar! You could try with food colouring!</p> 	<p>Treasure Hunt Hide some treasure and make a treasure map with cold tea and see can someone in your house find it!</p> 	<p>Planting Fun Use an empty egg shell to plant seeds from an apple, orange or tomato!</p> 

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Magic Painting

Use a paintbrush and some water to do magic painting on footpath or patio.



Slime

PVA glue, formil from lidl (white cap), food colouring (



Sensory Tray

Fill a baking tray with salt/sugar/lentils/shaving foam etc to fill a baking tray. Draw some pictures on your canvas.



Puppet Making

Make puppets and a puppet theatre using items from your home! Sock puppets are easy peazy!



Masking Tape Active Trail

Use tape to create a trail, jumping, balancing, hopping and doing press-ups!



Floating and Sinking

Fill a basin or sink or bath with water and experiment to see what floats and sinks.



Pea Planting

Dry a pea/bean in the hot press and pop it into a jam jar with cotton wool.



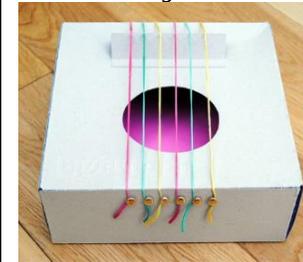
Band Jam

Use pots and pans to create your own drum kit and rock on!



Instrument Making

Make a shaker with rice and a bottle or elastic band guitars!



Rising Snakes

Make a spiral snake and hang it over a radiator to see if the heat makes it rise!

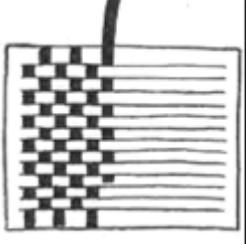
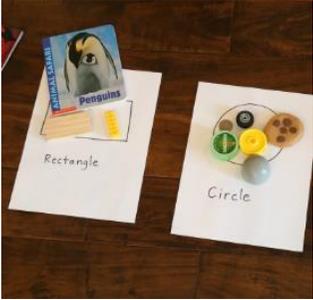


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<p>Newspaper Weaving Cut strips of newspaper and weave in and out through cardboard!</p> 	<p>Nature Pictures Collect some items from nature and use them to make a picture</p> 	<p>Superhero Role Play Create a superhero costume and some props and make up a play!</p> 	<p>Shape Hunt Can you find different 2D and 3D shapes in the environment?</p> 	<p>Mini Theatre Hang two old t-shirts up to make curtains and create a mini theatre with your toys!</p> 
<p>Toilet Roll Skittles Create your own game of bowling. You can add numbers for points!</p> 	<p>DIY Giant Bubbles Use an old hanger/ string/ top of a plastic bottle to play with some fairy liquid and water bubble solution</p> 	<p>Pasta Threading Use some pasta and old string to make a snake/necklace or other creation.</p> 	<p>Personal History Project Go through some old photos or find some information out about what you were like when you were little!</p> 	<p>String Lazer Beam Game Make a web by looping string to lots of different things and try get through without touching it!</p> 

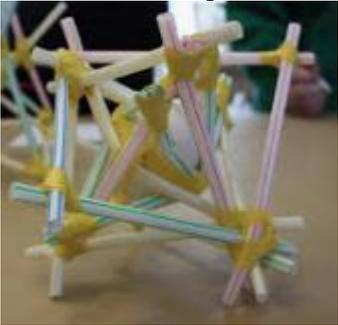
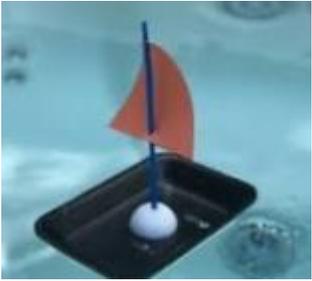
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<p>T-Shirt Challenge Can two people fit inside a t-shirt? One arm can be used each. Try make a sandwich or other task.</p> 	<p>Sock Flier Fill a small bag with some rice/lentils etc and close. Place inside an old sock and tie closed with string or elastic band. Decorate and throw!</p> 	<p>Play Shop Design your own shop and label your items! Use real money or make your own toy money and play shop</p> 	<p>Test Taste Blindfold on! Can you work out what you are tasting? Try do a smell test too!</p> 	<p>Turn Your Food into a Family Decorate the outside packaging or peels of fruit to create your food family! Write a story to go with them, maybe they are scared you will eat them?</p> 
<p>Sensory Walk Find five things you can smell, see, taste (don't try it!), touch and hear!</p> 	<p>Salt Dough Make your own salt dough creations and get a grown up to help you cook them in the oven!</p> 	<p>Quiz Night Get the quizmaster to find some facts out about the family and see who knows what about others!</p> 	<p>Heart Rate Experiment Measure how many beats in 10 seconds, multiply by 6! Do exercise and see does it change.</p> 	<p>Condensation Experiment (adult) Watch the steam rise from the kettle, can you make your breathe condense on window? A new art canvas!</p> 

