

Updated
with new
activities!

Let's Play!

CORK

Play Booklet for Children





Draw yourself playing with your friends and colour in!



Name: _____

Let's Play!

with Hazel Hurley

CHALK GAMES



Materials: You will need chalk and there are some things you can find at home that will help you to mark out chalk games – a ruler, plastic tub lids, string and cardboard for stencils. A gardening glove can be handy for rubbing in the chalk for a vibrant, long-lasting colour.



NOUGHTS AND CROSSES: Draw out a shape like this so that you have 9 spaces. One player marks their space with an 'X' and the other player uses an 'O'. The aim of the game is to get three in a row before your opponent – either going across, or down or diagonally.



LONG JUMP: For this game you just need to mark out a series of lines. You can use a ruler to get a nice straight line, and add in a starting line. Take turns jumping to see who can jump the furthest. Maybe you could use a measuring tape to see exactly how far you can jump and mark in the number along with your name.



CHALK RACETRACK: We can also use the chalk to create worlds for us to play in. You could make a racetrack for your toy cars, drawing in different roads, roundabouts, even a filling station. What toys do you have at home and what magical world could you make for them with chalk?

Let's Play!

with Hazel Hurley

CHALK GAMES



TARGET PRACTICE: Use a piece of string like a big compass to draw circles with the chalk. Next mark in the number of points for each section and use this target for jumping, or throwing something or you could draw it in a wall and kick a ball to win points.



MIRROR-ME TWISTER: Draw out 6 circles of different colours (maybe use a plastic tub to mark the circles) on each side making sure the colours mirror each other. To play take turns calling out a hand or foot and a colour – for example 'Right foot orange'. If you fall, you lose!

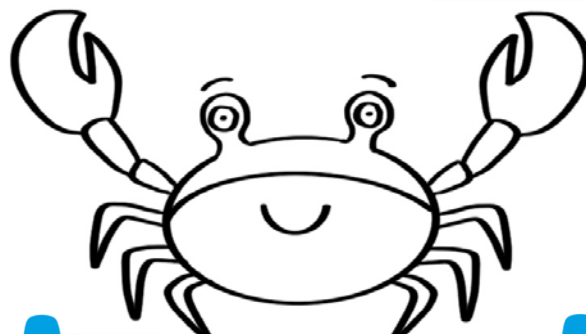


COLOURS AND SHAPES JUMPING GAME: Draw out lots of shapes in different colours. You could use lids of plastic tubs you might have at home to draw the shapes or make a stencil out of cardboard. To play call out a shape or a colour for your buddy to jump on and they can call out for you. It's tricky to try and switch from looking for a shape to looking for a colour!



HOPSCOTCH: Mark out 7 or 10 squares as shown. To play throw a stone into the first square and then hop with one foot in each square up and down the numbers, bending down to collect your stone on the way back. Take turns and move up along the numbers, but if you throw your stone and it lands outside the number, you must skip a go. Ask an adult if you're unsure – they'll know how to play!

WILD Animal Play



How do animals move?

Copying the way animals move is a great way to have lots of fun and use your imagination, all while staying fit and healthy! You can do it in your house or outside in the fresh air. All you need is some space! Here's a list of animals. Have a think about how they might move and see if you can do it too.

1. Tigers
2. Monkeys
3. Elephants
4. Crocodiles
5. Snakes
6. Bears
7. Crabs
8. Ducks
9. Worms
10. Gorillas

Now have a think and see if you can come up with some more animals and copy how they move.

Turtle Tag

If you are lucky enough to have people to play with you this is a really fun way of staying active.

One person is the catcher. Once you are caught you must lie on your back and kick your arms and legs in the air. You are like a turtle that got stuck on your shell! One of the other people who haven't been caught yet must gently roll you back over onto your front. You are then free and can start running around again. Don't forget to keep on changing the catcher.



Salt Dough Animals

with Rosie Roccaforte

You will need:

- 1 cup / 250g of plain flour
- 1/2 cup / 125g of salt
- 1/2 cup / 125ml water
- Optional: food colouring
- Paint – acrylic, gouache or poster paints
- Paintbrushes



Steps:

1. Ask an adult to help you preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. For this exercise we are making Animals, But you can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of.
4. Put your finished items on the lined baking sheet and bake for 3 hours or until solid.
5. Leave to cool and then paint.
Option – to paint a coat of varnish over the dried paint to make them more permanent.



Share your creation online with hashtag
#saltdoughzoo

Outdoor Nature Play

Bug Hotel













Welcome to
The Bug Hotel

Why not try to make your very own bug hotel! All you need is a cardboard box (an old shoe box will do!) or container and some tubes from the inside of toilet rolls. Simply cut the lid off your box so there is an open side. Then place the tubes side by side and on top of each other tightly so they are secure enough not to fall out once the box is on its side, you can even sellotape or glue them in place if you like. Once your bug hotel is put together you can start to fill the tubes with different things from your garden. Try to think of things that bugs like. Some examples are grass, sticks, moss, tree bark, flowers or leaves. You can take your bug hotel outside for some real bugs to play in, or you can even draw pictures of your own bugs and cut them out to put inside. The more creative the better!



Nature Scavenger Hunt

Tick off what you see...

 Ladybird <input type="checkbox"/>	 Spider <input type="checkbox"/>	 Grass <input type="checkbox"/>
 Leaves <input type="checkbox"/>	 Clouds <input type="checkbox"/>	 Stones <input type="checkbox"/>
 Feather <input type="checkbox"/>	 Bee <input type="checkbox"/>	 Clover <input type="checkbox"/>
 Snail <input type="checkbox"/>	 Watering Can <input type="checkbox"/>	 Daisy <input type="checkbox"/>

Nature Crowns with Megan Collins

1. When you are out walking in nature, gather natural material you are drawn to like feathers, flowers, leaves etc.
 2. Press flowers in a heavy book to dry them out.
 3. Rip a strip of cardboard to create a natural crown effect.
 4. Use sellotape to secure it at head size
 5. Stick on your nature treasures.
- Option to add: decoration with markers, stickers, glitter or make wings, use face paint. Now play a game of elves or fairies!



