

Cheap toys to use for active play

- Balls of all different shapes and sizes
- Bats (plastic or foam)
- Balloons
- Bubble mix (chase bubbles, or jump and try to catch them)
- Sand play sets (with buckets and spades, sand moulds, etc)
- Kids gardening sets (with rake, trowel, watering can, etc)
- 'Household' toys e.g toy brooms, dustpan and brush, plastic lawnmower (basic model)
- Hopper ball
- Skittles



Home-made toys to use for active play

- Balls (made of pairs of socks, or scrunched up paper with tape around it)
- Bats (made from rolled up newspaper or magazines with tape firmly wrapped around each end of 'tube')
- Frisbees (made from decorated paper plates)
- Pom-poms (made from strips of crepe paper sticky-taped together at the end)
- Kites (made from cardboard, sticks, tape and string)
- Cars (made from cardboard boxes, decorated with kids drawings and paper plates stuck on the sides as wheels)
- Skittles (empty plastic bottles)

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Autumn leaves: www.pachd.com
Girl on space hopper (© 2008 JupiterImages Corporation)

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Ideas for *cheap* outdoor games and play activities

Be active at play every day!



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FREEBIES!

CHECK OUT YOUR LOCAL PARK!

- Help/guide your child to **explore** the different swings, slides and other **equipment** that are safe and appropriate for their age
- **Play chasey** on the open grass (if your child is kindy age, you can try fast walking, crawling or kangaroo jumping chasey)
- Take a beach ball or soccer ball to **play throw and catch** with or kick 'goals'
- **Go on a 'treasure hunt'** with a bucket and collect interesting natural objects like gum nuts, acorns, leaves (if your child is kindy age you could use some of these items for craft at home)
- If it's a windy day, try to **fly a kite** together. You can help your child to make their own kite at home, or buy them ready-made from the shop



MORE FREEBIES!

TAKE A TRIP TO A NEARBY BEACH!

- Help/guide your child to **dig in the sand** with bucket and spade and use sand and water to make sandcastles, mud pies, cakes, roads, or moats
- Run and **jump over the waves** together in the shallows
- **Kick water** up into the air while you paddle together and try to splash each other!
- **Go for a walk** together and look for interesting shells, sponges, or other 'sea' objects that you can collect and take home to chat about together



EVEN *MORE* FREEBIES!

WHAT ABOUT THE GARDEN?

- Start a **small vegie patch** together with advice from your local nursery and plant vegies that grow quickly! Involve your child in digging, weeding, watering and picking your vegies when they're ripe
- **Play hide and seek** with your child in the garden
- **Hide a garden gnome** or other 'treasures' in your garden for your child to find
- **Lay out your garden hose in a curly trail** for your child to balance along like a tight rope
- Pull out a broomstick that your child can gallop around and use like a **hobby horse**
- **Use masking tape or chalk to make shapes** on the ground for your child to jump, leap, step or hop in/over