



Get Out Get Active TAYSIDE

FAMILY FUN ACTIVITY PACK



GOGA Tayside's Family Fun Activity Pack

Get Out Get Active (GOGA) Tayside supports individuals of all levels and abilities to enjoy being active together through fun and inclusive activities.

Our activity pack includes 8 activity cards that are suitable for all family members.

Each activity can be adapted to suit all abilities and levels. Remember to do what feels most comfortable to you and your family.

+ The most important thing is to have FUN and give it a **GOGA!**



Fitness Game



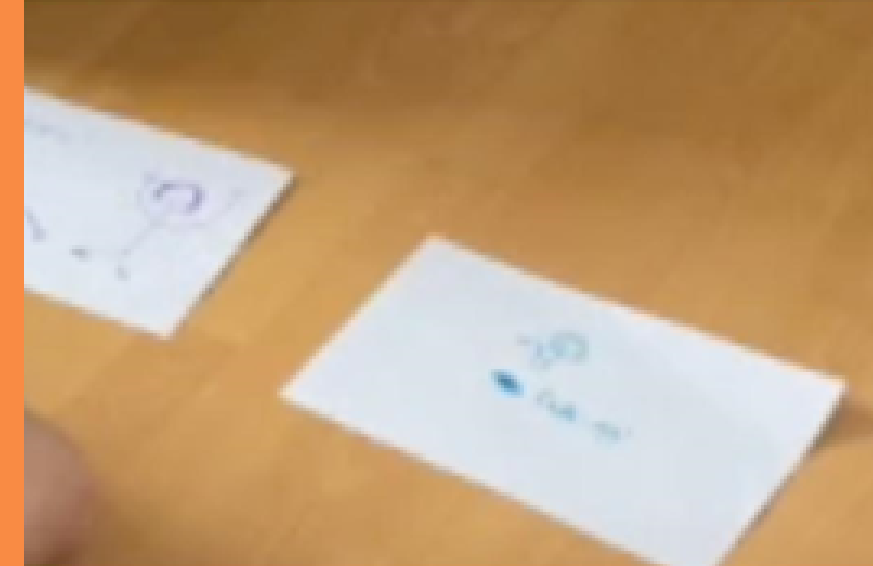
You will need:

Paper
Pens
Dice



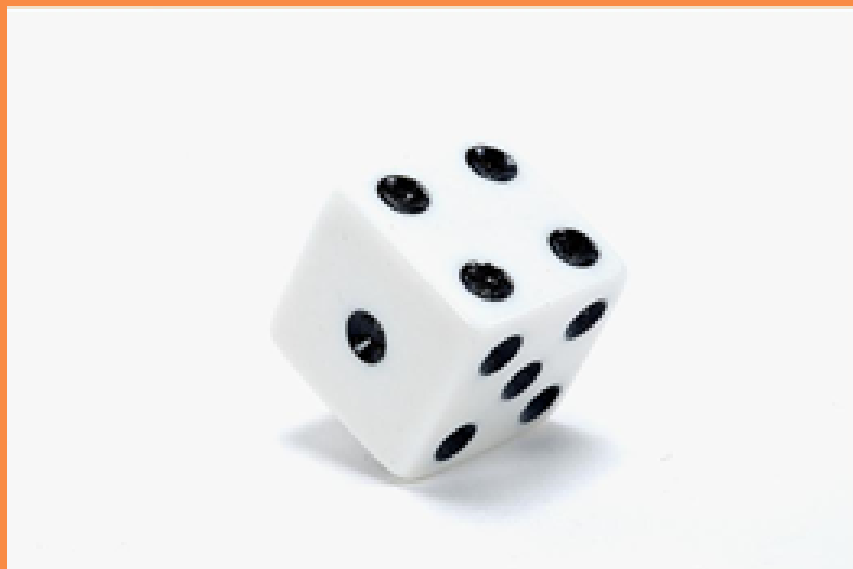
Step 1:

Draw or write different exercises on a piece of paper.
We recommend 6-12 exercises



Step 2:

Spread the exercises around the room, making sure you have lots of space.



Step 3:

Start at the first exercise and get someone to roll the dice. The number the dice lands on is the number of times everyone has to do the exercise.



Step 4:

Move round each exercise station, taking turns to roll the dice.



Step 5:

Repeat the game as many times as you can.