Getting Creative in the Garden

with Martina Carroll

Materials

1. Collect sticks, stones, leaves, feathers, wild flowers and any other natural items that you like the look of. Please do not damage any plants or trees while doing this. Look on the ground for things that are lying around. Do not pick up any broken glass or plastic and watch out for dog poo if you're in an area where people walk their dogs!!!!
2. Pick a couple of small plastic containers from the recycling or any other materials you like.

Make a Garden

Get a tray that is no longer needed by anyone and fill it with earth from your garden or potting compost or sand or top soil from the garden centre.

Now have fun creating a place that pleases you.

You can:

- Make hills and holes
- Clear a path and fill it with stones
- Make fences with your sticks and some twine
- Fill a smaller plastic container with water and make a pond
- Arrange leaves to make a forest
- Make a grassy field

Next bring toys into your garden to play.



Mud Pies

- Place soil in a container and gradually add water until you get a good sticky consistency.
- Mix with a stick, your wooden spoon or your hands.
- Create pies with your mud and decorate with flowers, stones, feathers etc.

Miniature **Let's Play!** PUPPET THEATRE

with Josephine Donnelly

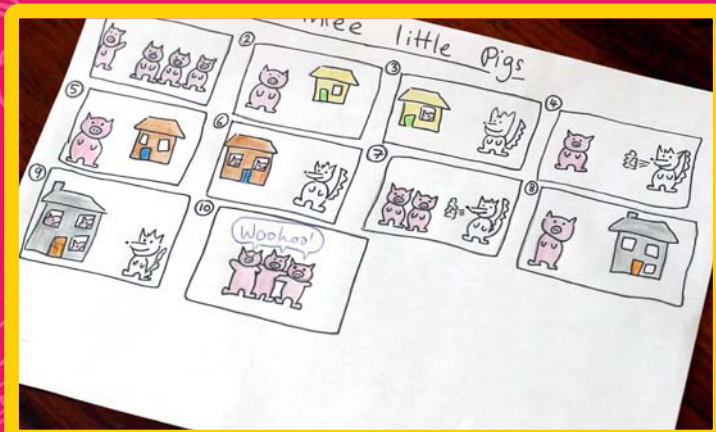


1. Cut a rectangle out of the top and both sides of a box to make your basic theatre structure.

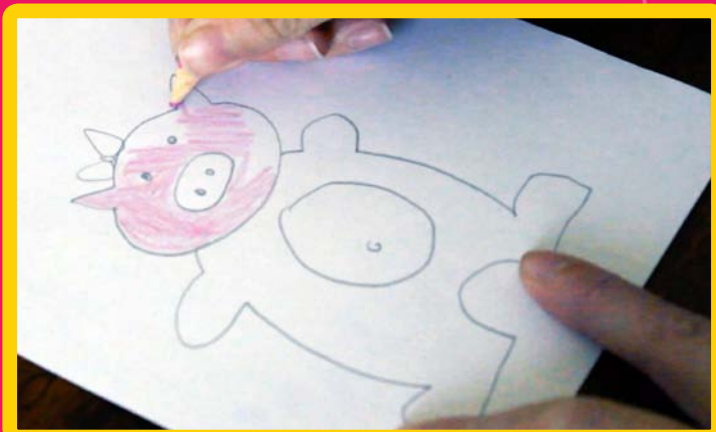


2. Add decorations to the outside of your theatre, maybe a sign with the name of your theatre, maybe curtains (you could use fabric or tissue paper)

Now that you have your Tiny Theatre, it's time to put on a show! Choose a story that you would like to tell, what fairytales do you like? Maybe you have a story about you and your friends or family you would like to tell?

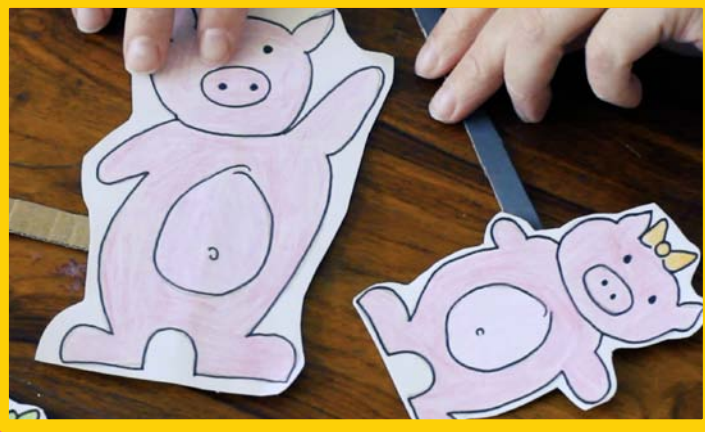


Once you have a story, make a story-board. This means breaking the story up into small pieces or 'scenes' so that you can clearly see what happens in the start middle and end of your story. Make sure to include all the characters who are in each 'scene' on your storyboard and the location/place that the scene happens in. For example, in Little Red Riding Hood the first scene happens outside of Little Red's house (Location) and the characters in the scene would be Little Red and her Mother.



Now it is time to make all of the characters and places.

1. Draw your characters out on pieces of white card or paper (Card is great because it is really strong and sturdy). Make them a size that will fit inside your theatre, so it is a good idea to measure your theatre first. Make sure to draw them with empty space around them, this is for cutting them out individually.



2. Next, cut them out.



3. Get a stick (a lollipop stick, or a chopstick, or a long strip of card.) and tape one end of the stick to the back of your cut out character.



To Make a Background

1. Draw out a picture of the places that you need for your story, for example you might want a picture of a house or trees or even a kitchen. When you are drawing out your picture measure the size of your theatre so that your background will fit inside it.



