

Time In

Time to Play – Free or cheap games and activities to play with your children

- Balloon tennis – bat balloons and try to keep them in the air
- Home disco – turn the music up, the lights down and dance!
- Home cinema – watch a DVD together with lights off and popcorn
- Memory games – put some items on a tray, cover with a tea towel and see how many you can remember
- Giant jigsaw (keep out on table, board or tray)
- Giant picture with paints, crayons and anything to stick on (use wallpaper lining, magazines to cut out, wool/material/tissue paper to stick on)
- Decorate paper plates or cut out holes for eyes and mouth and make into a mask
- Magazines such as Art Attack for ideas, cut up old magazines to make own story book
- Playing shops – using your tins, packets, shopping bag and some pennies
- Board games and card games (e.g. Snakes and Ladders, Snap, Spoons)
- Hide and seek – someone hides and the others look for them
- Hide objects and child looks for them, say they are getting cold when they are going further away and they are getting hot as they get nearer
- Water play in the sink or bath with bubbles and plastic bottles or containers for pouring
- Making dens
- Follow the Leader – the leader does different actions which everyone else copies, take it in turns to lead
- Picnics
 - in the park/garden
 - under the kitchen table with a sheet over to make a den
 - in front of a DVD
 - teddy bear's picnic

- Children's puppet show/play/concert/dressing up
- Making music with pots, pans, tins and jars (fill to different levels to change the sound)
- Nursery Rhyme Action songs
- Take a ball to the park
- Swimming (may be free for children in school holidays)
- Most museums and all libraries are free and often have activities for children. Your local children's centre may also have a toy library
- Cooking together

Have fun and remember that your time is the best reward for your child
– a few minutes of fun will help everyone feel (and behave) better.