

MY GAME, MY RULES



GET ACTIVE



20 MINUTES



IN THE
CUPBOARD

GETTING INTO THE ACTIVITY

Create a brand new game for you and your family to play. You'll need to think about what the rules are, how the scoring system works and what the game will be called.

Creating a new game is a brilliant chance to be creative and imaginative. Ideally your game needs to involve your family members, but it could be a game you play on your own.

What happens in your game is completely up to you. It could be centred around a football, it could be part of an obstacle course, a throwing / catching game or anything else you can think of.

Once you've decided on the rules, its now time to teach a family member how to play your game and test it out on them.

Ask a grown-up to take a photo or video of you playing your new game and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Pen & Paper
- Household Objects
- Sporting Equipment



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. An adult should initiate any contact with the BB group and/or share on social media.