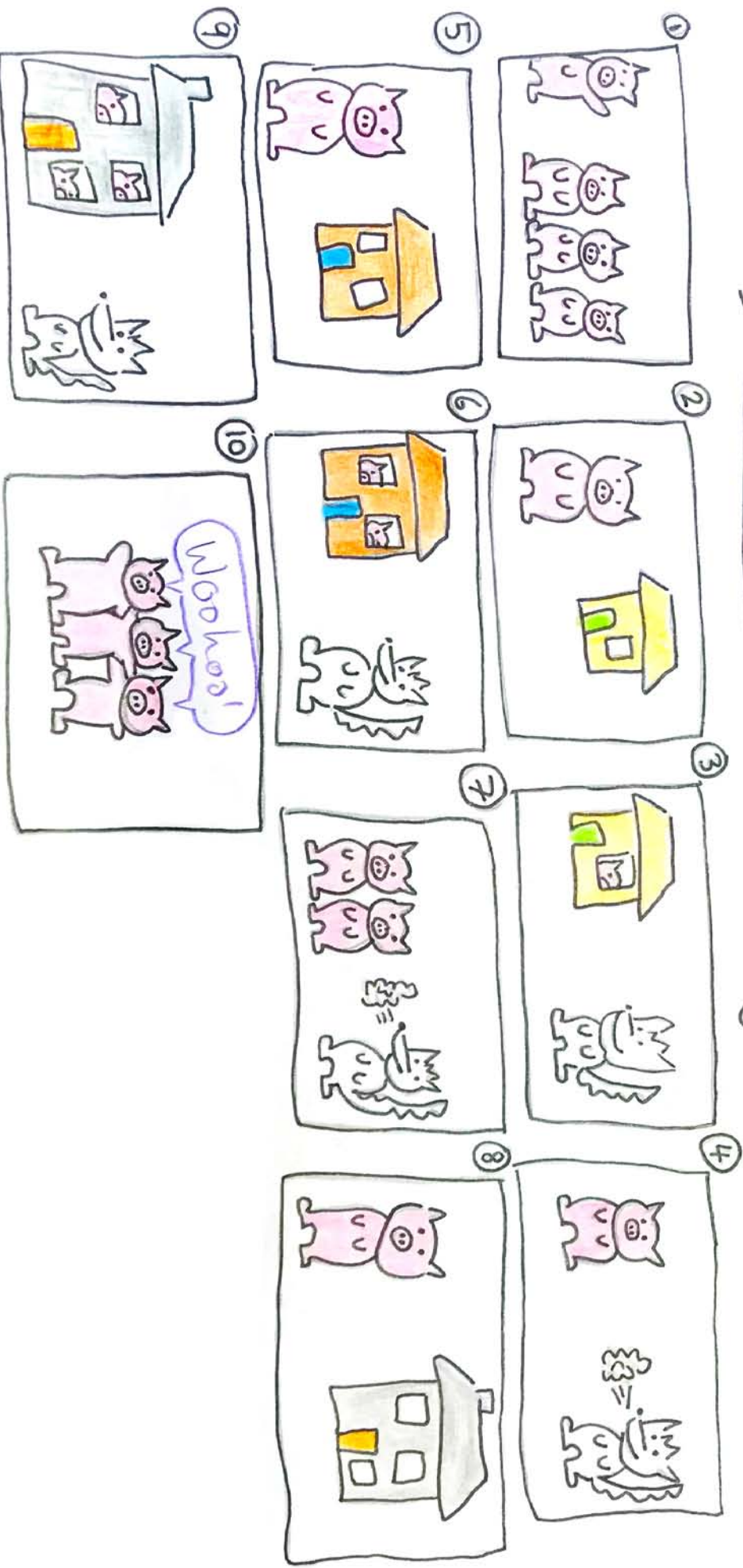
2. When you are happy with your background pictures, leave some empty space at the top of your picture and cut them out.



3. Using that empty space at the top of your background drawing, fold it over a stick and glue or tape it down. This way you can drop your background into your theatre and it will hang like a curtain, then when the scene is over you can easily take it out.

On with the show!

The Three Little Pigs



How to make a storyboard for your puppet show (Storyboard template at the back of the booklet)

If you have enjoyed playing with your own puppet theatre and are looking for more ideas why not check out the books you have at home or visit your local library. Remember you don't have to follow someone else's story you can create your own!

Balloon Games

Don't let the Balloon Touch the Ground!

The rules are simple- hit the balloon up in the air and don't let it touch the ground. Try to keep it up in the air for as long as you can. Why not come up with some creative ways of keeping it up- can you tap it with your elbow, your head or your knee? To make it even more challenging you could try this game with more than one balloon, hopping on one leg or you could even keep one hand behind your back.



Balloon Taps

Have an adult tie your balloon from a doorway using a piece of string. The balloon should be a few inches higher than your arm. The challenge is to try and tap the balloon with your hand. Count how many times you can do it in a row without missing. You could even jump and see if you can touch the balloon with the top of your head!



Backhand Balloon Balance

Try to balance your balloon on the back of your hand, and see how long you can do it without dropping it to the floor. You might be surprised at how much moving around you'll do playing this game!



Balloon Volleyball

You can make your own net by tying a piece of string between two chairs. Hit the balloon back and forth by running from one side to the other. The goal is to keep the balloon from hitting the floor! If you have someone else to play with you can stay on one side each and see how many times you can pass it to each other over the net without letting it hit the floor.

Source: whatmomslove.com

Penguin Waddle

Place a balloon between your knees and try to move around the room without dropping it. You'll soon realise that you are waddling like a penguin! To make this game more challenging you could set out some obstacles to try and move around- but don't forget, if you drop it you have to go back to the start! You could even play this as a team by placing the balloon between you and your teammates hips. Why not time yourself and see how fast you can do it.

Balloon Blow

Set up a racecourse or a pathway and see if you can blow your balloon all the way to the finish line. You might find doing army crawls helps you and gives your arms and tummies a workout along the way! If you have a family member or friend to play with you could set up a course wide enough for two and race each other's balloon to the end. You could also set a timer and see who can complete the course more quickly.

Balloon Foot Balance

Lie on the floor with your legs up in the air. The challenge is to try and balance your balloon on your feet. It's not as easy as it sounds and requires a lot of concentration!

Balloon Paddle Ball

If you have a tennis or a badminton racket you can use it. If not you can make your own paddle using a paper plate and a stick or something with a handle, like a plastic spoon. Try to balance your balloon on the paddle while you make your way around obstacles or run around. You could also try some of the other balloon games using a paddle.



Let's Play!

Kinetic Sand

with Lisa Donovan



MATERIALS: To make kinetic sand you will need 7 cups of flour and 1.5 cups of oil.



ALLERGIES: If your child has any allergies or intolerances you can use gluten free flour instead.



