

# WATER DUNKING



GET ACTIVE



15 MINUTES



IN THE CUPBOARD

## ▶▶ GETTING INTO THE ACTIVITY

A fun game to play with your family, that may end up getting wet!

For this activity you will need a large bowl of water with 10 items inside that can float. This might be apples, rubber ducks, plastic bottles, toys etc. It is recommended to do this activity outside if you can. Make sure you have a towel to help dry yourself afterwards.

Ask a grown-up to time you. On go, start the timer and dunk your head into the water to try and pick up an item and remove it from the bowl. However, the only thing you can use to do this is your mouth - no hands! Alternatively, if prefer you could do it with your feet. Keep going, removing one item at a time until all 10 items have been removed. Stop the timer and take a note of your time.

Now challenge a family member to try and beat your time, by trying to get all 10 items in a quicker time.

Ask a parent/carer to share a picture with your BB group or post on social media using #BBatHOME.

## ☑☑ WHAT YOU'LL NEED

- Bowl of Water
- 10 items that float
- Towel
- Timer

## ! NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please only use objects that won't be damaged by water and are not a choking hazard. For best hygiene, change the water and clean the objects before a new person has a go.