





# ACTIVITY RESOURCE BOOKLET

## ALTERNATIVE ACTIVITIES TO SPORT



Name of Activity	Resources needed	Set-up	Instructions
<p><b>Baking Clay</b></p> 	<ul style="list-style-type: none"> <li>- Table salt</li> <li>- Warm water</li> <li>- Plain flour</li> <li>- Paint</li> <li>- Brushes</li> <li>- Varnish</li> <li>- Aprons</li> <li>- Latex-free gloves</li> </ul>	<ul style="list-style-type: none"> <li>- 2x cups of salt</li> <li>- 3x cups of warm water</li> <li>- 8x cups of plain flour</li> <li>- Paint + brushes</li> <li>- Varnish for when dry</li> </ul>	<ul style="list-style-type: none"> <li>- Make sure before participants start task that they have a plastic apron on and latex-free gloves (optional).</li> <li>- Stir the cups of salt into warm water and let it cool.</li> <li>- Then add in the flour and knead for 8-10 mins.</li> <li>- Then create sculptures, they will need to be taken back by session lead and baked.</li> <li>- For the next session, take the finished sculptures back and let the participants paint them.</li> </ul>
<p><b>DIY Chalk</b></p> 	<ul style="list-style-type: none"> <li>- Plaster of Paris</li> <li>- Water</li> <li>- Powder Paint</li> <li>- Old ice cream tubs</li> <li>- Moulds</li> <li>- Spoons/stirrers</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cup of plaster of Paris</li> <li>- ½ a cup of cold water</li> <li>- Latex-free gloves</li> <li>- Plastic aprons</li> <li>- 5x old ice cream tubs</li> </ul>	<ul style="list-style-type: none"> <li>- Make sure before participants start task that they have a plastic apron on and latex-free gloves (optional)</li> <li>- Pour 1 cup of plaster of paris and ½ a cup of cold water into an old ice cream tub and mix.</li> <li>- Next pour one of the colours of powdered paint into the tubs.</li> <li>- Repeat this process with different colours.</li> <li>- Pour each tub into mould and then leave to dry for 30 mins.</li> <li>- Pop them out of the moulds and create your</li> </ul>

**Facepainting**



- Water
- Cups
- Brushes
- Sponges
- Wipes
- Face paint
- Tables
- Chairs
- Tablecloths

- Put a tablecloth over the table.
- Fill up a few cups of water for the brushes.
- Lay out the face paint.
- Lay out the wipes.

- **masterpieces!!**
- Set up tables and chairs, with tablecloth over tables.
- Set out the cups of water.
- Lay out the face paint, brushes, and sponges.
- Ask the participants what they would want if it were appropriate.
- Then apply the face paint to participants.

**Feely Boxes**



- Empty cardboard boxes
- Prizes
- Items to fill the boxes.
- Tables
- Chairs
- Marbles
- Latex-free gloves

- Set up the tables and chairs.
- Lay out the cardboard boxes and latex-free gloves.
- Fill the boxes with different items.

- Make sure before participants take part in this activity, they don't have any allergies to anything.
- Make sure if participants want to put gloves on they do so before starting.
- Can play this game 1 of 2 ways.
- The first way would be to guess what is inside the boxes and winner would get a prize.
- The second way would be to hide a number of marbles in the boxes and the person that finds them the fastest would win and get a prize.

**Glitter Globes**

- Small jars
- Baby oil

- Set up tables and chairs.
- Look out the glitter, jars

- Make sure that participants put on latex-



- Water
- Glitter
- Super glue
- Plastic toys or shells.
- Tables
- Chairs
- Latex-free gloves

- and latex-free gloves.
- Look out the super glue, toys, shells and baby oil.

- free gloves before starting the activity.
- Give each participant a small jar to decorate themselves.
- Once they have their jar, ask them to take the lid off their jar.
- They can start to decorate their jar by placing super glue onto it and placing toys or shells on top then leave to dry.
- Next fill the jar almost to the top with baby oil and a little water.
- Then add glitter to the mixture.
- Once everything has dried screw and then glue the lid firmly onto the jar and leave to dry.
- Then finally turn upside down and shake.
- Allow participants to take their creations home.

### Glitter Tattoos






- Tables
- Chairs
- Glitter tattoo set
- Brushes
- Sponges
- Water
- Cups

- Set up the tables and chairs.
- Look out the glitter tattoo set.
- Set up a few cups of water.

- Make sure table and chairs are set up with tattoo set looked out.
- Lay out all the options of stencils that can be tattooed onto participants for them to choose from.
- Lay out all the different colour of glitter for participants to choose from.
- Once a participant has chosen a stencil and appropriate area on the body you can stick the stencil to chosen body part.
- With the brush, spread glue across the whole stencil and wait for the