SENSORY OPTION: You can use a half a cup of chocolate powder instead of half a cup of flour to make the sand brown and smell like chocolate. Add in a few drops of essential oils or vanilla extract to create other nice smells.



MEASURING: Use a small cup and measure out 7 cups of flour and place it in the tub.



ADD IN THE OIL: Use the same cup to measure out 1.5 cups of oil and pour it into the flour.



MIX IT TOGETHER: Use your hands to bring the flour and oil together. It will still be soft but you will be able to mould it into shapes now.



PLAY: You can use it to practise scooping and pouring.



SANDCASTLES: Try to build a sandcastle. Pour some into a bucket, turn it over and lift off the bucket. Ta-da you made a sandcastle!



NUMBERS: Hide numbers or numicon shapes in the sand. Find the number...dig through the sand until you find it. Try finding 2 numbers in the sand.



ANIMALS: Add animals or people to the sand for imaginative play. Are they on the beach or is it a farm?

Playing Card Workout

If you have a deck of cards at home this is a fun way of getting some exercise with your friends or family. Take turns picking a card from the deck and do the exercise below that matches. The number on the card shows you the number of times to do the exercise. If you get a joker you must do 10 burpees! Make sure you take rests and maybe you could think of new exercises to add in too! Have fun.



= Star Jumps



= Crunches



= Lunges



= Squats



Number on Card = How many you do!

J=11 Q=12 K=13 A=15

Joker = 10 Burpees!

Time Capsule

A time capsule is the perfect way to remember what your life is like now, long into the future. You can hide your time capsule away somewhere safe and pick a year to open it in. This could be 10, 15 or even 20 years from now!

Here are some ideas of things you can include in your time capsule:

- Photos, drawings or artwork
- A journal or diary entry
- A letter to your future self
- Pages from newspapers or magazines
- Trace your hands to see how big they have grown 10 years from now.
- Interesting facts about life in 2020 – eg how much does your favourite bar of chocolate cost.
- Interesting facts about yourself. E.g. who is your best friend, what is your favourite song, what you hope to be when you grow up?
- A school report
- A trinket or toy
- A postcard with a drawing of your family or friends and a short paragraph on them.
- A wish list or bucket list of things you hope you will have achieved by the time you open your time capsule in the future.



Time
Capsule

Let's Play!

Magic at Home with Circus Charlie



MAGIC BALL AND STRING: You will need a piece of thick string or rope...

MAGIC BALL AND STRING: And you will need a ball. Make sure the ball is no bigger than a golf ball. You will also need your magic brain!



MAGIC BALL AND STRING: Circus Charlie can make the ball balance on the string and roll along and it doesn't fall off! Amazing! How does he do that?

HOW DOES CHARLIE DO IT?: The trick is that hidden behind the string is a thin thread. You can tie a thread to the string on each end so that it is slightly shorter than the string. Put your thumbs between the string and thread on either end and this way you create a track for the ball to roll along. Practice controlling the ball as it rolls.



SCREEN ORANGE: Everyone is shopping online these days but Charlie is magic so he can conjure instant food from his tablet! He swipes on the picture of the orange...

REAL ORANGE: And the orange appears in real life! Wow!



SCREEN BEANS: But it's not just oranges... he can have any food he likes! He has a tin of beans on his screen. But with one swipe...

REAL BEANS: The beans appear in real life! Cool! How does Charlie do it?



THE SECRET: We can see on the behind the scenes camera that Charlie has a secret helper! The helper is sliding the objects into view.

TRY IT YOURSELF: You could try on a tablet or even a phone at home. You will need to take a photo of the object that will appear on a white background, and then after that have a blank white picture. And you will need a good helper. Have fun!

Shake it Up!

Shaker Makers with Fiona McCann

Materials

- Any empty plastic bottle e.g. water, vegetable oil/diluting juice bottle (good ridges to create a sound by stroking with a pencil/stick/spoon handle), milk bottle can be used like a tambourine by holding the handle using your hand to strike the bottle.
- Rice/cereal/lentils (anything that will make a sound in the bottle)
- Paint/Markers/stickers/anything you can use to decorate.



How to make:

Take your bottle and pour in a cup (or two/three cups to vary sound) of rice/cereal/lentils. Make sure the lid is on tight (use glue if possible to seal the lid). Decorate your bottle, leave to dry. Now you're ready to dance and shake along with any music of your choice.

Note: You can also put elastic bands or hair bands around the bottle to create a different sound by plucking the bands. You can also vary the sound by putting different amounts of water in the bottle.

A Very Crazy Drawing with Livia De Almeida

First, write names of objects, foods and other things you can think of on small pieces of paper.

For example, lemon, corn, pencil, glasses, mug, banana, man, woman, child, monkey, cat, dog, etc.

Then fold the pieces of paper, place them in a cup or tumbler and shake a lot.

The rule is that each participant takes two pieces of paper and creates a single drawing from the two things in the most creative way possible - like this silly corn boy!



Oceans of Fun

with Cork Harbour festival



Yarr! Shiver me timbers and colour me in!



Beach Litter Bingo!

How many bits of marine litter can you find today?

1. Cross them off on the bingo card,
2. Take a photo of your haul and email the photo to us at: info@corkharbourfestival.com
3. Post it on social media with the #BeachCleanBingo hashtag. Good luck!

Tips:

- Bring family/friends along
- Bring sunscreen
- Bring a rubbish bag
- Separate out recyclables at the end

Fishing Rope	Bottle Caps	Straws
Bottles	Fishing Rope	Food Wrappers
Plastic Pieces	Plastic Bags	Fishing Line
Fabric	Cans	Cups
Plastic Buckets	Cigarette Butts	Plastic Cutlery

Sunken Treasure Bottles

Take an old plastic bottle and peel or wash the label off. Keep the lid, you'll need it at the end! Gather up some pirate treasures that you want to put in your bottle. It works well to put sand in first as it will look like the bottom of the ocean. You can then add in some pebbles, glitter, beads, shells, jewels or gems. Try to think of things that a pirate would like! You can use a funnel to add in the sand and glitter, or make one yourself by rolling some paper into the shape of a cone. When all of the treasures are in your bottle you can fill it up with water. It will look extra cool if you add in some blue food colouring. Don't forget to leave a little bit of space at the top of your bottle before putting the lid back on tightly.

