

POCKET FULL OF PLAY

Funded and supported by



Created by



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Sandwell Council House
Freeth Street
Oldbury
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B69 3DE

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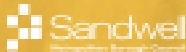
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“PROUD TO PLAY IN SANDWELL”

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1

ACTIVITY

CREATE A SHIELD USING CARDBOARD

Resources Required

- Cardboard
- Scissors
- Paints and Brushes
- PVA Glue
- Felt - Tip Pens



Create your own unique shield ready for battle using recycled cardboard.

Draw out the shape of your shield on cardboard and cut it out carefully (if it's a bit tough ask an adult to help).

Decorate your shield by splitting it into 4 sections and decorate each section expressing your identity (e.g. what your hobbies are, what school you go to, what are your interests).

Cut a strip of cardboard for your shield handle, and attach to the back of your shield using glue.

Leave to dry and you're one step closer for battle!



CREATE A SHIELD USING CARDBOARD

Now you've got your shield,
you're nearly battle ready,
it's time for some challenges
to get you ready!

DID YOU KNOW
Animals have their
own battle cry

YOUR CHALLENGE SHOULD YOU CHOOSE TO ACCEPT

Get ready for battle!

Here is how to master your skills:

Find your sword: Grab a stick, a foam noodle, or a cardboard tube.

Double the power: Try using two hands at once, just like the best swordsmen!

Show your courage: Stand tall, use your whole body, and get ready to fight.

Master your battle cry: Shout as loud and big as you can to scare your opponents and feel brave!

ON GAURD!



CREATE A BALANCE BEAM

Resources Required

- Long Board/Plank
(Ground Level or Elevated Beam)
- House Bricks/Boxes/Bucket
- Tape/Chalk



Start off with a ground level beam to practice your balance. Then when you're ready, create an elevated beam to test your limits!

To create a ground level beam

Using tape or chalk (tape indoors, chalk outdoors) create two lines on the ground wide enough for your feet.

To create an elevated balance beam

Using any of the resources listed as a base, set up a base the length of your chosen beam.

Place the beam on top of the base.

Take some tape and wrap it around the base and the beam to make it secure.



CREATE A BALANCE BEAM

Now you've had a chance to practice your balancing skills, it's time for some challenges!

DID YOU KNOW

Balancing activities develop your balance and stability. In turn, supporting your body's awareness and co-ordination!

YOUR CHALLENGE **SHOULD YOU CHOOSE TO ACCEPT**

Can you balance across a whole room?

Create a balance beam across a room or garden and see if you can make it all the way across in one go. If your foot touches the ground start again!

Need more of a challenge?

Why not time yourself from one end to the other and try to beat your time? Set time limits to cross the room.

You could also put spaces in between your balance beams to practice jumping from one to the other for an additional challenge.



SPLASH IN MUDDY PUDDLES

Resources Required

- Wellies
- Waterproofs/ Messy Clothes
- Muddy Puddles
- Bucket and Bottles



Nothing beats
splashing in muddy puddles!
Grab your wellies and get jumping!

Fill your bucket/ bottle/watering can with water.

Choose a suitable area to make your puddle.

Pour the water over one spot to make your own muddy puddle.



SPLASH IN MUDDY PUDDLES

Now you've had a chance to practice your balancing skills, it's time for some challenges!

DID YOU KNOW

Splashing in puddles supports brain development helping to organize your brain!

YOUR CHALLENGE **SHOULD YOU CHOOSE TO ACCEPT**

How muddy can you get?

Make sure you've got your water- proofs/ messy clothes on for this!

Can you get muddy from the tips of your toes to the tip of your nose?

How much water can you get in your wellies?

Why not time yourself from one end to the other and try to beat your time? Set time limits to cross the room.

How many puddles can you jump in, within 5 minutes?



ROLL DOWN A HILL

Resources Required

- A Hill

Go to your local park or greenspace and find a hill to roll down!



Rolling down a hill is a simple joy that everyone should experience in their life!

Before you roll down, check the hill is safe to roll down

(e.g. litter, glass or anything that may obstruct your path.)

Make sure the bottom of the hill is clear of trees, stumps, and footpaths to make sure you don't go rolling into anything or anyone.

Run to the top of the hill.

Lie on your side with your arms crossed over with your hands on your shoulders and your legs straight.

NOW ROLL

ROLL DOWN A HILL

Now you've had a chance to practice your balancing skills, it's time for some challenges!

DID YOU KNOW

A group of senior citizens in Singapore go rolling down a hill everyday in the name of good health as it reduces stress levels and improves mood!

YOUR CHALLENGE **SHOULD YOU CHOOSE TO ACCEPT**

How fast can you roll down the hill?

Have a race with a ball down the hill, can you beat it?

Can you roll up a hill?

Now you've mastered rolling down a hill, can you roll up it?



ROAST MARSHMALLOWS AND MAKE S'MORES

Resources Required

- Outdoors: A Campfire
- Indoors: A Natural Candle or a Hob
- Gloves
- Marshmallows
- Skewers
- Biscuits



**S'MORES ARE A RISK TAKERS FAVOURITE SNACK!
ROASTING MARSHMALLOWS ON THE FIRE
AND THEN TACKLING THE STICKY MESS
ONTO A BISCUIT IS ALL RISKY WORK,
SO IT MUST BE DONE CAREFULLY.**

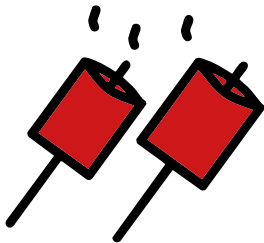
- Put a glove onto the hand that's going to hold the skewer.
- Carefully place the marshmallow on the end of a skewer.
- Roast your marshmallow over the fire, with your arm out and your body away from the fire.
- Roast for **2 minutes** (or a little longer if you want it to be extra gooey).
- Carefully remove from the skewer and sandwich your marshmallow between two biscuits... viola!

**PLEASE BE CAREFUL WHEN EATING AS
THE MARSHMALLOW MAY STILL BE HOT!**



ROAST MARSHMALLOWS AND MAKE S'MORE

As fires aren't a safe place to start challenges, we've got some challenges for those left over marshmallows!



YOUR CHALLENGE SHOULD YOU CHOOSE TO ACCEPT

Chubby Bunny

How many marshmallows can you get in your mouth whilst saying chubby bunny?

Marshmallow moving game

How many marshmallows can you pick up and put in a bowl in 2 minutes by sucking through a straw?

