



# SPRING CLEAN

A-Z

Can you be the fastest at putting your things away?



## HOW TO PLAY GET MOVING!



- > Ask an adult what jobs need doing
- > Try and do them as fast as possible
  - > How many of your toys can you put away in 20 seconds?
  - > How many clothes can you get in the washing machine in 30 seconds?
- > How many other ideas can you come up with for your spring clean?
- > Why not make a list and tick them off when you've completed them?

**SUITABLE FOR:** All ages

**TAKES:** 20-30 minutes



**YOU WILL NEED:**

> Household items



**SAFETY...**

Make sure there is nothing in the room that could trip you up!



### REMEMBER

You can make this more competitive by setting a timer. Try and tidy as much as you can in 20 seconds!



### 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!

Can you remember where all your items go when you tidy them away without asking an adult?