			<ul style="list-style-type: none"> <li>- glue to go clear and dry.</li> <li>- Once the glue has dried you can apply the chosen colour of glitter with a different brush to the skin.</li> <li>- Finally use another brush to clear away any excess glitter and remove the stencil.</li> <li>- Then participants should have a fully finished glitter tattoo!</li> </ul>
<p><b>Guess The Drink Challenge</b></p> 	<ul style="list-style-type: none"> <li>- Carboard boxes</li> <li>- Various cans/bottles of juice</li> <li>- Blindfolds</li> <li>- Straws</li> <li>- Table chairs</li> <li>- Bucket</li> </ul>	<ul style="list-style-type: none"> <li>- Set up the table and chairs and tablecloth.</li> <li>- Make sure there is a bucket beside participant in case they want to spit out what is in their mouths.</li> <li>- Set up each drink side by side.</li> </ul>	<ul style="list-style-type: none"> <li>- Make sure before participants take part in activity, they don't have any allergies to anything.</li> <li>- First ask participants to put on a blindfold.</li> <li>- Then allow them to try out each drink one by one.</li> <li>- The aim of the game is to guess each drink correctly.</li> <li>- The participant that guesses the most correctly wins a prize.</li> </ul>
<p><b>Hula Hoop Challenge</b></p> 	<ul style="list-style-type: none"> <li>- Hula hoops</li> <li>- Timer/stopwatch</li> <li>- Hand sanitiser</li> </ul>	<p>N/A</p>	<ul style="list-style-type: none"> <li>- The way that this challenge can be played is depending on the number of participants that want to play.</li> <li>- If you have a smaller number of participants, then just ask them to first form 1 circle.</li> <li>- Once the circle has been formed ask each participant to hold hands and do not break hands unless asked.</li> <li>- The team leader will then break a couple's hands and put a hula hoop in the</li> </ul>

			<p>middle of their hands once held back together.</p> <ul style="list-style-type: none"> <li>- The aim of the game is to get the hula hoop around each participant back to its initial position in the quickest time possible without breaking the circle and hands.</li> <li>- The team can then try to continue to beat their high score.</li> <li>- The other way to play this challenge is if you have a big enough number of participants, ask them to split into two groups.</li> <li>- Same rules as the first game, however this time the two teams will face off against one another and the team who complete the challenge the fastest wins.</li> </ul>
<p><b>Pom-Pom Making</b></p> 	<ul style="list-style-type: none"> <li>- Knitting yarn</li> <li>- Cardboard</li> <li>- Circular stencil to cut around</li> <li>- Scissors</li> <li>- Coin</li> <li>- Tables</li> <li>- Chairs</li> <li>- Pens</li> <li>- Small nail scissors</li> </ul>	<ul style="list-style-type: none"> <li>- Set up tables and chairs.</li> <li>- Lay out the different colours of knitting yarn available.</li> <li>- Lay out the cardboard, circular stencils and pens next to one another as well as the coins and scissors.</li> </ul>	<ul style="list-style-type: none"> <li>- To access the step-by-step guide click the link here <a href="#">How to make a Pom Pom maker Tutorial (Craft Basics - Yarn Pom Pom) - YouTube</a></li> <li>- Firstly, we create circles on the cardboard by drawing round the circular stencil with a pen.</li> <li>- Participants will need 2 of these circles to make their pom-poms so make sure they draw 2 out.</li> <li>- Next, they will cut out the two circles from their cardboard with their scissors.</li> <li>- Once they have done this, they will place a coin in the middle of their two circles and draw around it.</li> </ul>

			<ul style="list-style-type: none"><li>- They will then cut out a keyhole shape in both of their circles so they become open.</li><li>- They will then hold the two together and start wrapping their chosen colour of knitting yarn around the open circle, making sure not to wrap it round too tightly.</li><li>- Once they have wrapped round a few layers they can then cut the yarn. To do this they will now use the smaller scissors to split the two cardboard bits in half and start cutting along the middle of the yarn.</li><li>- After that is done you will use the yarn to cut through the middle of the pom-pom going in between the two cardboard pieces. Wrap it round once and then tie it in a knot twice.</li><li>- If participants want to be safe repeat this process once more.</li><li>- Finally, slide off the cardboard pieces and they should have a fully made pom-pom.</li></ul>
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## Tie Dye T-shirts



- White T-Shirts in various sizes
  - Water
  - Aprons
  - Tarp for table cover
  - Latex-free gloves
  - Zip-lock bags
  - Tie dye kit
  - Elastic bands
  - Table
  - Chairs
  - Bowls
- Set up table and chairs and lay out tarp to cover the table.
  - Lay out the T shirts, aprons, gloves and tie dye kit.
  - Look out bowl of water and elastic bands too.
- To access a step-by-step guide on how to tie dye a t shirt click on this link [How to Tie-Dye at Home Like a Pro - Try These 5 Easy Techniques! - YouTube.](#)
  - Before starting the activity make sure that the participants are wearing an apron and gloves.
  - Firstly allow participants to soak their T-shirts in water and then ring them out so that they are damp.
  - Once they have done that they will start to choose what pattern they want for this activity we will choose the spiral pattern.
  - They will then find the centre of their t-shirt with their finger and start to twist in a circular motion until the whole t-shirt is twisted into a circle.
  - Next they will need 3 elastic bands to put around their t-shirts to hold it in place and help make the pattern.
  - They can then apply their chosen dye colours to both sides of their t-shirts.
  - Once they have done this they will then put their tie dye t-shirts into a zip lock bag and give them back to the activity leader.
  - The activity leader will then take them home and let them sit overnight then wash and rinse to be ready for giving back the next week!