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& SIXTH FORM COLLEGE



FAMILY ACTIVITY PACK

SAFETY



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- ✓ Ensure you only do these activities in **safe spaces** such as inside **your own home or garden and only with other people you live with**. It is important that you listen to the guidance from Public Health England.
- ✓ Make sure you **wash your hands regularly** before, during and after doing these activities.
- ✓ Some of these activities ask you to be in close proximity to others. You should **remain at least 2 metres away from anyone displaying any symptoms** (high temperature and/or a new, continuous cough), and you should **only do these activities with other people you live with**.
- ✓ All activities should be **overseen by a responsible adult** within your home. Better still... why not get them involved too?

For more information and advice about staying safe see:
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Activity card 1

Newspaper game



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How to play

- ❖ The aim is to re-assemble a ripped up newspaper/magazine, putting it back together using tape or simply laying it out on a flat surface
- ❖ Try to put the newspaper/magazine back together as quickly as possible
- ❖ You could try to race other people in your home or beat your own time

Equipment required

- ❖ All the old newspapers and magazines you can get your hands on
- ❖ Sticky tape (optional)

Perhaps avoid the “not so nice news” pages and use other sections like the job adverts and property sales section, so you aren’t tempted to read some of the “not so nice news”. Make sure you ask permission first too.

Activity card 2

Crossing the swamp



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How to play

- ❖ The aim is to cross the “swamp” without getting your feet “wet”
- ❖ Use the equipment to get from one side of the “swamp” to the other
- ❖ Return to the start if anyone falls in
- ❖ Finish with all equipment on the other side of the “swamp”
- ❖ You can race against other people in your home or try as a group. Why not limit how many people can be on each piece of equipment at a time?

Equipment required

- ❖ Hoops / cushions / old newspapers

Use whatever you can safely use as mini islands / stepping-stones in order to get across the “swamp”. Be careful that the equipment you use doesn’t slip under your feet.

If you are using cushions, make sure you ask permission first.

You can do this activity inside your home or in your own garden.

Check out a video here: <https://youtu.be/8dx6DnBTYZs>

Activity card 3

Blindfold trust



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How to play

- ❖ The aim is to undertake an accompanied blindfold walk with a partner
- ❖ One person wears a blindfold and should not be able to see
- ❖ The other person guides the blindfolded person around a course by communicating with them from a short distance
- ❖ The course could be an obstacle course you have created yourself or a route around your home or garden

Equipment required

- ❖ Something to use as a blindfold (scarf, eye-mask etc)

It is important that you think about safety with this activity.

Ensure the blindfold isn't tied too tightly around the head, and make sure you think carefully about the course. Do not use stairs or any dangerous obstacles and ensure the course is clear of any other hazards.

Check out this video for another game you can play using a blindfold: <https://youtu.be/zxKn7o2ubwc>
You could make your own "gold" and "obstacles" using a pen and paper!

Activity card 4

Pen and paper games



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Check out these videos of games you can play with a pen and paper (and sometimes a few other bits and pieces)...

- ❖ <https://youtu.be/r45LSURILBc>
- ❖ <https://youtu.be/MNC3ukSqGAU>
- ❖ <https://youtu.be/77XhKC1Uork>
- ❖ https://youtu.be/1jfDTZV4_jM

Activity card 5

The infinite loop



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How to play

- ❖ The aim is to free yourself from the other person you are doing the activity with
- ❖ Tie a loop at both ends of the length of rope / shoestring / scarf
- ❖ One person places their wrists in the loops. The other then places one of their hands in one loop, takes the other end of the rope and intertwines it once with the partner's rope before placing the other wrist in their loop
- ❖ Once you are connected the ropes must remain on the wrists they started on until you are both free
- ❖ Try to free yourself by working together

Equipment required

- ❖ Rope / shoestring / scarf

Be careful you don't get the rope / shoestring / scarf wrapped around the body.

Check out a video here:

<https://youtu.be/5IA1RHtiEHA>

Activity card 6

Get outdoors!



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If safe to do so, get in your garden and give some of these games a go...

- ❖ Capture the flag
- ❖ Hide and seek
- ❖ Races
- ❖ Sardines
- ❖ Tag

Here are some websites that explain how to play some of these games, and more...

<https://livegreen.recyclebank.com/column/the-list/8-outdoor-games-that-don-t-need-equipment>

<https://www.activekids.com/outdoors/articles/5-equipment-free-camping-games-the-whole-family-will-love>