Marshmallow sculptures

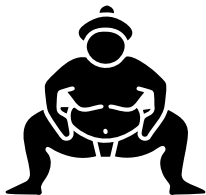
Using your left over skewers and marshmallows, see how tall you can build a standing tower.



BECOME SUMO WRESTLERS

Resources Required

- Pillows



Sumo wrestlers practice **“Shiko”** as an exercise and a ritual before a fight like a battle cry.

To become a fierce sumo

Place a pillow or 2 under your t-shirt to create your belly

- Stand with your legs apart wider than your shoulders.
- Squat down low with your knees pointing outwards.
- Starting with your right leg, lift your leg and stomp it to the ground.
- Now lift your left leg and stomp it to the ground.
- Clap your hands together.
- Stretch your arms above your head.



CHALLENGE

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BECOME SUMO WRESTLERS

Now you've practiced Shiko, you're a fierce sumo wrestler ready for some challenges!

DID YOU KNOW

Sumo wrestling is over 2,000 years old!

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Create a circle and have a sumo challenge

Have a race with a ball down the hill, can you beat it?

Add time limits or space restraints

Make the circle smaller. This will make it harder to stay in the ring.

Add a time limit to the sumo challenge Stay in the circle for 2 minutes, push your opponent out in under 1 minute.

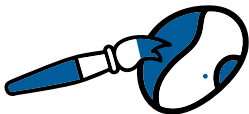


PAINT A ROCK

LEAVE IT FOR SOMEONE TO FIND

Resources Required

- Rocks
- Paint and Brushes
- Acrylic Pens
- Permanent Markers



Spread joy, kindness,
and inspiration throughout
communities by painting a rock.

- Find a clean rock
(ask for help if it is dirty).
- Choose a fun picture or kind message
to paint to make someone smile.
- Plan your design and start painting.
- Let the rock dry completely.
- Hide the rock somewhere for someone
to find.



GIVE AWAY YOUR OLD TOYS

TO YOUR LOCAL CHARITY SHOP

Resources Required

- A Box / Bag



Why not take some time to sort out all your old toys and books to go to your local charity shop?

Make sure anything you pick out to go to the charity shop is in good condition, clean and not missing any parts.

Things you can give away:

- Soft Toys
- Fancy Dress Outfits
- Jigsaw Puzzles (With All pieces)
- Cars
- Action Figures / Dollies
- Video Games
- Board Games



LITTER PICK ON YOUR STREET

Resources Required

- Thick Gloves
- Rubbish Bag
- Litter Picker (Optional)



Why not clean up your street
by doing a litter pick!

**If you live on a big road, why not
write out some letters to your
neighbours inviting them to help?**

- **Pop your gloves on**
(ideally thick gloves like gardening gloves)
if you don't use a litter picker to make sure
your hands are safe!
- Allocate a person for different rubbish
eg: recyclable, non recyclable and garden waste)
- If your road gets particularly messy
organise a monthly litter pick!

**Please stay safe with a parent
or guardian at all times!**



CREATE A COMMUNITY PATCH

A SQUARE ART PIECE TO BE DISPLAYED

Resources Required

- Paper or Card
- Colouring Pens / Pencils
- Scissors
- Ruler



Create your patch to join others
in the community

What are you going to design?

- To start with you want to measure out a 5cm by 5cm square on your piece of card or paper.
- Once you have measured it, out go ahead and cut it out with your scissors.
- Draw things you love about your community, thing that make you happy.
- Once you have completed your square you can keep it safe and bring it along to your first Go Play session.



POSITIVE WINDOW POSTER

A SQUARE ART PIECE TO BE DISPLAYED

Resources Required

- Pens
- Paper
- Paint + Brushes
- Ruler
- **Blue Tack** (To Stick Up Poster)



Add some life to your windows with bright picture a positive message.

What are you going to design?

- Write your positive message or draw something that will brighten people's day.
- Draw and colour your poster on a piece of paper.
- If you use paint or glue, leave it to dry completely.
- Ask an adult to help you stick your poster on the inside of the window.
- Make sure your picture or words are facing out so people can see them.



CHALK TRAIL

Resources Required

- Chalk



Chalk a fun path for someone to follow outside to enjoy their day.

Pick a clear space on your path, driveway or patio.

- Go outside and choose where your chalk trail will start and finish.
- Draw a simple hopscotch to begin your trail.
- After the hopscotch, draw lily pads and jump like a frog from one to the next.
- Draw a zig-zag line for a balance beam and carefully walk along it.
- Add any fun ideas you like and try making a different trail each week!



MAKE AN INSTRUMENT USING RECYCLED MATERIALS

Resources Required

- Recycled/ Unused Material
- Scissors
- Glue

You can make your own version of a popular instrument or invent your own.

- **Guitar** using rubber bands and a tissue box.
- **Drums** out of old pots and pans.
- **Maracas** with Kinder egg casings and rice.
- **Pan flute** made from straws.
- **Kazoo** Toilet roll tube and paper.
- **Harmonica** Ice lolly stick
- **Castanets** made from cardboard and bottle lids.



DID YOU KNOW

There are over **1500 instruments** in the world!



MAKE AN INSTRUMENT USING RECYCLED MATERIALS

Now you've made your own instrument its time for some challenges

DID YOU KNOW

Did you know there are 4 main types of instruments being, brass, woodwind, percussion and strings.

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Create your own song /tune

Compose your own song, tune or even just make some noise with your instrument!

Learn a song on your instrument

Try and copy one of your favourite songs or tunes on your instrument, see if anyone can guess it!

Make an instrument of each type

Create your own instruments that fit the 4 main types of instruments.



CREATE YOUR COMIC

CHARACTER AND STORYBOARD

Resources Required

- Imagination
- Paper
- Pencil / Colouring Pens



Writing your own comic is great fun but takes some planning.

Make a mind map to plan your story

where it happens, what happens, and how it ends. Think about your characters too.

Create a character profile for your main characters. Draw them and write down their traits (what they look like and what they are like).

Plan your storyboard by drawing 6 squares on a piece of paper with space to write underneath each one.

Draw each scene in the squares and write what is happening under each picture to tell your story



CHALLENGE

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CREATE YOUR COMIC CHARACTER AND STORYBOARD

DID YOU KNOW

Did you know the first comic book made was in **1933!**

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Build your book: Stack 4 sheets of paper, fold them in half, and staple the middle.

Design the cover: Draw an awesome picture on the very first page.

Write your story: Fill up the inside pages with your own exciting adventure!

