



GET ACTIVE



10 MINUTES



READY TO GO

CHRISTMAS SHOPPING



▶▶ GETTING INTO THE ACTIVITY

Get ready to start moving! You'll be heading left and right, up and down as you join Mr Wright on his Christmas shopping trip.

This is a story based game. At the mention of the words 'left', 'right', 'up' or 'down', children will need to complete the appropriate action.

Virtual: Children can step off screen to their left or right, duck down low and reach up high.

Face-to-face: Children could run to the appropriate end of the room for each word. Signs on the wall could help children know where to run. Where there is limited space / need for social distancing, children can play the game on the spot, stepping left and right and reaching up and down.

Make sure all children are familiar with which way is left and right. You might need to have a practise first. Start by reading the story slowly. Once the children have settled into the game, speed up with multiple actions one after the other. The game can be scored, with the quickest person to react each time getting a point. Alternatively you can play just for fun.

This game can be re-written for other settings and themes. Just write a new story using the four key words.

✓✓ WHAT YOU'LL NEED

- 'Christmas Shopping with Mr Wright' Story

! KEEPING EVERYONE SAFE

Maintain social distancing where required. In smaller meeting spaces or larger groups, you may need to ask children to complete the actions on the spot.

CHRISTMAS SHOPPING WITH MR WRIGHT

Mr **Wright** was in a hurry. He had **left** his Christmas shopping to the last minute and time was now ticking **down** until the shops closed for Christmas. If he didn't get a move on, Mrs **Wright** and the **Wright** children would be very **upset** on Christmas day, **left** with no presents to unwrap.

Mr **Wright left** work early and headed **down** to the shops before they shut **up**. But disaster struck! On the way **down** the road, Mr **Wright's** car suddenly gave **up** on him and broke **down**. There was no time to get it fixed, so Mr **Wright** ran **down** to the bus stop and waited for the next bus into town to turn **up**. When it arrived it was a double decker bus, however because it was Christmas eve, it was very busy! There were no seats **left down**stairs, so Mr **Wright** had to climb **up** the stairs and sit on the **upper** deck.

Once he had made it to the shops, Mr **Wright** headed straight **up** the high street and into Mrs **Wright's** favourite shop to buy her Christmas present. Mrs **Wright** and the **Wright** children were always keeping **up** to date with the latest technology and because of this, they really wanted the latest smart phone which had just been released. It was the most **up** to date phone in the shops! Mr **Wright** headed straight **up** to the counter to place his order, but the shop assistant said there was none **left** in the shop. Everyone else had snapped **up** the phones already, leaving none **left** anywhere to be found. What an **upset**!

(Mix things up and ask the children to start doing the opposite actions. Down = up, left = right etc)

There wasn't much time **left** until the shops started shutting **down** for Christmas, so Mr **Wright left** the shop straight away and dashed **down** the high street in a big panic. He had to find a shop with the phone still **left** in stock and he had to do it fast! Mr **Wright** ended **up** running **up** and **down** the street, dashing **left to right** and **right to left, up** and **down** and round and round. There just weren't any phones **left** to be found wherever he looked! Mr **Wright** now had one last shop **left** to look in. Mr **Wright** would have to give **up** if there were none **left** in this shop!

Into the shop Mr **Wright** went, he headed straight to the till and asked if they had any phones **left** in stock. The shop assistant wasn't sure - he would have to double check. He **left** the till and headed **up** the first aisle and **down** the next, looking **left** and **right, up** and **down** until he found the phone section. There sat on the shelf were three phones **left** in stock. One for Mrs **Wright** and to the **left** of that, was one each for the two **Wright** children. Things were finally looking **up**! Mr **Wright** bought the phones straight away and **left** the shop with just minutes to spare before they shut **up** for Christmas.

Whilst the shopping trip had **left** Mr **Wright** exhausted, he **left** town and headed home ready to wrap **up** the presents, put **up** his feet and enjoy a **Wright** family Christmas.