



# HIDE AND SEEK

A-Z

Can you find the other person?



## HOW TO PLAY GET HIDING!

- > One person closes their eyes and counts to 50 while the other one hides
- > Look for the person who's hiding
- > When you've found them, swap over!

**SUITABLE FOR:** All ages

**TAKES:** 20-40 minutes



**YOU WILL NEED:**

- > At least 2 people



**REMEMBER** This can be played with other children or as a family!



**SAFETY...**

As with any activity consider the space e.g. be careful of stairs and furniture corners



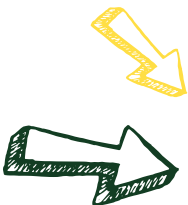
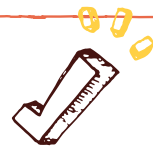
## Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome



## CHALLENGE!

Use all of the house – upstairs and downstairs!



**ju:MP@HOME**



For more fun activities visit:  
**JUMPATHOME.ORG**

