

DON'T DROP A THING!



GET ACTIVE



15 MINUTES



READY TO GO



GETTING INTO THE ACTIVITY

Put your problem solving, co-ordination and balancing skills to the test. How many items can you carry by the end of the game?

Firstly, collect lots of items from around the house. Things like cushions, books, toys, shoes, saucepans etc. Don't use anything breakable. You'll also need to set up a simple obstacle course.

Start the game by carrying one item through your obstacle course and back to the start. Then pick up a second item and carry both items through your course and back. Each time you get back to the start, pick up a new item. As you carry more items the game will start to get harder, as you'll need to find clever ways of carrying and balancing all the items without dropping them. You can use all parts of your body to carry and balance items. Keep playing the game until you drop something. Your score is how many items you were carrying when you dropped an item.

Ask a grown-up to take a photo or video of you playing 'Don't Drop a Thing!' and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Household Objects



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please make sure the space and items used are safe and appropriate. An adult should initiate any contact with the BB group and/or share on social media.