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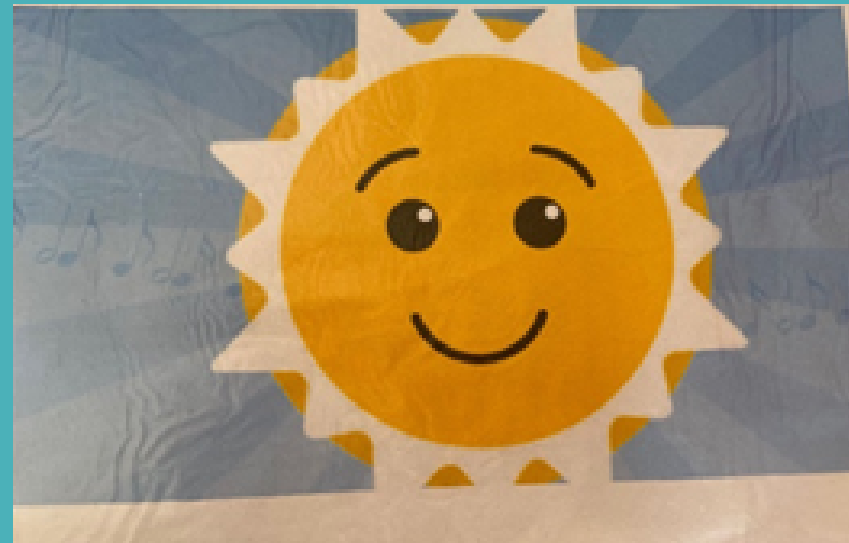


Family Yoga - The 4 Seasons



Spring

Start off as a little seed then bloom into a beautiful flower, using your arms to stretch up high.
Buzz like a bumble bee



Summer - Do the sun dance

Stretch up high, hang down low to tickle your toes, jump your feet back, put your belly on the floor, look up at the sun then stick your bum in the air, feet jump back and stretch up tall



Autumn

Be a tall Autumn tree and balance on one leg.
Shake your arms to let all the leaves fall off.



Winter

Use a mat or blanket to go sledging in the snow.
Make an imaginary hot chocolate and use your breath to cool it down



Lay down to relax

Find a comfortable lying position and close your eyes to relax



Reflect

What was your favourite season?
What was your favourite part?

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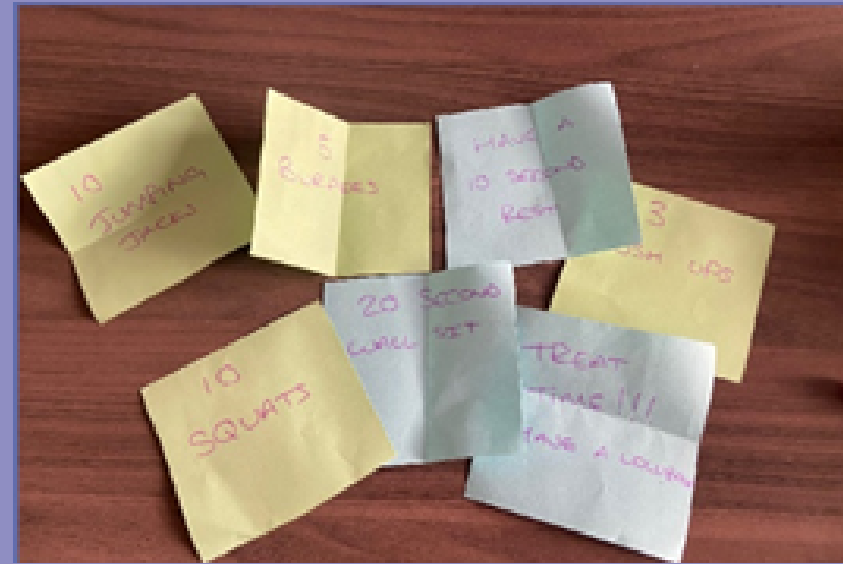


HIDE & FITNESS SEEK



You will need:

Pens
Paper
Good Hiding Places



Step 1

Write down exercises on a piece of paper.
Remember to put a few treats or rests in there too.



Step 2

One person hides the piece of paper while everyone else is in the other room.



Step 3

Working as a team, everyone needs to find the exercises.



Step 4

Everyone has to do each exercise when it is found.



Reflect

Did you manage to find them all?
What was the trickiest hiding place?

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AUTUMN ADVENTURE



Step 1

Wrap up nice and warm and pick somewhere to go for a lovely walk.



Step 2

Explore nature and discover how exciting and beautiful it can be.
Collect leaves, sticks and other things you find on the ground



Step 3

Complete your walk and be proud of yourself for doing so.



Step 4

Talk about all of the objects you collected and have a think about what you would like to make with them.



Step 5

Make a nature picture or build a nature object.



Reflect

What was your favourite part?
Are you proud of what you achieved today?

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DANCE OFF



You will need:

Space
Music



Step 1

Take turns at being the DJ and select a song for everyone to dance too.



Step 2

When it's your turn, you have to make up a dance for the song the DJ chooses.