Finish the back: Write a quick note on the last page to tell people what your comic is about.

Create toilet roll version of characters

Have a look on our dropbox for our **'create your own loo roll character'** for a tutorial to create a version of your characters.



PAINT WITHOUT A PAINT BRUSH

Resources Required

- Paper
- Paint
- Pencil
- PVA Glue/ Sellotape
- Scissors
- Imagination



Did you know that the first painting is approximately 40,000 years old!

Painting is a great way to explore how you can manipulate materials.

Get your paints at the ready, but leave the brushes!

What else can you use to paint?

Here's a few idea to get you started

- Fingers and Hands
- Sponges
- Stones
- Cling Film
- Pom Poms
- Pipe Cleaners



PAINT WITHOUT A PAINTBRUSH

Now you've mastered painting without a paint brush it's time for some challenges!

DID YOU KNOW

The first paint brush was invented by ancient Egyptians!

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Paint a self-portrait.

Using your favourite way of painting without a brush, you can create your own.

Learn a song on your instrument

Using either a stick and a rubber band or a peg as a handle create your own paintbrush by attaching different materials to one end.

Some examples of materials are:

- Feathers
- Paper
- Grass
- Cling Film
- Pom Poms
- Pipe Cleaners



CREATE A SCULPTURE USING RECYCLED MATERIALS

Resources Required

- Paper
- Paint
- Pencil
- PVA Glue/ Sellotape
- Scissors
- Imagination



**Sculptures started
in ancient.**

Sculptures are 3D art form, meaning they have length, width and depth (like a cube).

- Gather your materials from the recycling bin and around the house.
- Lay them out and draw your design on a piece of paper.
- Use your design to build your sculpture with the materials you collected.
- Lightly dust the surface with flour, then start sculpting.



CREATE A SCULPTURE USING RECYCLED MATERIALS

Now you've created your first sculpture you're ready for challenges!

Salt Dough

Ingredients:

250g of plain flour

125g table salt

125ml of water

Mix together into a dough

YOUR CHALLENGE !

SHOULD YOU CHOOSE TO ACCEPT

Make a sculpture using natural materials

Grab a tub and collect lots of natural materials like twigs, leaves, mud, flowers and rocks. Design your sculpture and create it using your natural materials.

Salt Dough Sculpture:

Dust the surface with flour and you're ready to sculpt.

Once you've completed your sculpture.

Pass it over to an adult

Bake in a pre- heated oven on the lowest heat on a tray lined with baking paper for 3 hours or until solid.

Then decorate!



DRESS UP AS A CHARACTER

Resources Required

- Imagination



Dressing up is great fun!
Dress up as your favourite characters!

Pull inspiration from your favourite books, films, television shows, games and people you know.

Here's some examples:

- Matilda:** Blue dress, Red head band and book in hand.
- Diary of a Wimpy Kid:** White school shirt, shorts and card board cut out mask
- Where's Wally:** Stripy red top and hat, round glasses and jeans
- Mum/Dad:** Ask first then raid their wardrobe
- Horrid Henry:** Blue shirt with a yellow strip, jeans and scruffy hair.



DRESS UP AS A CHARACTER

Now you're all dressed up it's time for some challenges!



YOUR CHALLENGE !

SHOULD YOU CHOOSE TO ACCEPT

Talk like the character for a day?

If your character has an accent, try to copy it!
If your character has a catch phrase use it!

Only respond to your characters name for the rest of the day!

Can you do day-to-day activities like the character?

If you're dressed like mum/dad, re-enact things that they do every day. Be clumsy like Shaggy, try and move things with your mind like Matilda, sneak and hide like Wally and be horrid like Henry... not too horrid.



CREATE A PUPPET USING TOILET ROLL TUBE

Resources Required

- Toilet Roll Tube
- Paper
- Scissors
- Glue
- Paint and Brushes
- Wool



**Puppets are great fun;
you can create new
worlds and characters
with no limitations!**

Tips for making toilet roll puppets:

- Wrap a sheet of paper around a toilet roll tube and mark the length of the tube and how far the paper wraps round.
- Cut the marked sheet of paper out and decorate it. When completed glue it around the toilet roll tube.
- Use wool to make hair.
- Cut out arms, legs and other extras on paper, and glue them to the roll to make 3D parts for your puppet.



CREATE A PUPPET USING TOILET ROLL TUBE

Now you've made a puppet
it's time for challenges!

DID YOU KNOW

There are 6 types of puppets:
hand, rod, shadow, marionette,
ventriloquist dummy and
finger puppets!

YOUR CHALLENGE !

SHOULD YOU CHOOSE TO ACCEPT

Make a group of puppets

Design and create a group of puppets

Create a set for your puppets using recycled materials

Cut a square window out of the front
of a cardboard box to act as your stage,
you can draw out curtains and stage lights
to decorate it.

Cut paper to the size of the back of the
box to create inter-changeable backdrops
and attach them using blue-tac.

Make a hole in the bottom or side
to reach in with your puppets.



TIME CAPSULE

Resources Required

- Air Tight Box
- Objects to put in the Time Capsule.



Gather the whole family together as you create your own time capsule.

Draw out the shape of your shield on cardboard and cut it out carefully (if it's a bit tough ask an adult to help).

Decorate your shield by splitting it into 4 sections and decorate each section expressing your identity (e.g. your hobbies, your school, what are your interests).

Cut a strip of cardboard for your shield handle, and attach to the back of your shield using glue.

Leave to dry and you're one step closer for battle!



CREATE A PUPPET USING TOILET ROLL TUBE

Now you've made a puppet
it's time for challenges!

DID YOU KNOW

Did you know that the oldest
time capsule made by
Paul Revere and Samuel
Adams in 1795!

YOUR CHALLENGE ! SHOULD YOU CHOOSE TO ACCEPT

**Write a letter or draw a picture
to describe what play was like in 2020**

Think about what you have been
enjoying recently. It could be playing
in a park or something you have
been doing at home or school.

Just draw a picture or describe
in a letter what playing means to you.

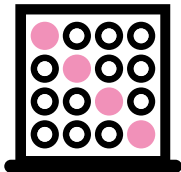
Make sure to pop your drawing
or letter into your time capsule before
you shut it.



PLAY A BOARD GAME

Resources Required

- Board game of your choice
- Space to play



It's game night!
So grab some of your favourite games and get ready to have some fun!

