

ACTIVITY CARD 1



Let us know if you have fun!
Tag @SENDactive on Twitter

SEND
active



Scan the QR code to the left or visit
www.SENDactive.org/sendactive-at-home
for downloads, videos and more resources.



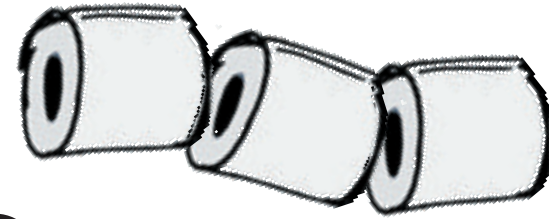
TIN CAN ALLEY

You will need:

- a few tins or cans
- some socks / soft balls / beanbags / toilet rolls (this is your ball of choice)

- Find a safe space for this activity, where you won't damage anything.
- Set up your tins / cans on a flat surface. You could pile them on top of each other like a triangle or pyramid, or you could place them in a different shape.
- From a short distance away, try to knock down as many tins / cans as possible with your "ball" of choice.
- As you get better at knocking down the tins / cans why not try moving a little further away.
- You could even give each tin / can a score and then play against other people at home.
- You may want to use a ramp (chopping board or plank of wood) or a pusher (wooden spoon or similar) for this activity.

ACTIVITY CARD 1



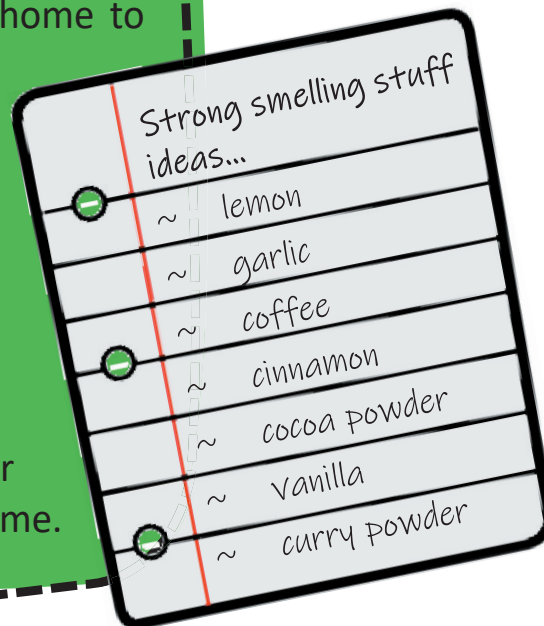
WHAT CAN YOU SMELL?

IMPORTANT: Please ensure you are aware of any allergies when preparing and completing this activity. Please also ensure that all “smells” are safe and non-toxic.

- You may need to ask an adult at home to help you prepare this activity.
- Ask an adult at home to put some safe things that have a strong smell (see ideas to the right) into some empty bottles / jars / dishes.
- With either your eyes closed, or wearing a blindfold, you should try to guess what each smell is.
- You can write your answers down or tell your answers to someone at home.

You will need:

- some empty plastic bottles / jars / dishes
- a range of “smells” (see ideas below)



SHOOT 4 HOOPZ

- Find a safe space for this activity where you won't damage anything. An outdoors space is best.
- Place some hula hoops / buckets at different points around the area.
- The aim is to land your toilet rolls / soft balls / beanbags in to the hula hoops / buckets from different distances.
- You may want to start close and move further away as you get better.

You will need:

- a few hula hoops or buckets
- some toilet rolls / socks / soft balls / beanbags