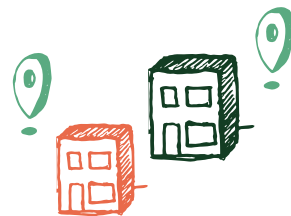
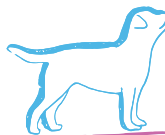


HOUSEHOLD CIRCUITS

Can you do all of the activities?



HOW TO PLAY HOUSEHOLD CIRCUITS



- > **Do each of these x5 times each!**
- > Carry milk bottle to the line, put it down, turn around, pick up the milk bottles and return to the beginning
- > Move the household items one at a time from line to line
- > Sit on the floor, knees bent if possible, and move the bag from side to side
- > Arms in front, looking forward, slowly sit on the chair and stand up again

SUITABLE FOR: All ages

TAKES: 20-40 minutes



YOU WILL NEED:

- > A milk bottle
- > Household items (like a bag with things in it to use as a weight)
- > A chair

REMEMBER This is an activity everyone can get involved in!



SAFETY...

Be sure to find a suitable and safe place to play



Why not try?

- > **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 #Bringbackoutdoorplay



ju=MP FUN DAYS