Grab your board games ready for this family game night. If you want a change, how about some of these classic board games below:

- Monopoly
- Guess Who
- Jenga
- Connect 4
- Scrabble
- Snakes and Ladders
- Cluedo
- Battleships



PLAY A BOARD GAME

How about changing up your board games and take on this challenge

DID YOU KNOW

Did you know that playing board games can increase a person's brain function?

YOUR CHALLENGE !

SHOULD YOU CHOOSE TO ACCEPT

Create your own board game

Have you ever thought that you could make your own board game? Why not give it a go?

You can take a board game that already exists and change up the game play or, you could make your own completely new game.

Test your new game out with some of your family to see how it works. You could even make some changes as you play.



PITCH A TENT IN YOUR GARDEN/LIVING ROOM

Resources Required

- A Torch (if outdoors)
- A Tent
- Blankets
- Toys, Games or Books
- Tablet/Laptop
(to watch movies)



You don't need to travel far to set up camp — camp at home or garden.

If you have pitched a tent in your living room or back garden, below are some
Pile loads of blankets and pillows into your tent and tell some stories.

If you are outdoors, see if an adult will set up a little campfire. If indoors, how about putting a fire on a laptop.

Watch a movie or sing songs together.

An adult should be present to supervise the campfire at all times!

Make sure the fire is small and controlled! Have a fire blanket and/or bucket of water to hand!



PITCH A TENT IN YOUR GARDEN/ LIVING ROOM

Now you have set up your very own tent, how about trying our fun challenge?

DID YOU KNOW

Did you know camping can relieve stress and depression?

YOUR CHALLENGE ! SHOULD YOU CHOOSE TO ACCEPT

Make hand shadows in your tent

For this challenge you just need to grab yourself a torch, turn it on and aim it at the side of the tent.

Put your hand in front of the torch and make different shapes and it will be cast on the sheet as a shadow.

Can you get someone else to guess what your shadow is?



FAMILY TALENT SHOW

Resources Required

- Family / Friends
- Clothes to Dress up
- Interesting Items



**Get ready for
show off your
talent.**

Every member of your family should get practicing a talent **(E.g. singing, dancing or learn some magic).**

You could use props from around the house to add to your performance.

When everyone is ready, take it in turns to perform.

You could make it a competition and vote on who you think is the best performer.

Make it a regular thing and have a talent show each week - a great chance to hone your skills and develop some new talents.

FAMILY TALENT SHOW

Now you have enjoyed the talent show, how about trying this challenge. It can be a real fun addition to the talent show.

DID YOU KNOW

Over 58 countries also have their own Got talent show.

YOUR CHALLENGE ! SHOULD YOU CHOOSE TO ACCEPT

Skill share your talent with the rest of the family

Now you have shown everyone your talent and how good you are, why don't you try and teach everyone else about your talent.

Get everyone involved and share different talents with others.

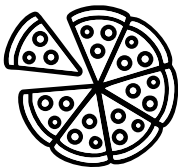
By the end of the challenge, everyone should have tried something new. Maybe you will even uncover a hidden talent you didn't know you had!



BAKE / COOK TOGETHER

Resources Required

- Recipe
- Ingredients
- Utencils to Cook/Bake



The world's largest pizza was created in South Africa in 1990, measuring 122 feet 8 inches the length of 3 school buses.

Before anyone starts cooking or baking, you all should decide on what you want to make first.

If you are stuck for some ideas, here are some to get you started:

- Chocolate Chip Cookies
- Fruit Salad
- Pasta Bake
- Pizza
- Gingerbread Man

REMEMBER

Wash your hands before and after cooking/baking your recipies

BAKE / COOK TOGETHER

You have been busy creating some of your favourite meals, take a break and try something new.

DID YOU KNOW

Did you know baking and cooking helps enhance fine motor skills?

YOUR CHALLENGE !

SHOULD YOU CHOOSE TO ACCEPT

Make a super healthy meal together

Find a super healthy meal you can make together.

For even more of a challenge how about trying to make a healthy meal and a healthy desert?

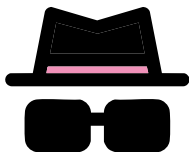
Will you find the challenge easy or will you be the master of the healthy foods?



WHO AM I?

Resources Required

- Post it notes / Paper
- Tape



“Who am I?” is a great game to get you all thinking!

Write the name of a famous person, TV/ film character on each piece of paper or post-it note.

Give everyone a name to attach to their forehead or back, **NO PEAKING!**

Take it in turns to go around the group allowing each person to ask 1 yes or no.

The person to guess who they are first, wins!

- Am I a boy?
- Do I wear glasses?
- Am I a girl?
- Am I a singer
- Do I act?
- Do I have black hair

WHO AM I?

Now you've got your guessing hats on it's time for some challenges.

DID YOU KNOW

'Who Am I?' boosts problem-solving skills and how to describe key features.

YOUR CHALLENGE !

SHOULD YOU CHOOSE TO ACCEPT

Write out a list of family members to play a unique game of "who am I?".

Examples of family members:

- Mum/Dad
- Family / Friends
- Brother/Sister
- Uncle / Aunts
- Cousins
- Grandparents

Themed Who Am I?

Choose characters from a book, TV show, cartoon, super heros, animals etc.

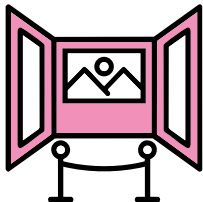
Make sure everyone playing is familiar with the theme you've chosen!



TAKE A VIRTUAL TOUR OF A MUSEUM

Resources Required

- Online Access



Museums around the world have created virtual tours so you can explore their museums and heritage sites from the comfort of your home.

This is a great opportunity to explore museums and sites all around the world!

To find some great tours search **'Google Arts and Culture'** and click on the first result!

Check out the world map to see all the museums around the world that have taken part, there 139 just in the UK!

How many museums will you visit?

TAKE A VIRTUAL TOUR OF A MUSEUM

Now you've visited museums all around the world, create a list of museums and heritage sites you want to visit?

DID YOU KNOW

Did you know that **over 2500 museums** and sites have contributed to googles virtual tours!

YOUR CHALLENGE !

SHOULD YOU CHOOSE TO ACCEPT

Here's a list of some museums and sites in Sandwell!

- Oak House Museum
- Haden Hill House Museum
- Haden Old Hall
- Wednesbury Museum and Art Gallery
- Manor House Museum
- Bishop Asbury Cottage
- Tipton Community Heritage Museum
- Galton Valley Pumping Station



TARGET TOSS

Resources Required

- A Ball/Scrunched up Scrap Paper
- Chalk (optional)
- Pen and Paper



It's time to test your aim with this fun game of target toss!