Ask an adult to make sure the lid is securely fastened before playing with it.

*Grown-ups, you can make these pirate treasure bottles extra secure by using a hot glue gun to keep the lid in place if you have one!



Sensory Play

Wordsearch

U	T	S	A	N	D	Z	W	X	S	R	A	O	H
C	Y	A	A	I	K	A	H	Y	E	F	Z	C	T
R	K	A	O	O	A	R	A	H	A	G	S	E	F
E	I	S	J	B	M	J	L	L	G	S	E	A	G
N	Q	V	H	G	E	S	E	J	U	M	A	N	G
I	W	B	E	I	R	F	E	O	L	J	W	U	D
S	E	A	L	R	P	O	I	A	L	U	E	O	D
A	V	P	T	A	L	Q	C	L	S	F	E	Z	E
S	K	F	M	Z	D	E	S	K	F	H	D	P	W
C	U	R	R	A	C	H	E	B	H	K	E	A	V
H	J	K	J	J	E	X	G	O	V	S	T	L	W
B	J	Z	D	H	T	U	W	A	N	E	I	Y	L
T	Q	Q	R	T	L	D	R	T	R	O	U	F	C
X	J	W	N	Y	Q	D	O	N	E	C	J	M	K

River Lee
Oar
Seal
Seaweed

Ship
Fish
Seashell
Rock

Water
Boat
Sand
Lifeboat

Ocean
Currach
Whale
Seagull

Ilen

Tetra-Pak Carton Boat

Template at the back of the booklet

You will need:

- A tetra-pak carton
- Paint: red, white and light blue
- Brushes
- Twine or thread
- Scissors
- Masking tape
- BBQ skewer
- Super glue



1. Carefully cut a square out of one of the sides of the carton, as shown. Then cut off the plastic cap.



2. Cover the cap hole using masking tape. If you don't have masking tape, you can glue a piece of light card in place (eg cereal box).



3. Paint three horizontal stripes: white, light blue and red. It might need two coats to build up a solid colour and cover the carton graphics. Leave aside to dry.



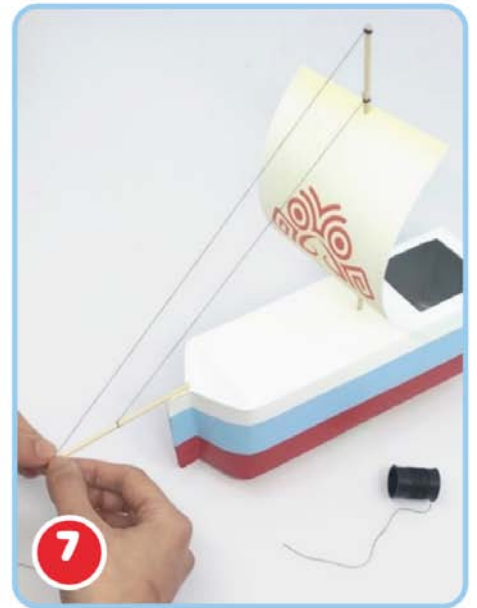
4. Ask a grown-up to help you cut out the sail and character pieces from the template provided.



5. Using a BBQ skewer (mast), follow the template markings to punch holes on the top and lower edge of the square sail.



6. Punch a hole through the deck of the boat and push through the mast. Then glue a 9cm piece of skewer to the front of the boat (known as the bowsprit).



7. Tie a piece of light twine or thread between the mast and the bowsprit. Repeat to create two sail lines, as shown.



8. Fold the two smaller sails in half and glue around the sail lines - one on each line.
9. Finish by gluing the characters (sailors) into the opening of the deck.



Cast-off! have fun on your Ilen adventure!

Let's Play! Teabag Juggling

with
Circus Charlie



TEABAG JUGGLING: Throw a teabag up in the air and try to catch it with an empty mug.



GO HIGHER! Throw it as high as you can and try to catch it.



UNDER ARM: Throw the teabag up from under your arm and catch it in the mug.



UNDER LEG: Throw the teabag up from under your leg and catch it in the mug.



DROP FROM YOUR SHOULDER: Perch the teabag on your shoulder and catch it in the mug as it falls off.

LET'S JUGGLE: For juggling, you can use a soft ball or a beanbag or simply a rolled up sports sock. Something that won't roll away from you and that's easy to catch.



TOP TIPS: When you are throwing under the leg concentrate on throwing upwards.

TOP TIPS: The same for if you are throwing behind your back...concentrate on throwing upwards and the ball will naturally fall forwards to your other hand.



JUGGLING WITH 3 BALLS: Let's practice on the table or on the floor. Start with two balls in one hand and one ball in the other hand. Pass the first ball from the hand with two across the table. As the ball rolls, drop the ball in the hand with one ball and pick up

the other rolling ball. Repeat this with each hand, over and back, dropping and picking. There should only be one ball rolling at any time. Keep practicing and when you think you have the pattern learned you can try juggling the balls in the air.

Let's Play! Make your own COMIC

with Fiona Boniwells



How to make a comic

Comics are a great way to tell stories. In comics, pictures do a lot of the talking so the words don't have to. BUT. You still need words...sometimes.

Pictures | Panels

A comic story is generally divided up into pictures known as panels. What may require a paragraph to say in a piece of prose, can be shown in a panel in a comic story. The panel can show the character, where they are and what time of day it is, before you even need to think about writing anything. (There are panel templates at the back of this booklet)