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<p>Restaurant Experience Create a menu, set up your restaurant. Ring the doorbell and have the grownups serve you or the other way around!</p> 	<p>Fridge Stock Take Go to the fridge and time yourself to do a stock take! Younger children can copy labels</p> 	<p>Rubbings Use textured objects that are real or manmade. Put them under the sheet and use crayons to do some rubbings.</p> 	<p>Rainbow Ice Painting Mix up some watery paint or food colouring and put into ice cube mould with a stick in each one. Freeze overnight.</p> 	<p>Dizzy Ear Experiment Do some spinning and see how it makes you feel. Put a spoon into a glass of water and swirl it around. What happens? Why?</p> 																				
<p>Egg Safety Container Design a container to protect an egg. See can you drop it from a height without it breaking.</p> 	<p>Nature Kitchen Use items from nature to create a mini kitchen. Come up with your own mud pie recipes!</p> 	<p>Sailboat Scientists Design a floating sailboat, use your breath to blow it along. Can you make a land sail machine with wheels?</p> 	<p>JunkArt Town Create a town using cardboard and pens and paper. Use some toys to play with your town.</p> 	<p>Scavenger Hunt Allow the leader to write a list of things you need to find. Time yourself to see how quickly you can find everything!</p> <table border="0"> <tbody> <tr> <td><input type="checkbox"/> stuffed bear</td> <td><input type="checkbox"/> flashlight</td> </tr> <tr> <td><input type="checkbox"/> paper airplane</td> <td><input type="checkbox"/> mug or cup</td> </tr> <tr> <td><input type="checkbox"/> random rock</td> <td><input type="checkbox"/> keys</td> </tr> <tr> <td><input type="checkbox"/> sunglasses</td> <td><input type="checkbox"/> alarm clock</td> </tr> <tr> <td><input type="checkbox"/> book</td> <td><input type="checkbox"/> measuring tape</td> </tr> <tr> <td><input type="checkbox"/> crayon</td> <td><input type="checkbox"/> ball of any size</td> </tr> <tr> <td><input type="checkbox"/> toy truck</td> <td><input type="checkbox"/> scarf</td> </tr> <tr> <td><input type="checkbox"/> petal plant</td> <td><input type="checkbox"/> building blocks</td> </tr> <tr> <td><input type="checkbox"/> ruler</td> <td><input type="checkbox"/> baby doll</td> </tr> <tr> <td><input type="checkbox"/> toothpaste</td> <td><input type="checkbox"/> salt and pepper</td> </tr> </tbody> </table>	<input type="checkbox"/> stuffed bear	<input type="checkbox"/> flashlight	<input type="checkbox"/> paper airplane	<input type="checkbox"/> mug or cup	<input type="checkbox"/> random rock	<input type="checkbox"/> keys	<input type="checkbox"/> sunglasses	<input type="checkbox"/> alarm clock	<input type="checkbox"/> book	<input type="checkbox"/> measuring tape	<input type="checkbox"/> crayon	<input type="checkbox"/> ball of any size	<input type="checkbox"/> toy truck	<input type="checkbox"/> scarf	<input type="checkbox"/> petal plant	<input type="checkbox"/> building blocks	<input type="checkbox"/> ruler	<input type="checkbox"/> baby doll	<input type="checkbox"/> toothpaste	<input type="checkbox"/> salt and pepper
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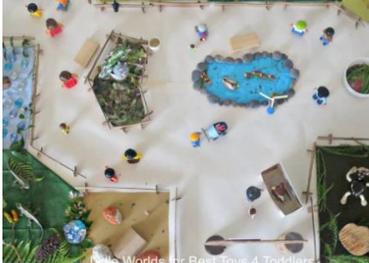
<p>Paper Airplane Competition</p> <p>Have everyone design a paper plane and see whose goes the furthest.</p> 	<p>Interview a Parent History Project</p> <p>Interview a grown up to find out about what it was like when they were little.</p> 	<p>Talent Show</p> <p>Have a family talent show and score each other.</p> 	<p>Bottle Flip Challenge</p> <p>Use your bottle to fill it with different amounts of water to see can you become a pro bottle flipper</p> <p>Bottle Flip Challenge</p> 	<p>Obstacle Course</p> <p>Use things in your home, you can go under, over, through to create an obstacle course.</p> 
<p>Host Your Own T.V. Show</p> <p>Make a T.V. with some recycled cardboard and host your own T.V. show.</p> 	<p>Vinegar and Baking Soda</p> <p>Create an experiment with baking soda and vinegar. Maybe design a volcano or dragon on the outside of the bottle.</p> 	<p>Running Colours</p> <p>Use some markers to colour on tissue. Add some water to watch the colours travel around the sheet.</p> 	<p>Paper Chains</p> <p>Cut scrap paper into long strips and see who can make the longest paper chain.</p> 	<p>Throwing Game</p> <p>Set up a target (you could blutac paper numbers to the wall for points) and see can you score!</p> 

