



Living in the present

A-Z of activities for the family

A Make and fly paper **aeroplanes**

B **Bake** and decorate biscuits

C **Climb** a tree

D Have a **disco**

E **Eat** foods in as many colours as you can in one day

F **Feed** the birds - make a bird feeder

G **Grow** something - plant some seeds

H Make a **homemade** gift/picture for a neighbour

I Make **ice lollies** with fruit juice or squash

J Have a competition to see who can do the most **jigsaws** in a set time

K Make a **kite** and see if it flies

L **Learn** to count to 10 in a new language

M How many things can you fit in a **matchbox**?

N Become a **novelist** - write a story

O **Organise** your toys, give any away you don't play with anymore

P Go for a walk and take **photos** of seasonal things you see

Q Play 20 **questions** and you can only say yes or no as your answer

R **Role play**

S Make a family **scrapbook** of each persons favourite things

T Split into teams and make a **treasure hunt**

U **Unplug** - an afternoon with no technology

V Visit a **virtual** museum

W Have a **water fight** in the garden

X Draw each other as if you

have **x-ray vision**

Y Do some **yoga**

Z **Zzzzzz** have a PJ day

#ayearofplay

www.ayearofdates.co.uk