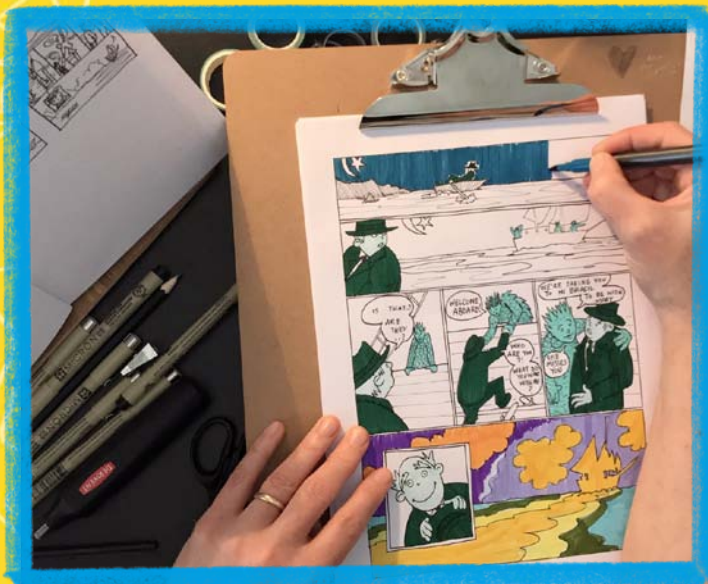
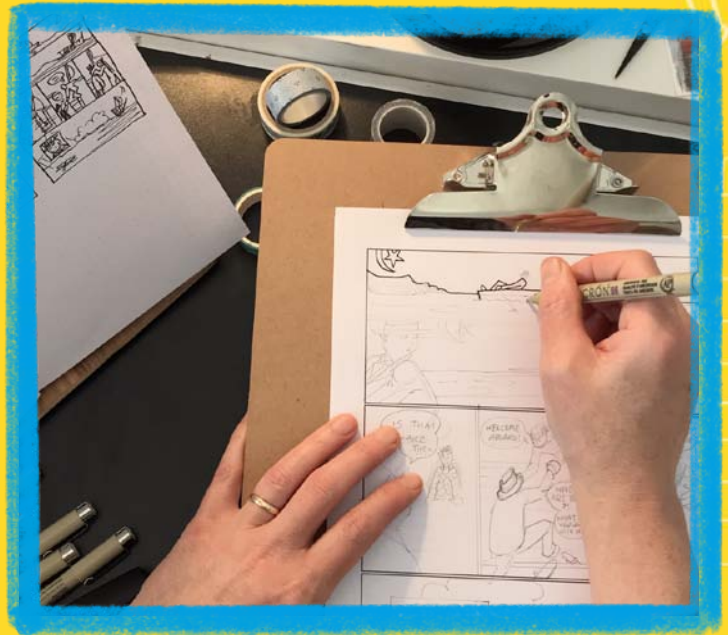
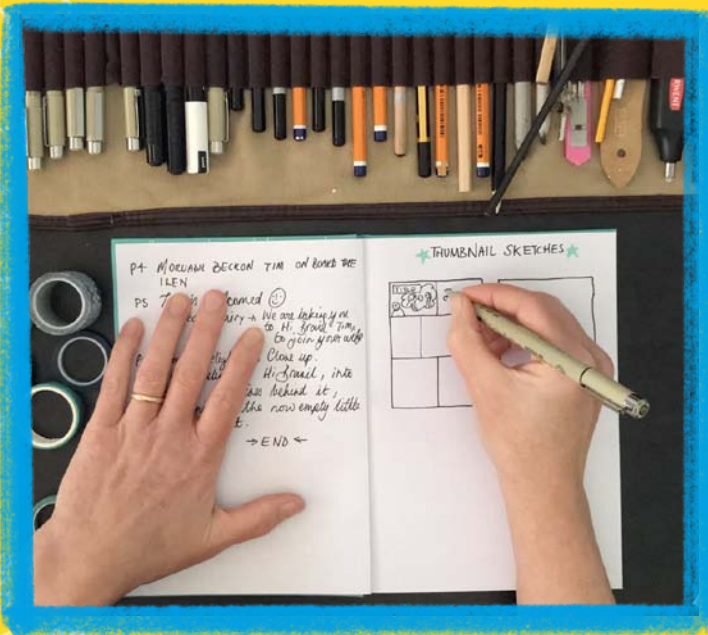
Words | Lettering

Not all comics need words however, when they do, they use certain tools to get the story across to the reader successfully. Comics have their own special way of showing us when someone is talking and thinking: speech and thought bubbles. Sound effects are for noises which appear in lettering. The style of lettering visually matches the sound they represent. Last but not least, caption boxes are used to say anything that cannot be shown in pictures, speech and thought bubbles or sound effects. Sometimes the captions will be used for narration and sometimes for background information.



Steps to creating a great comic

1. Write a story outline based on our theme.
2. Turn the story into a script. How?
 - a. Decide how many panels (pictures) you need per page for a one to two page story. I needed seven panels for each page of mine.
 - b. Decide what to draw in each panel. Describe who is in each, what they are doing and if it's important, what time of day it is...stuff like that.
 - c. If there are people in the pictures/panels, do they say or think anything? If so, write down the name of the character and what they are saying or thinking.
 - d. If there are sound effects, write them down.
3. Draw out your panels (use the templates at the back of this booklet).
4. Sketch in all of your drawings for each panel along with your speech bubbles, sound effects and captions.
5. When you're happy with your drawing, go over your outlines in pen, or more neatly with pencil depending on the materials you would like to use.
6. Finally, add colour and/or shading.



Top Tips

- It is tempting to get straight to work on drawing your comic and working things out as you go along; however, it is a really a good idea to plan what your characters and world are going to look like before you get stuck into your drawing. Do a little research and sketching before you start on your comic pages.
- Mark out all of your panel boxes before you start sketching the pictures. When you have all the panels drawn out, start on the art.
- For lettering, it's a good idea to write the words BEFORE you draw the bubbles/caption boxes. That way, your words will fit into their shapes.

Tongue Twisters



Tongue Twisters are great fun. Whether you are outdoors or indoors, come rain or shine, you can have fun with these tongue twisters and challenge your friends and family to see who can say them the fastest!

Tongue Twisters

**SHE SELLS SEA SHELLS BY THE SEASHORE
AND THE SHELLS THAT SHE SELLS ARE
SEA SHELLS FOR SURE.**

Peter Piper picked a peck of pickled
peppers.
A peck of pickled peppers Peter Piper
picked.
If Peter Piper picked a peck of pickled
peppers,
Where's the peck of pickled peppers
that Peter Piper picked?



**Betty Botter bought a bit of butter but the bit of butter was too bitter.
So Betty bought a better bit of butter to make the bitter butter better.**

How much wood would a woodchuck chuck, if a woodchuck could chuck wood?
A woodchuck would chuck as much wood as a woodchuck would, if a woodchuck could chuck wood.