Step 3

Give feedback on what you thought of the dance moves. Remember to be thoughtful with your feedback.



Step 4

Get together and have lots of FUN!



Reflect

What was your favourite song to dance too?

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FEELINGS JARS



You will need:

Empty Jars
PVA Glue
Food Colouring
Paint brushes

String
Paper/ Card
Water



Step 1

Mix some PVA glue with food colouring.
Add a little water to make a running consistency



Step 2

Paint each jar and leave for a few hours until they dry



Step 3

Create labels for the jars using string and card or paper.
Be creative and use any shape you like.



Step 4

Attach the labels to the jars and they are ready to use.



Reflect

Use your feelings jars everyday to store your thoughts and feelings. It is a fantastic way to help you think about your feelings and express them safely.

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FIT SIMON SAYS



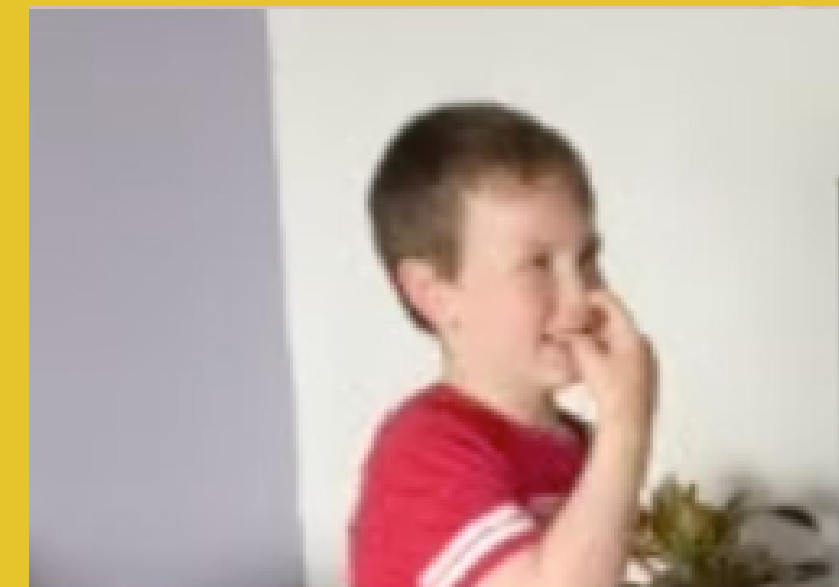
You will need:

Space
Lots of exercises



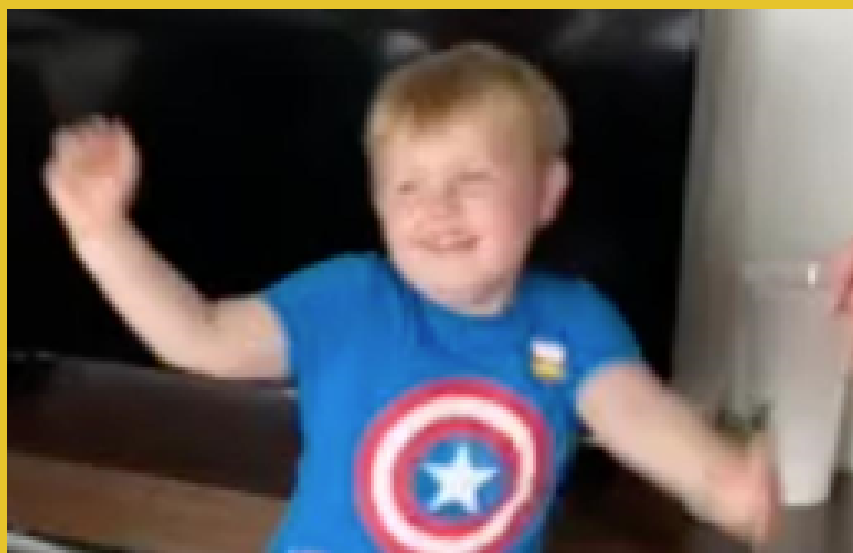
Step 1

Take turns to be Fit simon.
When it is your turn, you say, "Fit Simon says..."



Step 2

The rest of the team must do all of the exercises that Fit Simon says. After 3 exercises, swap places so everyone gets to be Fit Simon.



Step 3

Repeat as many times as you can until someone gives up.



Step 4

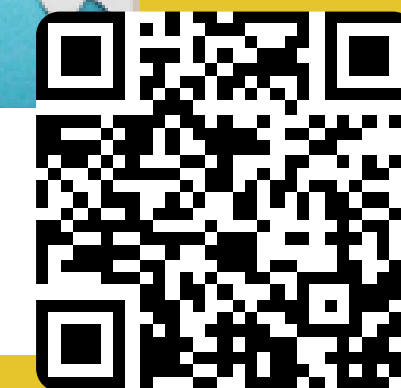
Try to be creative with your exercises and challenge yourself not to use the same ones that have already been done



Reflect

What was your favourite?

