

HOW TO USE THESE ACTIVITY CARDS



Your *SENDactive at Home Activity Pack* contains a set of **seven activity cards** with lots of fun activities for you, your friends, and the people you live with to enjoy at home.

You will not require any special equipment for these activities, and anything you do need can be found or created at home.

When you are ready to have a go at some activities, have a look through the cards, and decide which activity you would like to try.

Grab the equipment you need (with permission from an adult) and see if there is anyone else at home who would like to have a go at the activity with you. Make sure you find a safe space to do each activity, and let an adult at home know what you are doing.

There are a total of twenty activities included in this pack. Why not see if you can give them all a go, and then teach the activities to your friends or the people you live with?

On the other side of this card you will find a space to log the activities you try.



Scan the QR code above or visit [www.SENDactive.org /sendactive-at-home](http://www.SENDactive.org/sendactive-at-home) for downloads, videos and more resources.

LOG YOUR ACTIVITIES

SEND
active

ACTIVITY CARD	ACTIVITY NAME	TICK HERE ONCE YOU HAVE COMPLETED THIS ACTIVITY YOURSELF	HOW MANY OTHER PEOPLE AT HOME HAVE HAD A GO AT THIS ACTIVITY?
1	Tin Can Alley What Can You Smell? Shoot 4 Hoopz		
2	Table Kurling Parachute Popcorn Super 6		
3	Cross the Swamp Balance Beam Newspaper Game		
4	Tennis Tap Around the World "Pot the Socks" Snooker		
5	Blindfold Trust Speed Bounce / Tap Alien Invasion		
6	Bouncy Ball "Get in the Cup" Golf		
7	Strike With Your Hands Striking Using the Upper Body Strike / Kick Whilst Lying Down		