Great activities to get children playing in and around the home

Drama time Make up a play to perform to an imaginary audience and/or another family member. Dress up if you can, and make tickets and posters to tell people about your performance.	**Just dance** On your own or with your family, just get moving. Can you put on your own silent disco? Why not make up a new routine to your favourite song. Dancing makes us happier, and its great exercise.
Board games Board games are sometimes a blast from the past but lots of fun can be had by pulling out old favourites, or even just a pack of cards.	**Small world play** Make up some stories and adventures using your favourite action figures and toy animals. Or anything really. You can even make your own characters – think Forky in Toy Story 4 :)
Imaginative play Be a fire breathing dragon, cast spells and do magic. Use props that you can find in your house.	**Ideas pot** Use a jar or container and have children come up with play ideas. When they say they are bored, they can choose to do an activity from the jar. Encourage them to keep adding to the pot.
Play stop the clock Use a phone or clock to give yourself 30 seconds to find as many red things as you can in a room in the house or garden if you have one. Change the colour, place and the amount of time for some variety.	**Indoor basketball** Use rolled up socks for balls and something to catch the balls in – like a clean bucket or basin. Move the bucket higher and further away to make the game harder.

Make a den

Whether inside or out, big or small, building a den is a great fun activity. You can make a den out of things you might have in the house, sheets/towels, cardboard boxes. Be as creative as you can. **Is there a secret door to your den? Or a password?**

Take in turns story telling

One person starts the story with the first sentence, then the next person leads on the story with another sentence and so on. Keep going around until you get to the end of your story.

Make an indoor obstacle course

You can use cushions, pillows, small tables, hula hoops. Make a balance beam by marking a line on the floor with tape if you have it. Make stations where you have to lie low, jog on the spot, do star jumps...

Indoor scavenger hunt

First to find these items in the house – ball, key, sock, shoe, hat, pencil, cup... and add your own items.

Indoor exercise

Lead a yoga/exercise/zumba class for your family. Make it your own and have lots of fun.

Making play fun for everyone

Is everyone included? There are lots of ways to adapt games so no-one is left out, and children are often really good at finding their own solutions to this. Although it is important that no one feels left out all the time, children don't always have to play together all the time either and it can be difficult to manage this. With older children, having some time for everyone to do their own thing is important, and adults shouldn't feel the need to come up with ideas to amuse or occupy children all the time. Make an ideas pot and allow children to come up with their own activities.

"Activity has very low risks for most children and young people; however, the risk of poor health from inactivity is very high."

Chief Medical Officers – Start Active, Stay Active Report