

Activities to add  
a little fun to  
your day.

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## BALANCE

You can play this by yourself or with others. If you're doing it with others, take turns to balance and time each other. Those who aren't balancing can move around and try to make the person balancing laugh and lose balance, but they can't touch them!

1. Fix your eyes on a point straight ahead of you.
2. Stand on one leg.
3. Start counting and see how long you can balance for.
4. Close your eyes to make it more difficult.
5. Try balancing on your other leg. Can you balance for longer?
6. Slow down and deepen your breathing. Is it easier to balance?



What makes  
you lose  
balance?

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## PENNY POT

You can play this by yourself or with others.

1. Collect at least 5 pennies and put them in a pot.
2. Pick one penny and study it on each side. Really look at it.
3. Put your penny back in the pot.
4. Shake the pot.
5. Can you find your penny again?



Do you look  
but not see?

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## TOUR GUIDE

Walk around your home, garden, neighbourhood or a park and pretend you're a tour guide showing a group of people around. Point out the sights, features and the best or most beautiful bits. Make everything sound interesting.



What would  
you most  
like to visit?

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## SIMON SAYS

In a group, play "Simon says". Make someone a leader. The leader gives instructions that the group have to follow - but ONLY if the leader starts the instruction with "Simon says". For example, "Simon says put your hands on your head" means the group should put their hands on their head. If the leader gives an instruction without saying "Simon says" first, the group must NOT do the instruction. If someone does an action without hearing "Simon says" at the start, they are out of the game. The last person in wins.



Do you  
always listen  
carefully to  
instructions?

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## WHAT ANIMAL AM I?

Choose an animal. Think about or look at how they move. Try to move your body like that animal. If you can, do this in front of a group and see if they can guess which animal you are.



## IMITATE A MATE

Choose someone you know. Think about or look at how they move. How do they walk, hold their head, move their arms? Try to move your body like them. If you can, do this in front of a group who know the person and see if they can guess who you are. Remember to be kind!



What sounds  
does your  
animal make?

What are  
your unique  
characteristics?



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## FUNNY TURN

What's the funniest thing that happened to you recently? Can you make it into a funny story? Focus on the weirdest parts and exaggerate emotions, what happened and people's reactions if it makes it funnier. Tell your story to someone and see if it makes them laugh.



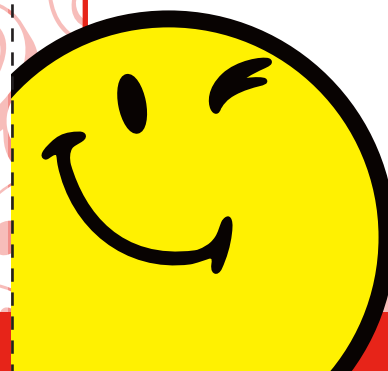
## MIME TIME

Imagine you're a mime who discovers they're trapped inside an invisible box. Show how you find out you're in a box. Try different ways to get out of the box. What do you do to eventually break free?



How can you  
use your face  
to make a  
story funnier?

What else can  
you mime?



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## CLOWN AROUND

Imagine you're a clown in a circus and your routine is to look for something you've lost that you're actually wearing (like a hat, scarf or sunglasses on your head). Show how you're feeling when you think you've lost your favourite thing, can't find it and then, eventually, find it.



Does your clown have a funny outfit or painted face?



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## DRUM MACHINE

Collect a variety of hard, hollow objects that won't break. Tap them with a metal spoon, wooden spoon and your hands. What do they sound like with each? Tap one object with one rhythm. Can you tap a second object with a different rhythm? Can you get other people to join you tapping on other objects with rhythms that work together?



Which rhythms sound happy, sad or scary?



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## SMILEY SELF PORTRAIT

Look in a mirror and make your face look like the Smileys below. Which face best matches your feelings? Look in a mirror and draw your face showing the emotions you are feeling. Choose colours, shapes and materials that match your mood.



How well do you know what you look like when you feel different things?



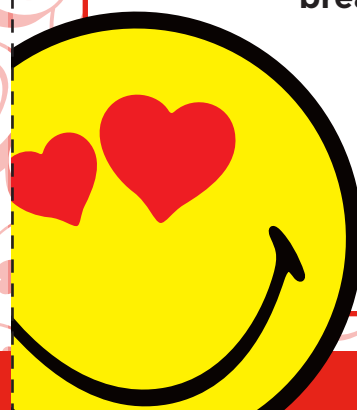
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## HAVE A HEART

Put your middle finger over the inside of your wrist. Can you feel a pulse? Count how many times your heart beats in 1 minute. Run up and down stairs or outside for 5 minutes. Count how many times your heart beats in 1 minute. How quickly can you make your heart return to normal after exercise? Does deep breathing help?



What makes your heart beat faster?



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## WATER RELAY

You can play this by yourself or with others. If you're alone, fill a large spoon with water and see how far you can walk without spilling a drop. If you have two spoons the same size, try racing a friend and see who can go faster without spilling. If you have lots of spoons and lots of friends, form two teams and give each person the same size of spoon. Fill one spoon with water and pass the water to the next person's empty spoon until everyone in your team has passed the water. The team with the most water in their spoon at the end is the winner.



Can you make  
this more fun  
by going up  
and down  
stairs?

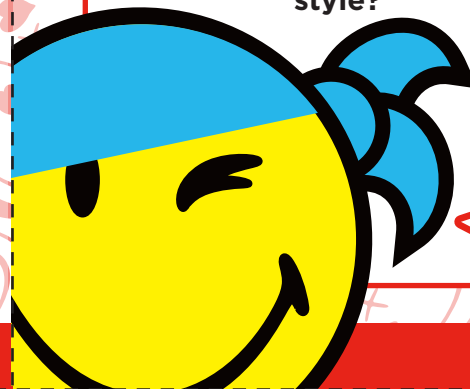
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## DRESS THE PART

Take between 1 and 6 items of clothing and find a new way to wear them. Can you roll up sleeves or trousers, or add a belt or scarf to create a new look? Notice how different clothes and styles make you feel. Does even wearing the same shirt in different ways change the way you look and feel. What is your favourite style?



What clothes  
do you feel  
most confident  
wearing?

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## WHO AM I?

This game is best played with others. Ask someone to assign you a famous person's name, or a character from a film you know, and write the name down to stick on your back. Everyone who has been given a name then has to guess who they are by asking other people questions about the person's personality, nationality, ability etc. The people you ask can only answer yes or no. You have to find out who you are in the minimum number of questions.



Who do you  
want to be?

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## MUSICAL STATUES

This is best played with others. Find someone to play the part of the DJ who will start and stop the music. Play your favourite tunes but, when the DJ stops the music, you have to freeze in position. If you move while the music is stopped, you're out of the game.



What's your  
best dance  
move?

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