



# PLAY BUS

Our favourites!

**Make a den.**  
Use a washing horse or old sheets

**Junk Modelling**  
Old recycling

**Nature walks**  
What can you see?

Use things from around the house to make a shop.

**Splash in puddles**

**Boxes**  
Draw on; make windows, hide, stack, play

**Treasure hunts**

**Masking tape**  
Make roads or paths or infrared laser beams!



## PLAY BUS Ideas to keep your little ones busy indoors!

### **Sticks and Arrows**

Use sticks and other found objects to make arrows for someone else to follow. Perhaps they lead to treasure!

### **Hide Under Boxes!**

Get a large cardboard box, and hide inside it (open end at the bottom). When you hear footsteps come nearby, move a little bit - wobble or shuffle. Or you can jump high to give people a shock! Boxes can be lots of great things too.

### **Spaghetti and marshmallow threading,**

Who can make the biggest tower?

### **Changing Rooms**

Change a room into something else - such as a spaceship, cave or a shop.

### **Wrap up Children**

Use newspaper to wrap up a person! Using toilet roll can be fun too.

### **Be bored!**

Boredom is not an enemy of play - and gives a child time to think. It can encourage us to use our imaginations, look around and think of what to do next. Boredom often leads to freely chosen play - so best not to have too many organised activities.



### **Mud Painting**

Just add water!  
Use sticks or  
fingers...Paint away!

### **Rain Angels**

If you think it is going to rain, get your coat on, go outside and lie down on the ground with your legs and arms stretched out. Let the rain fall on you for a few seconds until the ground is wet, then get up and see the dry shape your body has made.

### **Water Play**

Fill containers with water. Get some water sprays, water pistols, paint brushes, small containers and play!

## **PLAY BUS** Ideas to keep your little ones busy outdoors!

### **Volley Balloon**

Use a skipping rope for the net/line and a balloon for the ball.

### **Warmer/Colder**

Make a walk more fun...run ahead and hide treasures... say "getting warmer, colder etc." to find it!

### **Tails!**

Everyone has a strip of toilet paper (about 4 or 5 pieces). Tuck it into the back of your trousers or skirt (or neck if wearing a dress). Now run around and try to catch everybody else's 'tail' - but don't let anyone catch yours!