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FAMILY FITNESS FUN



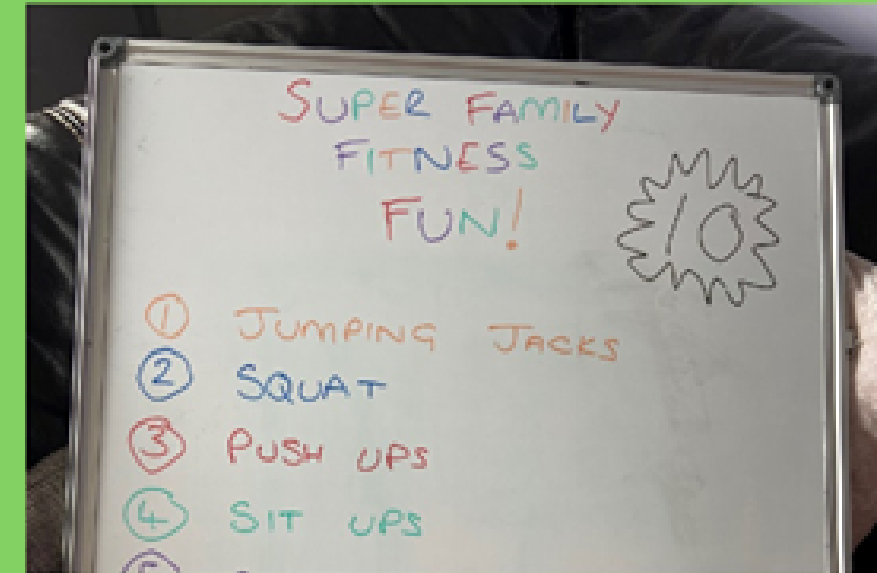
You will need:

Space or white board
Pens
Superhero Costume



Step 1

Dress up as your favourite superhero or make your own mask or costume.
Be creative and have fun!



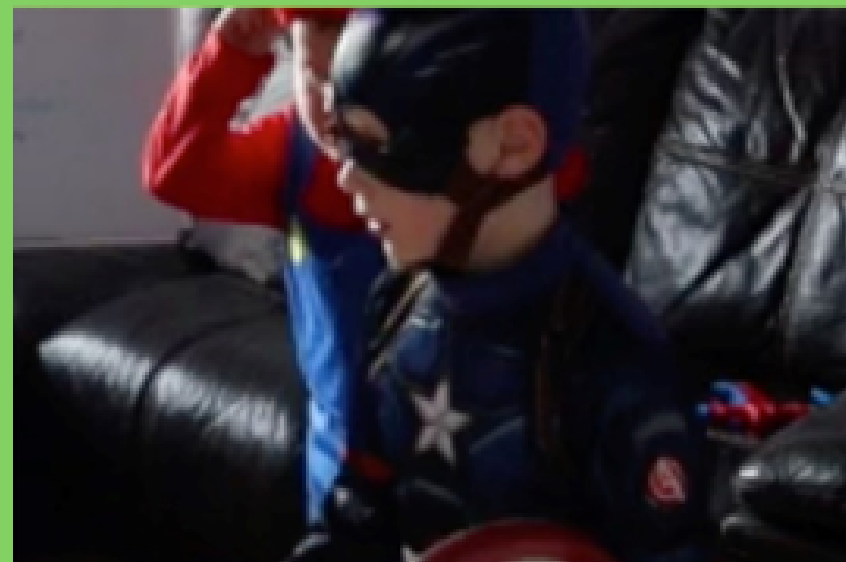
Step 2

As a team, agree on the exercises you want to do together. We suggest 10 different exercises.



Step 3

Go through each exercise together making sure everyone completes them all.



Step 4

Once you have completed them all why not start from the bottom and work your way back up to the top again?



Reflect

What exercise was your favourite?
Who was the best dressed superhero?

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GOGA Tayside's Family Fun Activity Pack

If you have taken part in any of our family fun activities please tag us on Facebook and Twitter using the hashtag #GOGAfamilyfun

If you have enjoyed our activities in this pack and would like to do more please visit our Facebook (Get Out Get Active Tayside) and Youtube channel (GOGA Tayside) where we post weekly family fun activities and videos.

For more information on GOGA Tayside please visit our website at:
gogatayside.co.uk



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Contact Information

To get in touch with the GOGA team please contact us on any of the following:



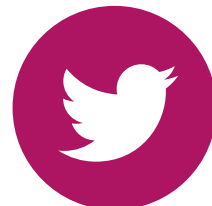
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