Find a safe spot: Pick a clear space with nothing in the way.

Make your target: Use chalk on an outside wall, or draw one on paper with pens.

Pick a style: Draw a classic bullseye or lots of different-sized circles.

Add points: Write numbers on your targets to show how many points they are worth!

Mark the start: Use a line or a stone to show where to stand when you throw.



CHALLENGE

46

TARGET TOSS

It's time to put your targets to the test and see if you can complete these challenges.

DID YOU KNOW

That a game of target toss will help you with your fine motor skills.

YOUR CHALLENGE SHOULD YOU CHOOSE TO ACCEPT

How many points can you score in 5 minutes?

Grab your ball and get throwing, how many points can you score? Experiment with different throwing techniques and see which works better.

How many points can you score in 5 minutes on one leg?

How will your balance affect your throwing? Will you be able to score more points than the last challenge? Try it for yourself and see how many points you can get!



CHARADES

Resources Required

- Paper & Pens
- A Timer



The aim of the game is to be the first to guess what the other person is trying to act out.

First, you need to write down some ideas for things people could act out.

Think of different categories (such as films, TV shows, books) and write a couple suggestions for each (e.g. for books, you could write “Charlie and The Chocolate Factory” as an option).

When everyone has put some ideas on their paper, it's time to get the game started.

One person picks a random piece of paper. They must act out what is written on the paper without speaking!

The winner is whoever guesses correctly what is being acted out.



CHARADES

It's challenge time, try the ones we have below and add some extra fun to your game of charades.

DID YOU KNOW

Charades was invented in France in the 16th Century.

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Can you guess the charade in 30 seconds or less?

You may have mastered the game so far but can you guess the charade in under 30 seconds or less, Test your brain and see how fast you can think.

Play themed charades

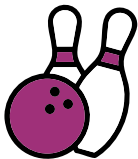
For an extra challenge, try creating themed charades. This will limit what you can choose and add some more fun to the game.



INDOOR BOWLING

Resources Required

- Empty Bottles
- A Ball
- A Space to Play



Ever wanted to go bowling in your own house? Now you can try out our game of indoor bowling!

First you need to find a space to set up the bowling

(e.g. a hallway would be a great space).

Now you need to gather up your bowling pins. Empty water bottles will work great, or how about trying empty toilet roll tubes?

Grab a ball to use for bowling.

Set up the bottles in a triangular formation, as you would with real bowling pins and mark where you are going to bowl from.

Now it's time to bowl! Play on your own or take it turns playing with family or friends.



CHALLENGE

50

INDOOR BOWLING

If that activity was too easy for you lets ramp it up with some challenges!

DID YOU KNOW

They made bowling balls out of wood in the early 1900s?

YOUR CHALLENGE SHOULD YOU CHOOSE TO ACCEPT

Can you get a strike and knock over all the pins in one throw?

The best part of bowling, is getting a strike. Can you get one?

Can you bowl backwards?

It can be easy bowling forward, how about trying to bowl backwards? Will it be more difficult or will you find a new technique for your indoor bowling?



CUP BALL BOUNCING GAME

Resources Required

- **Cups**
- **Ball** (Ping-Pong or Bouncball)
- **Pen & Paper**
- **Flat surface**



This game will test your aiming and patience!

To start your game, you will need a flat surface for your game to go on. (E.g. A table would be a great surface! Alternatively, use the floor outside).

Position your cups how you like (an easy set up is in a triangle formation).

Write the amount of points on a piece of paper you can earn from each cup (The front cups will be worth less than the cups at the back.)

Place the points paper underneath the cups.

Finally, create a marker where you will be throwing from and you are ready to play!



CUP BALL BOUNCING GAME

Ready... Set... Bounce!
Take on some of these challenges using your cup ball bouncing game.

DID YOU KNOW

The ball was invented over 3000 years ago!

YOUR CHALLENGE **SHOULD YOU CHOOSE TO ACCEPT**

What score can you get in 3 minutes?

Take on this speed challenge if you dare! Bounce as fast as you can as you try to score as many points as possible in 3 minutes!

See how far back you can make the shot

This is a tricky challenge to test your aim! Start from one point and make the shot if you get it in the cup. Move a step back, keep going and see how far you can get away from the start.



TREASURE HUNT

Resources Required

- Pen and Paper
- Something to be the Prize/Treasure



Creating a solution wheel will help you find ways of resolving a situation in a calm manner.

Make a Map: Ask a friend to draw a map of your house and mark the different rooms.

Clues: Write clues that lead you from one spot to the next (like “where it’s cold” for the fridge).

Hide: Hide the clues and the treasure in the right rooms so they stay a surprise.

Track: Use your map to check off each room as you find a new clue.

Hunt: Once everything is hidden and the map is ready, you can start your search!



TREASURE HUNT

Wow! So much fun being able to do your own treasure hunt! To add something different to the treasure hunt, try some of these challenges.

DID YOU KNOW

A treasure hunt not only exercises your body, it also exercises your brain!

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Can you complete the treasure hunt in 10 minutes?

The race is on! Can you finish the whole of your treasure hunt in just 10 minutes? Challenge yourself and your brain with this quick thinking challenge.

Can you complete a colour treasure hunt?

A colours treasure hunt is a fun twist on your original treasure hunt. The twist is that the clues will be colour themed (e.g, a clue could be "the next clue is blue" so you would have to look for blue coloured things to find the next clue).



SIMON SAYS

Resources Required

- Plenty of space
- Someone to play as “Simon”



This game will have you laughing as you try to copy all the actions.

First decide who is going to be “Simon”.

The person chosen to be Simon will call out actions for others to do.

Simon will call out actions like:

“touch your toes”, “do 5 star jumps”, “spin around”.

Other players must do only the actions when Simon says “Simon says... touch your toes”.

If Simon just says **“touch your toes”** you must not do the action.

Anyone that completes the action without Simon saying **“Simon says...”** will be caught out.



CHALLENGE

56

SIMON SAYS

Now you have enjoyed a game of Simon says, try changing it up with a bit of a challenge!

DID YOU KNOW

That playing a game of Simon says will improve how you follow direction

Play a lightning round of Simon says

You have to be quick quick quick with this challenge! Whoever is Simon will have to speed up (as will the other players) making for a fast, fun game!

Play reverse Simon says

No! you don't have to speak backwards with this one. The aim of this challenge isn't to do the actions when Simon says, instead, when he/she doesn't say Simon says, you will then do the action. This is one tricky challenge!