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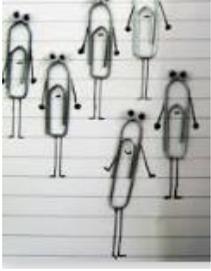
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<p>Sensory Tiles Use different materials you find inside and outside to make a sensory walk challenge!</p> 	<p>Ice Explorer Freeze some small toys in bags or containers and see can you dig them out!</p> 	<p>Potion Play Ask an adult what you can use to set up your own potion lab! You could write some of the recipes too! Or Blindfold someone and get them to guess what is in it!</p> 	<p>D.I.Y. Puppet Theatre Use junk art materials to design your own puppet theatre. You can record a show on a phone and watch it back</p> 	<p>Kitchen Roll Marble Pass You need two kitchen rolls. Put the marble in kitchen roll number two. The second person will need to get it with their kitchen roll. How far can you travel?</p> 
<p>Printing Use potato or apple or cardboard to make stampers.</p> 	<p>Small World Creation Can you create a small world using things you can find at home?</p> 	<p>Ear Experiment Blindfolded, get someone to make noise and try locate where it is coming from.</p> 	<p>Flower Press Collect some flowers when you are walking. Spread them on a piece of paper and pop paper on top. Press under heavy books.</p> 	<p>Make your own Chalk for the Path Make your own paint and watch it dry!</p> <p><i>Sidewalk chalk paint</i></p> <ul style="list-style-type: none"> 2/3 cup cornstarch 2/3 cup baking soda food coloring water

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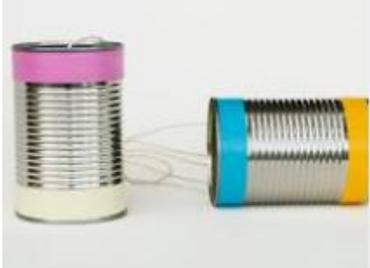
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<p>Blindfold Sensory Box Hide some items (spoons, pencils, toys) in a sensory box and try guess what they are.</p> 	<p>Wormery Use an empty bottle (with small air holes) and layer with soil/sand/gravel. Top up with compost items to feed your worms.</p> 	<p>Secret Message Write secret messages on someone's back and see can they work out what it is.</p> 	<p>Make your Own Board Game Design your very own board game using paper and pens.</p> 	<p>Sock Bubbles Use fairy liquid and water to make bubble mixture. Cover bottle (end off) with a sock and blow into the top.</p> 
<p>Ball Toss Use tubs/boxes to create targets with different points and toss in.</p> 	<p>Paper Clip Family Design your own paper clip family. You can link them together either to make a chain.</p> 	<p>D.I.Y. Stress Ball Pour some of your filling inside a bottle. Inflate balloon, twist and place over top of bottle. Untwist and turn upside down, tie and design!</p> 	<p>Tin Foil Craft Stick string/PVA and tissue into a pattern on to card. Cover with tinfoil and allow it to dry!</p> 	<p>Scrap Paper Mosaic Use scraps of paper cut into squares to design a mosaic. You could put certain colours in certain places to design a picture.</p> 

