

# GAMES at home

North Croydon Children's Centres Best Start Planning Area 1



You can make games at home out of anything!  
Change things about them to adapt to different children's ages and abilities and include the family.  
Games are a great way to learn as well as having fun!

## OBSTACLE COURSE (PSED, PD, CL)

Use safe objects from your home such as pillows, bean bags, blocks, hoops etc to create a safe but challenging obstacle course for your child, adults and older children can also join in! If you have access to an outdoor area, you can use chalk or tape to create actions such as jump, hop etc on the floor for an outdoor obstacle course. Try and complete the course with an empty cup on your head!



## COLOUR WHEEL (PSED, CL, PD, M)

Make a list of colours, colour train or a colour wheel with your child, decorating it with the chosen colour using crayons or paint etc. If you don't have coloured resources or paper, write down the name of the colour (when you've found all objects it will be nice and colourful!) Set a timer and look for objects matching the colours with your child, with a reward ready!

## BOARD GAME (CL, M, PSED)

Draw an ending destination such as a house in the middle/corner of a piece of paper/card, draw boxes from the ending destination that go around in a sequence ending with 'start'. Cut out different counters for people to play the game or use small toys/objects to move around the board. Take turns rolling a dice or pick a number from a hat, the first person to get to the ending destination is the winner!