DEN BUILDING

Resources Required

- Blankets/Sheets/Tarp
- Rope
- Pegs
- Chairs/Trees/Posts



Den building is great fun and can be done indoors and outdoors.

Find a spot: Use a tree with low branches or a flat, level area.

Build a frame: Use chairs, tables, or brooms for indoor dens.

Clip it together: Use pegs to hold your sheets in place.

Make it cosy: Add cushions and teddies for extra comfort.



DEN BUILDING

Now that you have built your den, it's time to set yourself some challenges!

DID YOU KNOW

Den building helps with problem solving, physical development and imagination!

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Can you build a den in 5 minutes?

Get all your materials at the ready, start your timer, and GO!

Build the sturdiest den you can in 5 minutes.

Can you build a den with natural materials?

Grab 1 blanket and see what you can do with the natural environment.

Play in your den!

Grab a book to read, toys to play with, crafts to make! Have a picnic, make shadow puppets with a torch when it's dark, sleep in your den!

What will you get up to in your den?

MINI-BEAST HUNT

Resources Required

- Mini-Beast Hunt List
- Pen/Pencil
- Magnifying Glass (optional)



Mini-beasts live in lots of different habitats, mainly within dark damp spots in gardens and woods.

Check under large stones and logs to find woodland millipedes.

Look in cracks in tree bark and logs to find beetles and spiders.

Search through the long grass to see ants and grasshoppers.

Inspect leaves to find caterpillars and ladybirds.

Keep your eyes peeled after rain because slugs and worms love a bit of rain.



CHALLENGE

60

MINI-BEAST HUNT

Now you're an expert on where to find mini-beasts it's time to set some challenges!

DID YOU KNOW

There's over 25,000 species of mini-beast in the UK!

YOUR CHALLENGE SHOULD YOU CHOOSE TO ACCEPT

Start a mini-beast journal

Take a notebook with you when you go on your hunts to make notes and drawings of the mini-beasts you find.

Can you find 10 different species of mini-beasts?

Go on a hunt and try to find 10 mini-beasts and identify them. This can be great fun to learn about your favourite mini-beasts and where they like to live.

Revisit where you found the mini-beasts; Are they still there?



CREATE A SAILBOAT

Resources Required

- Loose bark
- Sticks
- Leaves



Making a sailboat with natural materials is a great way to engage with nature!

Find a piece of bark, think about what you want the body of your boat to look like. Curved bark works best.

Collect a twig and some leaves/ to make your sail.

Using a stick, make a hole into the bark for your sail post (this works best if the bark is damp and soft).

Attach your leaves/grass to the top of the sail by twisting and tying them together.

Now your boat is built, it's time to go sail it in a stream, puddle, or even a bath!



CREATE A SAILBOAT

Now you've made your first boat it's time for some challenges!

DID YOU KNOW

The first boats were hollowed-out logs, but early Egyptians were the first to add sails.

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

What other materials could you use to make a sailboat?

Recycle it: Try building your boat with plastic bottles, cartons, or corks.

Test and learn: Which materials stay dry and which get soggy? Record what works and what sinks.

Keep a note of the materials and what effects they had.

How can you make your boat go faster?

Speed it up: How can you change your boat to make it zoom? Try different shapes or sails to see what happens.

Use the environment: Is there something in the air or water you can use to give your boat a boost?



MAKE MUD CAKES

Resources Required

- Mud
- Water
- Nature
- Mixing Bowls, Spoons, Cake Tins and Cases



Making mud cakes dates as far back as 1873!

Making mud cakes is great fun!

There's no right or wrong way, you can use spoons and tins, or you can use your hands, get messy and creative

- To make your cake mixture, you will want to mix some mud and water in a bowl.
- Add the water little by little to the mud and mix until you have a cakey mixture.
- Using your mix you can either mould the mixture into shape or pack it into a cake tin or case.
- Now it's time to add the garnishes, you can use leaves, flowers and other natural materials to decorate your cake.



MAKE MUD CAKES

Now you've mastered your recipe it's time to explore what else you can bake with mud!

DID YOU KNOW

Sailing is a summer Olympics sport? And Great Britain have won the most gold medals for it!

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Make main meal to go with your cake

You can't have cake before dinner! Grab a plate and create a main meal, don't forget the vegetables! What tasty meal will you make?

Create your own Mud kitchen!

Grab some old pots, pans, mixing bowls and other kitchen utensils and create your own mud kitchen!

If you've got a garden or balcony, you can create a permanent kitchen. If not, get a box and throw your baking goodies in and grab some table covers, ready for when you want to bake!



GO FOR A NATURE WALK

Resources Required

- Curiosity
- Nature



Taking a walk in nature is a great way to improve physical and mental health.

- Hug a tree
- Take a crayon and some paper and make some drawings.
- Write your name with some twigs.
- Snap fallen branches.
- Climb a tree.
- Practice balancing along logs.
- Splash in puddles.



GO FOR A WALK IN NATURE

Keep up with nature walks, try and go at least once a week. This will help you get to know your natural surroundings, strengthen your immune system, muscles and bones!

DID YOU KNOW

When you take a step, you use up to **200 muscles!**

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Collect some natural resources and make a nature mandala.

Mandalas are circular patterns filled with symmetrical patterns.

Collect stones, leaves, flowers, twigs and other natural materials and create your own mandala!

Try to identify and learn about some of the flowers, trees and wildlife

Now you've become familiar with your natural surroundings, why not learn about the things that build it up.



CREATE A NATURE HOUSE

Resources Required

- Fallen Leaves/Bark
- Twigs
- Stones
- Dropped Flower Petals
- Imagination
- Craft Scraps
(Optional)

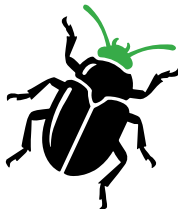
Nature houses are a great way to explore nature. By collecting natural resources to build your nature house, you explore your surroundings.

- Bases of trees/bushes work as a great platform to build from.
- Fallen bark makes for great walls.
- Dig sticks into the ground to create strong frames for walls.
- Pebbles can be used to make a path.



CREATE A NATURE HOUSE

Now you've constructed your first house, why not create a nature village?



YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Why not create a mini-beast hotel for mini-beasts visiting.

Make sure to build it on level ground.

Bricks and wooden pallets/planks are great to build a structure, make sure to leave plenty of hidey holes for your guests.

