

## EYFS Home Activity Ideas

### Animal Walk

Inside or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours.

**Skills developed:** hopping, galloping

### Keep the Balloon Up

Outdoor on a calm, windless day, or inside, have your kids use their hands or half of a pool noodle to keep a balloon afloat. How long can they keep the balloon off the ground?

**Skills developed:** volleying, striking

### Puddle Jumping

Let them jump in, out, and over puddles in the garden.

**Skills developed:** jumping

### Digging for Treasure

Whether it's an inside or outside sandtable or sandbox, kids love to dig for treasure. Hide small toys like plastic dinosaurs, small cars, or marbles, and let your child release their inner pirate as they search for booty!

**Skills developed:** lifting and lowering objects, object manipulation

### Run Away from the Monster

Kids love a game of chase, especially with a parent or other adult they trust. A game of running from a "scary" monster will involve much squealing with delight. This can be done in the garden or a safe space in the house.

**Skills developed:** running, dodging, agility

### Simon/Simone Says

While the rules are simple, the options for movement are endless. Simon can have kids jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot, or waving their hands over their heads.

**Skills developed:** multiple depending on the leader's actions (jumping, balancing, hopping, etc.)

## Hopscotch

A favourite with kids of all ages, hopscotch is a game that can be played inside or out. Inside, use painters tape on the floor to pattern your own board and use buttons, rolled up socks or bean bags instead of rocks. Outside, use chalk to make a court and use rocks or the chalk itself as a marker. The [rules](#) are simple and the game can be played alone or with friends.

**Skills developed:** hopping, throwing

## Throw Snowballs

Roll up some of your children's sock's and set up large targets for the children to hit. Focus on their underarm throwing.

**Skills developed:** throwing

## Balloon Kicks

Using a balloon get children to try and keep the balloon off the floor using their feet. If this is too difficult get the children to use any parts of their body to keep the balloon off the floor.

**Skills developed:** kicking

## Balance Beam

Using an actual gymnastics beam isn't the only way for a child to learn balance skills. Indoors, use painter's tape to make a straight line on the floor. Encourage your child to walk forwards, backwards, and sideways. [\[link to tightrope activity\]](#) Outdoors, use a plank of wood, a rope, or make a line with chalk for the same activity. When your child masters a straight line, add semi-circles or zigzags to add a bit more of a challenge.

**Skills developed:** balancing

## Dance Party

Indoors or outdoors, turn up the music, use lights or decorations for ambiance, and let your kids twist, macarena, floss, dance like their favourite animal, or freestyle their way to fun.

**Skills developed:** agility, balance, coordination

### **Bubble Play**

Use various sizes and types of bubble wands and have kids blow their own bubbles or blow them yourself and have kids chase and pop them.

**Skills developed:** agility

### **Fill the Bucket Water Game**

Provide your child with a cup and two buckets (one smaller, one larger). Place the smaller bucket a short distance from the larger bucket and fill the larger bucket with water. Have your child scoop water from the larger bucket and fill the smaller one. To make the game more challenging, put small holes in the cup or have your child dance as they move from bucket to bucket.

**Skills developed:** agility, balancing

### **Paper Airplanes**

There are so many ways to make paper airplanes at home. Throw them inside and see how high they can fly, how far they can fly, or if your child can throw them through an object such as a hula hoop.

**Skills developed:** throwing

### **Avoid the Shark**

Cover your living room floor (the shark-filled ocean) with foam floor tiles or towels (taped to the floor with painters tape) and have your child jump from one to the next without getting nabbed by a shark.

**Skills developed:** jumping

### **Egg and Spoon**

For this ultimate hand-eye coordination and balance game, give kids a spoon and have them balance a hard-boiled or plastic egg from one point to another either indoors or out. How quickly can they go? Can they dance as they move?

**Skills developed:** balance, coordination

### **Pillow Walk**

Set up a line of couch, throw, or bed pillows on your floor, and have your child walk from one end to the other. It may sound easy but their balance will be challenged!

**Skills developed:** balancing

### **Kick Bowling**

Switch up regular bowling inside by having your kids use different sizes of balls to kick down different objects such as empty bottles or rolls of paper towels.

**Skills developed:** kicking

### **Catch**

Kids learn to catch at different rates but working with them on the skill can begin with throwing them a balloon or a soft object such as a rolled up pair of socks or a light ball will be less intimidating than a heavy or small ball. Start by standing close to your child and as they master the catch, move further away.

**Skills developed:** catching

### **Obstacle Course**

Indoors or out, let your imagination run wild as you set up an obstacle course for your child. Have them crawl under tables, climb over chairs, jump over ropes, hop from cone to cone, crawl through a cardboard box, jump through a line of hula hoops, throw a family of stuffed animals into a laundry basket, etc. etc.

**Skills developed:** agility, balance, coordination

### **Bean Bag Balance**

Have your child balance a bean bag or something in the house that is safe to balance on their head and walk from one point to another without dropping it. As they master the walk, move the points further apart or make the course a bit more challenging by adding zig zags or circles, or objects around which they have to manoeuvre.

**Skills developed:** balancing

### **Action Songs**

Sing together or find recordings of songs that have kids moving their bodies in different ways. Hokey Pokey, Shake My Sillies Out, I'm A Little Teapot, and Zoom, Zoom, Zoom are all examples of fun ways to get kids moving and shaking to sing along songs.

**Skills developed:** agility

### **Colour Run**

On a driveway or garden, colour four areas (draw circles or squares) with different colours of chalk. Call out a colour and have your child run to that coloured area. Continue to call out different colours in varying order.

**Skills developed:** running

### **Limbo**

How low can you go? A fun game indoors or out, use your imagination when it comes to using objects under which your child must go under without their hands touching the floor. Objects could include a pool noodle, a broom, or a rope.

**Skills developed:** balancing

### **Hide and Seek**

Kids can hide either themselves or objects such as their stuffed animals in this favourite game played by kids around the world.

**Skills developed:** agility