

HOLIDAY CHALLENGE

HOLIDAY CHALLENGE is a **MULTIGAME** to have fun during the festive season.

IT'S TIME TO MOVE!

Every day of the month an activity to do together with your children, to give the whole family an active and happy lifestyle. Are you ready to discover all of them?

LET'S PLAY TOGETHER!

	1 HUMAN BASKET	2 PAPER PLATE RING TOSS	3 THE FLOOR IS LAVA	4 BALLOON TENNIS	5 FAMILY WORK-OUT	6 HOPSCOTCH
7 PILLOW CASE RACE	8 INDOOR OBSTACLE COURSE	9 TAKE THIS WITH YOU	10 PAPER BALL TRICK-SHOT	11 SKIPPING ROPE	12 HIDE AND SEEK	13 BOWLING WITH PLASTIC CUPS
14 TIC TAC TOE ON THE FLOOR	15 PASS AND CATCH IN ONE-LEG STANCE POSITION	16 YOGA: ANIMAL POSES	17 SCAVENGER HUNT IN THE HOUSE	18 FIND THE DIFFERENCE	19 DANCE PARTY	20 HOME CURLING
21 SHOW TIME: READ AND ENACT	22 TABLE CREATIVITY CHALLENGE	23 BLINDMAN'S BUFF	24 LEARN A DANCE ROUTINE	25 THE MANNEQUIN	26 LASER MAZE WITH TAPE	27 BASKET IN THE BUCKET
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INSTRUCTIONS:

Human basket: A player represents the basket by joining their arms. The goal is to hit the basket with a ball. **1**

Paper plate ring toss: Cut the centre from some paper plates to use as your 'rings' and glue a cardboard tube to the reverse side of a plate so it would stand up. Throw the rings and try to centre the pole. **2**

The floor is lava: One person yells "The floor is lava!" and then starts counting down from five. Every other person must be completely off the ground by the time the counter reaches zero. **3**

Balloon tennis: Tape popsicle sticks onto the back of the paper plates to make your racquets, and blow up the balloon to make your tennis ball. **4**

Family work-out: Each family member chooses a physical activity to do together **5**

Hopscotch: Draw a traditional hopscotch diagram with some painter's tape and throw a small cap, beanbag, or other marker into the first square. **6**

Pillow case race: Mark two lines ten feet apart on the floor with tape or string. Each player stand inside a pillowcase, holding its top, at the starting line. Can you hop faster than your child? **7**

Indoor obstacle course: Create a small obstacle course in the available space at home: for example, crawl under the chairs, climb on the couch, jump on one foot in circles and so on... free your imagination together with your children! **8**

Take this with you: Transport objects or puppets in pairs using only one part of the body such as legs or hips, no hands allowed! **9**

Paper ball trick-shot: Target challenge by striking a paper ball with the index finger of the hand. Ready, aim, fire! **10**

Skipping rope: Skipping rope is an excellent aerobic exercise. To make it more interactive you can ask your child to solve simple mathematical calculations and jump the result. For example: how much is 2×5 ? And jump 10 times. **11**

Hide and seek: Hide-and-seek doesn't need any explanation. How many unusual hiding spots can the kids find at home? **12**

Bowling with plastic cups: Place some plastic cups about 10 feet away, you can put them in a pyramid or in the classic bowling position. Throw down the pins with a rubber ball! Who will hit the most? **13**

Tic tac toe on the floor: Lay down a tic-tac-tow grid using some paper tape. Make a large "X" on the back of five of the paper plates and a large "O" on the back of the other five. The players will run to the grid to put one plate at a time in the attempt to get 3 of their plates in a row. **14**

Pass and catch in one-leg stance position: Standing on one leg, you can throw a small object like a rubber ball to each member of the family. Who's gonna drop it? **15**

Yoga: Animal poses: In a playful way imitate the poses of animals like the angry cat or the down dog!

16

Scavenger hunt in the house: Organize a small treasure hunt, for each clue/object found the child must pass a motor test (e.g. 5 jumps) to continue

17

Find the difference: Take a tour of the house observing the arrangement of the objects. While the player stays for 10 seconds with his eyes closed, 4/5 are removed. Which are missing?

18

Dance party: It's time to rock and roll, how about some music? Put on a nice happy compilation and let's dance!

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Home curling: Each player has 3 slippers available, the objective is to throw them trying to get as close as possible to a predetermined object.

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Show time: Read and act: Read aloud with your child's favourite book and reenact the scene: be the main characters of your story!

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Table creativity challenge: How many ways can you find to get past the table? Try them all!

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Blindman's buff: With the eyes covered, go from point A to B dodging the obstacles while the other family members give directions

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Learn a dance routine: Learn simple gestures and put them to the rhythm of music to create your family choreography.

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The mannequin: Given a certain number of garments and accessories, use them to decorate a mannequin, represented by a family member in turn

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Laser maze with tape: Tape some paper on the wall in a zig zag pattern, back and forth, high and low to create a "maze" that your kids can work their way through.

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Basket in the bucket: You'll need 3 buckets placed at different distances with an increased value based on difficulty. Who will score more baskets?

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Paper planes race: Build with your kids your own paper plane and try to make it fly further and further away.

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Build a fort: Blanket forts are easy to build with everyday household items like blankets, sheets, chairs, and curtain rods and provide countless hours of fun!

29

Orchestra director: One player acts as a director and "commands" the others who must imitate his actions and movements.

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