**I thought a thought but the thought I thought, wasn't the thought
you thought I thought**

**WHETHER THE WEATHER BE FINE OR WHETHER THE WEATHER BE NOT, WHETHER THE WEATHER BE COLD OR
WHETHER THE WEATHER BE HOT, WE'LL WEATHER THE WEATHER WHATEVER THE WEATHER,
WHETHER WE LIKE IT OR NOT.**

Swan swam over the sea, swim, swan, swim!
Swan swam back again well swum, swan!

Three witches watch three watches. Which witch watches which watch?



Active Games!

Sensory Walk

Why not explore the great outdoors in a new and exciting way. Take a walk outside and see if you can find five different things that you can see, hear, taste, smell and touch. Write them down in this checklist and see if you can find different things each time you're outside.

Things I can :

See _____

Hear _____

Taste _____

Smell _____

Touch _____

Speed Clean

Set a timer and speed around your room to see how fast you can tidy up. Keep a note of the time and try to beat it when you next need to tidy.



Make Your Own Skittles

Gather up some tubes from the inside of toilet rolls. You can even colour them in, paint them or cover them with different coloured paper. When designing them add a number onto each tube. Set them out on the floor and step back. Take a small ball and see how many tubes you can knock over. Add up the points on the ones that you knock and there's your score! Challenge someone else to see if they can beat you. or if you're playing by yourself you can keep a scoreboard and try to beat your personal best each time.

Bottle Toss

Take an old bottle and cut it in half. You can also use a plastic or paper cup. If you have a small ball at home then great! If not you can take a piece of tin foil and roll it up into a ball shape. Take turns tossing the ball back and forth with someone while trying to catch it in your bottle or cup. You can even make it harder by trying out new ways to move, such as hopping on one leg while catching the ball.

Why not make a list below of different ways you can move while playing ball toss and set yourself a challenge!

Make Your Own Ring Toss Game

Gather up an old crate or shoe box, some plastic bottles and some small hoops or rings. Design the bottles in different colours and arrange them in the box or crate. If you don't have a box or a crate you can arrange the bottles on a flat surface. Once the bottles are set up, take a step back and start tossing! See how many rings you can land on the bottles and set yourself challenges. Try to see if you can toss the rings while hopping on one leg, jumping or by spinning around and throwing.



Make your own hide out/ pillow fort/ blanket fort!

Active Games!



Make a Parachute

Take an old sheet or duvet cover. Extra points for designing it and making it bright and colourful! Each person playing should spread out around the parachute and hold a section each. You can use your parachute to play loads of different games. Why not try to balance a ball on top, run underneath or make up your own game!

Tin Can Feet

Take two tin cans. These might be left over from things in your cupboards like beans or soup. Ask an adult to help you put two holes in the top of each can. Take a long piece of string or rope and thread it through the two holes. Tie the string together so it makes a big loop. Carefully step your feet on top of each can and stand up. Use the string to hold onto and keep the can tight to your foot. Try to move around and see how much fun you can have.

Pillow Sack Race

If you have some spare pillow cases at home this is a really fun game! Simply set out a start and a finish line. Step inside your pillow case and try to hop, jump or shuffle to the end. Why not race against your friends or family and see who can get to the finish line first.

Blowing football

Take a piece of card and mark out a goal on each side. Find something small like a pom pom to use as your ball. Once your football pitch is marked out and your ball is in place you can use a straw, or just your mouth to try and blow the ball into the opposite goal. If you have someone to play with you can see who scores the most goals in a set time.

Three-legged race

Take a ribbon, piece of fabric or something you can use to tie you and your partners feet together. You now have three legs between you! Work with your partner to figure out how you can move about. Set out a start and a finish line and challenge your family or friends to a three-legged race.

Make Your Own Sock Ball

Take a small bag, such as a sandwich bag, and fill it up with rice, lentils or sand. Tie the bag closed tightly. Put the bag inside and old sock and tie it closed with a piece of string or a rubber band. You can also tie a knot. Decorate your sock ball and start throwing! You can use your sock ball as a bean bag or you can make it a little heavier by adding more filling and use it as a shotput. See how far you can throw it, try to land it on targets or in buckets and have lots of fun.



TAPE GAMES

Oh, the possibilities!

Sticky Spider Web: Use masking tape to make a web like design across an open doorway. Scrunch up some old newspaper and throw it at your web. You can also try throwing some other light-weight objects at your web, such as balloons, food wrappers and plastic. Why not count how many objects stick versus how many don't?

Tape Shape Game: Use some masking tape, washi tape or coloured tape to stick a mixture of shapes, letters and numbers to the floor. Pick a shape to stand on and have someone call out instructions for you to follow that will lead you your next shape. For example, "bear crawl to number four" or "jump like a frog to the letter 'L' or "waddle like a duck to the triangle."

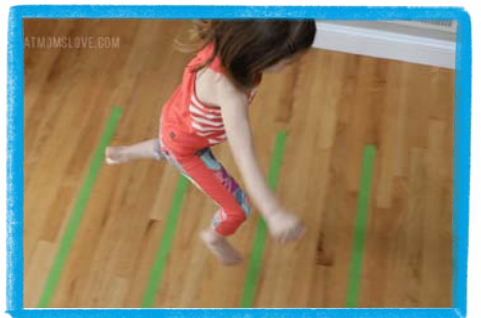
Tape Lines: Make 5-10 separate lines of tape, each about a foot apart, on your floor. Label the first one the "start" line and have someone give you instructions:

- Long Jump: See how many lines you can jump over. Try and beat your best score each time. Experiment with arm swinging vs.. arms behind your back.
- Run 'n' Jump: Now take a running start and see if you can jump even further!
- Long Jump Backwards: Increase the difficulty by performing the tasks jumping backwards.
- Hop: How far can you jump on one leg?
- Reach 'n' Stretch: How far can your leg reach with one foot on the "start" line?

Create a Race-Car Track: Use some tape to design a town, racecourse or track that you can race matchbox cars around. You could even make your own tiny vehicle from things like the tube on the inside of a toilet roll. You could even use the Hen Boat you made earlier in the booklet and turn your track into a journey around the ocean! You could be super creative and have your track go over furniture and other obstacles. Try making it large-scale so you can drive your vehicles around the room

Hopscotch: Use some tape to make a hopscotch board on the floor. This is a great way to play inside!