Stuff the gaps with dead wood, loose bark, bamboo, reeds, stones, dry leaves, sticks, straw, old cardboard, all sorts of natural materials.

Keep an eye on your hotel and see who visits.



OBSTACLE COURSE

Resources Required

- Chairs and Tables
- Skipping Ropes
- Brooms



Grab your equipment and get ready to race through your own obstacle course!

- **Pick your spot:** Find a big, open space with plenty of room to move.
- **Mark the track:** Clearly show where the race starts and finishes.
- **Create challenges:** Use things like brooms to limbo under, chairs to crawl over, or tape for a balance beam.
- **Get racing:** Once your obstacles are ready, you're all set to go!



OBSTACLE COURSE

Now you have your obstacle course set up, how about taking on some of these challenges with your own obstacle course!

DID YOU KNOW

That taking part in an obstacle course improves your agility!

Can you do it with one arm tied behind your back?

You have completed your obstacle course with 2 hands but can you do it without using one of your hands, grab a scarf tie a hand behind your back and see if you can beat your time.

Can you do it backwards?

Now you have completed your obstacle course and done it with just one hand, it's time for the ultimate challenge: Can you complete it going backwards!



YOGA

Resources Required

- A Mat Something Comfy to Lay on
- Calm Music
- Open Space



Find a nice quiet space and get ready to start your own yoga routine.

Plan your moves: Pick your favourite yoga poses and decide which one comes first.

Find a quiet spot: Choose a space with plenty of room where you won't be distracted.

Warm up: Sit cross-legged with a straight back and take 10 deep breaths to get ready.

Start your routine: Move through your poses slowly and carefully.

Cool down: Sit back down and take 10 more slow breaths to relax your body.



YOGA

Now you have finished your own yoga routine, how about challenging yourself with these challenges?

DID YOU KNOW

There are more than a 100 styles of yoga, such as “aerial yoga”?

Create your own yoga pose?

You have seen all sorts of yoga poses but can you create your own one!

Make sure it fits your routine.

Can you teach someone else your new pose?

Now it's time for you to be the teach-er! grab a family member and try to teach them your new yoga pose that you have created. You could even turn it into a competition on who can learn it faster



SPIDER WEB TAPE MAZE

Resources Required

- Sellotape
- A Good Space with areas to Stick the Tape
(e.g. between a door frame)



Grab your tape and make your very own fun tape maze!

You want to find the perfect spot to create your maze.

When creating your maze, stick pieces of tape crossing over each other to create spaces you can crawl through.

You could make one room a big maze (make sure to ask first if its okay to stick or if you need help) or you could head outside and use things like trees to attach your tape to so you can create your maze.

Once you are happy with your maze it's time to go and enjoy it.



MOVE LIKE ANIMALS

Now you know what it's like being some of your favourite animals, how about trying some extra challenges for even more fun?

DID YOU KNOW

Did you know a snail can sleep for **3 years**?

YOUR CHALLENGE **SHOULD YOU CHOOSE TO ACCEPT**

Can you move like 6 different animals?

For this challenge, you need to get moving like 6 different animals, and they all need to be guessed correctly by the other players.

Can you make the noises of the animal while moving around?

Now it's time for the double challenge! not only do you have to move like the animal, you must imitate the noise of the animal also.



MOVE LIKE ANIMALS

Resources Required

- Open Space



Get moving like some of your favourite animals and see what it's like to be them!

Think about some of your favourite animals that you may want to become
(e.g. you choose to be like a pig, dog, lion, horse or even an elephant).

Find a nice space where you have enough room to act out all your animals.

You can even use extra props to add extra flair to your animal.

Get everyone involved and see who can guess the most animals.



POP BUBBLES

Now you've got your shield, you're nearly battle ready, it's time for some challenges to get you ready!

DID YOU KNOW

That bubbles can freeze if its cold enough?

How many bubbles can you pop in a minutes?

Use your new bubble mixture and see if someone will blow the bubbles while you burst them. Be quick and pop as many as you can within 2 minutes!

How many bubbles can you pop with 1 hand in 2 minutes?

Now you have popped as many as you can with both hands, it's time to make it a bit harder! Now you only have the use of one hand.

Can you beat your score from 2 hands with just the one?



POP BUBBLES

Resources Required

- Bubble Wand
- Container
- Cup to Pour Your Liquids in
- Soap
- Water
- Golden Syrup/Corn Syrup

Start by finding a suitable container to put your bubble mixture into.

Next, you want to measure out 5 cups of water into your container.

Pour 1 cup of your soap into the water mixture and stir. Try not to create bubbles or foam yet!

Now you want to add about a quarter of a cup of syrup to your mixture. **(Ask a parent to help if you need)**

Now you should be able to use your own giant bubble mixture!

To make normal bubbles follow the same recipe, but miss out the syrup!



SPIDER WEB TAPE MAZE

You have finished your tape maze, how about adding some extra fun challenges to the mix?

DID YOU KNOW

The biggest maze created was a corn maze in 2014?

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

Can you make it through the maze without touching the tape?

You may have made it through your maze, but now, can you make it through **without touching any of the tape!** Are you ready to take on this sticky challenge?

Can you make it through blindfolded?

Now instead of trying not to touch the tape, **you will need to** because for this challenge, you will be blindfolded and trying to feel your way through the maze using the tape to guide you around.



ONE MAN TENNIS

Resources Required

- Tennis ball
- Racquet
- A Wall
(something to hit the ball against)



Do you want to play tennis but you don't have a partner to play with? How about playing some one man tennis?

First, find a solid wall (or somewhere you can bounce the ball off) make sure the space you are playing in is safe and you aren't going to hit something you shouldn't.

Next, you want to grab your racquet and ball and position yourself about 5 to 10 steps away from the wall.

Make sure you have enough space between you and the wall so that you have time to hit the ball when it bounces back off the wall.

Now you are ready to start playing one man tennis! Just hit it against the wall and there you go.



ONE MAN TENNIS

**Had fun playing some
“one man tennis”?**

Now how about you try some
of the challenges and have
some more fun!

DID YOU KNOW

The longest tennis match
took **11 hours and 5 minutes**
to complete.

YOUR CHALLENGE

SHOULD YOU CHOOSE TO ACCEPT

**How many times can you bat a ball up and
down for without it touching the floor?**

How long can you keep it going without it
dropping? What's your best time?

If you are up for a harder challenge:

How about drawing out a circle on the
floor and seeing how many times you can
hit the ball up and down... but you can't
leave the circle!

