

WIGGLING, HOPPING, CREEPING...



This is a fun game to play with family or friends and it helps you get your 60 minutes of exercise each day! Can you stand on one leg like a flamingo?



This game can be played with two or more people. One person spins the arrow without showing it to the others and acts out the animal that the spinner chooses for them. The others have to guess which animal it is. Have fun!

To make the spinner you will need: • card • glue • a split pin • a small bead • scissors

1 Roughly cut out the spinner and the arrow and glue them onto some card. Then cut them out again, this time following the line.

2 Make a hole in the centre of the arrow and the spinner using a sharp pencil. Get an adult to help you with this.

3 Attach the arrow to the spinner using a split pin, placing a bead between the arrow and the spinner. Make sure the arrow rotates freely. Now you are ready to play!