Number Squares: Use some tape to make a large square on the ground. Then divide it into 9 smaller squares, marking random numbers in each one. Ask someone to give you instructions with specific movements on how to get to the next square. For example, "Zoom to number 4" or "Jump to number 8" or "Slither to number 21."



Let's Play! Broom Balancing with Circus Charlie



BALANCING AND JUGGLING: This workshop is about balancing and juggling with objects you have at home.



BROOM BALANCING: This long broom looks hard to balance but actually the longer and heavier the object is, the easier it is to balance! If the heavy part is at the top it slows down the movement of the object.



PLASTIC BAG BALANCING: Whatever the object is, put it on your finger or hand to balance it. Look at the top of the object (not your hand) as you're balancing and try to keep the object straight.



CHIN BALANCING: When you master balancing on your finger, you could try balancing on other body parts, like your chin, shoulder, knee, elbow, knee or foot. Keep the object straight as you focus on the top of it.



BALANCING DIFFERENT OBJECTS: You can practice balancing objects of different sizes but be careful not to hurt yourself. This ladder is a special circus ladder so it's not as heavy as a ladder you would have at home.

CIRCUS WALKING LADDER: This is a special circus ladder you can walk with. To learn how to walk with a ladder like this check out Circus Factory Cork's videos online.



LET'S JUGGLE!: If you don't have a circus club at home you can use a wooden spoon. The wooden spoon works like a club because it has a long handle to catch and a weight at the other end.

JUGGLING THE WOODEN SPOON: Hold the wooden spoon by the handle end and throw it up (not away from you) and allow the handle to turn around once and then catch the handle again.



JUGGLING A BROOM: When you have mastered juggling a wooden spoon you can juggle a broom in the same way.

SHAKE IT UP: Now you can shake it up by throwing it up from under your leg, or try spin it around your hand like a baton. Have fun!

Play Templates

Tell us your story!

Share some photos and videos with us of yourself, friends and family playing!

Use hashtag #LetsPlayCork

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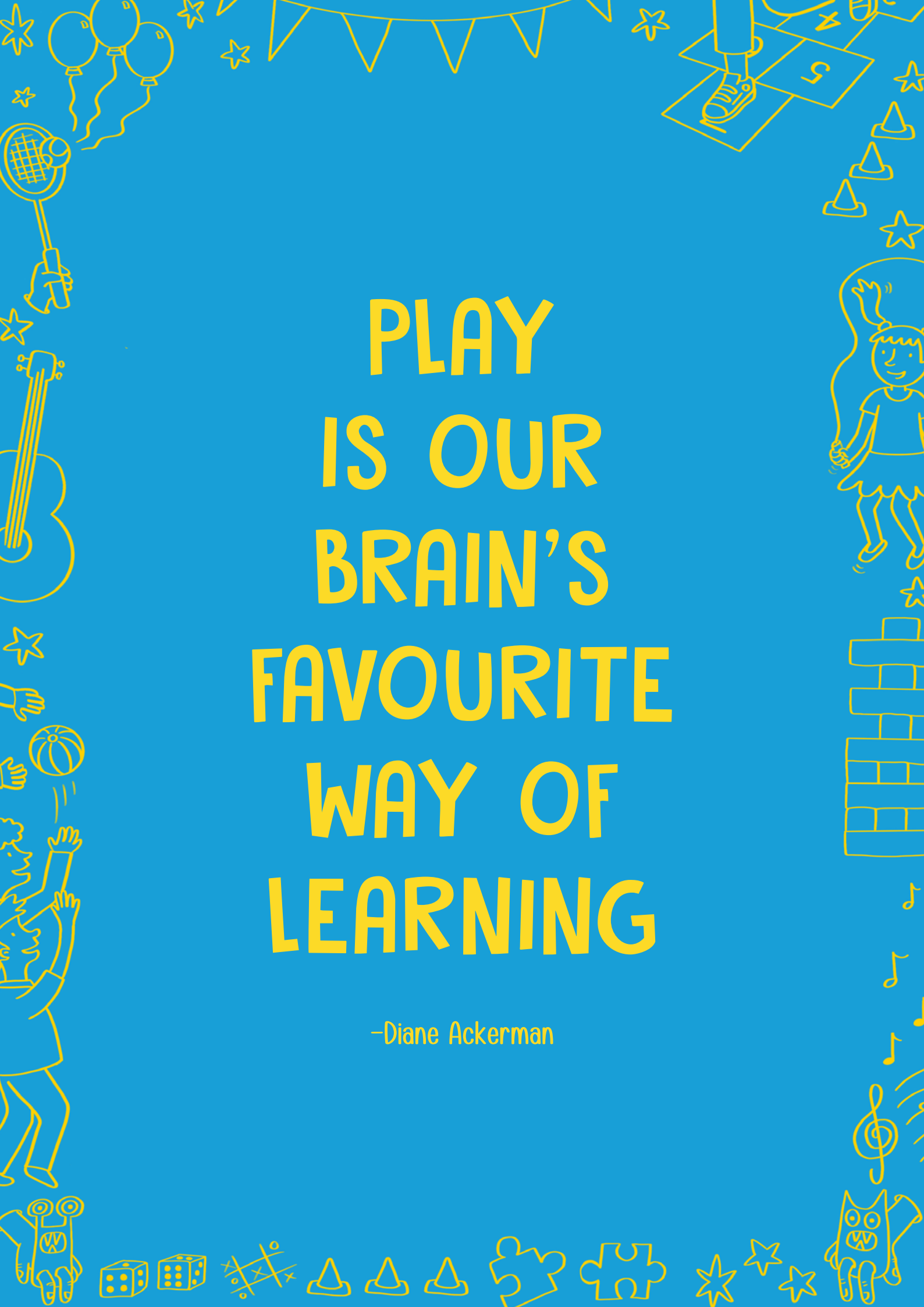


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Playful
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You can also access a series of video workshops on the Playful Paradigm Youtube Channel such as how to play with chalk and how to make a puppet theatre. We will be adding more games and activities to this channel all the time.



PLAY IS OUR BRAIN'S FAVOURITE WAY OF LEARNING

-Diane Ackerman