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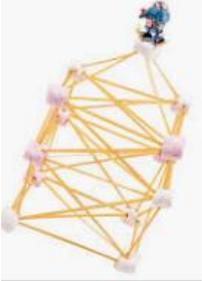
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<p>Cardboard Nail Salon Draw hands on some old card and have a mini pamper party!</p> 	<p>Gloop Cornflour and water. Messy fun so have the room prepped for with!</p> 	<p>Pillow Sack Race Use an old pillow case to have a sack race.</p> 	<p>Deep Sea Diver Make a weighted diver, fill a bottle and close lid. Squeeze in centre of bottle.</p> 	<p>Cardboard FacePainting Draw a face on cardboard and facepaint your character into something new.</p> 
<p>Wooden Spoon Hunt Hide treasure under an overturned plastic or wooden bowl. While blindfolded, tap the floor to see can you find the treasure. Hot and Cold helping hints!</p> 	<p>Stone Art Paint some stones that you may have from a walk. You can do pebble art too!</p> 	<p>Tin Can Telephone Use two empty tin cans and string to make your own can telephone. A grown up needs to help with the hole!</p> 	<p>Jam Jar Snow Globe Fill an old jar with some toys, glitter etc. Glue and allow to dry. Fill with water and some oil if you wish. Seal it tight with glue!</p> 	<p>Ove Glove Pass the Parcel Play pass the parcel. If it stops on you, you need to wear oven gloves while opening the parcel . Try some other tasks too!</p> 

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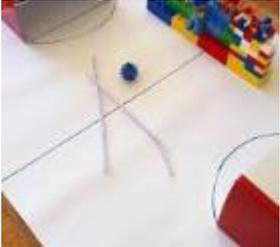
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<p>Egg and Spoon Have an egg and spoon race. Maybe have a mini sports day!</p> 	<p>D.I.Y. Marble Maze Try make your own marble maze, you could use straws to make a pathway either!</p> 	<p>Colander Kerplunk Use a colander and some spaghetti to make your own game of kerplunk.</p> 	<p>Earn Your Keep If you make the money sparkle you can keep it! Coppers advisable!</p> 	<p>Operation Design your own game of operation. Use a tweezers to pluck out peas/beans/coins etc.</p> 
<p>Changing Face Characters Design your own changing face monsters with a scroll of paper inside a toilet roll.</p> 	<p>Tin Can Monster Feet Use paper, tin cans and string to make your own monster feet.</p> 	<p>Spaghetti or Pasta Construction Use blutac/plasticine to join two pieces together.</p> 	<p>Charades Play a family game of charades.</p> 	<p>Tiny Toy Parachute Use a small toy, string and plastic bag to design your own parachute man.</p> 

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<p>Paper Race Cut some shapes (ghosts or aliens!) out of newspaper or scrap paper. Colour in and place on hard floor. Have a blowing race to see how quickly it can move.</p> 	<p>Sock Soft Toy Use an old sock and fill with rice/lentils/stuffing etc partly and tie with elastic or string. Repeat to form next shape. You can cut the fabric or fill more depending on what you are creating!</p> 	<p>Blowing Football Use cotton wool or win foil balls to make a mini ball. Draw out your pitch. Use straws to blow and move the balls to try and score goals.</p> 	<p>Wax Resist Painting Use was crayon to draw a picture. Water down some paint and paint over the top.</p> 	<p>Cups Target Set up some target with cups and stick on numbers to create points for each target. See who can score the highest points.</p> 
<p>Kinetic Sand 4 cups plain flour ½ cup baby oil</p> 	<p>Three Legged Race Use a tie or long socks to work in pairs to have a three legged race.</p> 	<p>Sock Volley Ball Use a pair of old socks to play volleyball.</p> 	<p>Growing Hairy Monsters Use seeds to make a monster that will continue to grow.</p> 	<p>Play Parachute Games with a Duvet Cover or Sheet Keep the ball up, knock it off, run under, make a dome by sitting under it, crocodile drags you under.</p> 

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