**If you drop the ball or leave the circle,
then you are out!**



MOOD TRACKER



Resources Required

- Mood Tracker Template
- Coloured Felt Tips, Crayons/Pencils

DID YOU KNOW

Tracking your mood will support emotional resilience

Tracking your mood for a week can help you understand what makes you feel the way you do.

- Create a mood tracker by filling a page with one symbol per day (e.g. a page of 7 balloons).
- Date the symbols for each day.
- Create a key of the emotions you feel (e.g.  = Sad  = Happy)
- Check in daily and colour/pattern the symbol to reflect the emotion you're feeling.

EAT A RAINBOW

Resources Required

- Fruit / Vegetables
- Rainbow Chart

DID YOU KNOW

Eating 5 a day is important because different fruits and vegetables contain fibre, vitamins, minerals and more!

We all know eating 5 a day is important but why not make it fun and eat a rainbow a day!

Create a chart

(or download our pre-made chart from our drop box folder linked on the contact us card)

Fill in the fruits and vegetables that fit to each colour.

Now every meal or snack you have through the week, be sure to check your colours off your chart every day so that you don't forget!

Make sure you eat **5 colours a day!**

CREATE YOUR OWN EMOTIONS WHEEL

Resources Required

- Paper/Card
- Scissors
- Coloured Pencils/Crayons
- A Split Pin
- Felt Tip Pens



Creating an emotion wheel can help you express how you're feeling when you can't find the words.

- Draw a large circle on your paper/card.
- Now, cut out the circle and colour it in.
- Split the circle into 8 sections - just like you're slicing a pizza.
- In the sections, write 8 emotions, then fill the space with drawings or words of how you feel when experiencing that emotion.
- Draw and cut out an arrow, and get an adult to help you attach it to the middle of your wheel using a split pin.

COLOUR WITH EMOTIONS

Resources Required

- Paper
- Coloured Felts/
Pencils/Crayons/Paint

DID YOU KNOW

All colours and emotions are closely linked; different colours make you feel different ways.

This is a great way of expressing yourself to others creatively, and understanding yourself and your emotions

To colour with emotions, you first need to create a key of what colours relate to your feelings
(e.g. Yellow = Happy, Blue = Sad).

Then create a drawing that symbolises your day or the moment you're trying to understand.

By doing this, you'll be able to visualise key moments in your day that made you feel an emotion.

CREATE A GRATITUDE JAR

Resources Required

- A Jar/Container
- Paper
- Coloured Felts/
Pencils/Crayons

DID YOU KNOW

A gratitude jar will open your mind to positive experiences.

A gratitude jar is jar full of reasons to be grateful

- Start your jar off by writing out 10 things you're grateful for and popping them in the gratitude jar.
- Each day, try to add something new to the gratitude jar, even if its something small.
- Then, once a month you can open your jar and see all the reasons to be grateful.



MAKE YOUR OWN STRESS BALL

Resources Required

- Balloon
- Empty Bottle
- Flour



Stress balls are a way of relaxing, reducing stress and developing your fine motor skills.

Make a funnel: Roll a piece of paper into a cone shape with a small hole at the bottom and tape it so it stays.

Fill the bottle: Use your funnel to pour flour into an empty plastic bottle.

Prep the balloon: Blow up a balloon, pinch the neck shut, and stretch the opening over the top of the bottle.

Transfer the flour: Tip the bottle upside down to squeeze all the flour into the balloon.

Finish it: Carefully let the air out of the balloon, tie a tight knot in the neck, and you've got a stress ball!

3 GOOD THINGS

Resources Required

- Pen
- Paper

DID YOU KNOW

When you take time to reflect on good things in your life you will naturally become more positive!

Every evening for 1 week write down 3 things that have happened in the day to help you spend more time looking for good things!

The 3 good things can be anything! It's all about what made you feel good. It could be anything from the following (and more)!

- Something you ate
- Something you did
- Something you saw
- Something someone said
- Something that happened on TV

CREATE YOUR OWN SOLUTIONS WHEEL

Resources Required

- Paper / Card
- Scissors
- Coloured Pencil
- Felt-Tip Pens/Crayons
- A Split Pin



Creating a solution wheel will help you find ways of resolving a situation in a calm manner.

- 1 Draw a large circle on your paper/card and cut it out.
- 2 Split the circle into 8 sections like you're slicing a pizza.
- 3 In the sections, write 8 solutions (e.g. Talk it out, wait and cool off, go to another activity or use an "I feel..." statement).
- 4 Add drawings to go along with your solutions.
- 5 Draw and cut out an arrow, and get an adult to help you attach it to the middle of your wheel using a split pin.
- 6 Now you have a handy wheel to help you react to situations in the best way!

- Sandwell Community Hubs**
Website: www.sandwellchc.org
- Sandwell Community Information and Participation Services Ltd (S.C.I.P.S)**
National Metalforming Centre, 47 Birmingham Road, West Bromwich, B70 6PY
Tel: 0121 544 1230
Email: enquiries@scips.org.uk
Website: www.scips.org.uk
- Sandwell Council Of Voluntary Organisations (S.C.V.O)**
1st Floor Landchard House , Victoria Street, West Bromwich, B70 8ER
Tel: 0121 525 1127
Email: support@scvo.info
Website: www.scvo.info
- Sandwell Deaf Community Association**
New Deaf Centre, Summer Street, West Bromwich, B71 4JA
Tel: 0121 553 0201
Email: info@sdca.co.uk
Website: www.sdca.co.uk
- Sandwell Family Hubs**
Website: www.sandwellfamilyhubs.com

INFORMATION

Sandwell Family Information Services:

160 Beeches Road, West Bromwich B70 6HQ.

Tel: 0121 569 4914

Email: family_informatio@sandwell.gov.uk

Website: www.fis.sandwell.gov.uk

Sandwell Irish Community Association:

Langley Park Lodge Community Centre, 79a Langley High Street, B69 4SN.

Tel: 0121 533 9734

Email: enquiries@sandwellirish.org

Website: www.sandwellirish.org

Sandwell Visually Impaired:

SVI Office West Bromwich Town Hall., Lodge Road, West Bromwich, B70 8DY.

Tel: 0121 525 4810

Email: info@sandwellvisuallyimpaired.org.uk

Website: www.sandwellvisuallyimpaired.org

Sandwell Young Carers:

44 Bratt Street, West Bromwich, B70 8SB.

Tel: 0121 525 7667

Email: contact@sandwellyc.org.uk