Active Wellbeing Packs

FUN AND INCLUSIVE ACTIVITIES FOR YOUR WHOLE FAMILY!

Brought to you by....

ACCESSSPORT

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Hello!

We hope you are excited as much as we are for your new Active Wellbeing Packs

If you flick through this Activity Booklet you will find:
- Activity Cards with fun inclusive sports activities to do with your family and friends
- Recipe Cards to inspire you to cook something tasty!
- Wellbeing Activity Cards to help you look after your mind as well as your body

We hope you enjoy your Active Wellbeing Packs, and we would love to hear how you use it so please let us know either through our social media or drop us an email at ignite@accesssport.co.uk

You can find more activities on our facebook and website, and share with us your photos and videos!

Take Care
The Access Sport Team!

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**STEP**

By altering the elements of STEP, it enables you to make activities more inclusive and adapted to your specific needs. Here we have included some tips from Activity Alliance.

### Space
- Surface type:
  - Easier surface: pavement or wooden floors
  - Challenging surface: Grass or carpet (but provides some cushioning)
- Target games: expand space to make more challenging. This can be done in terms of distance and height!

### Task
- Try sitting instead of standing, and vice versa
- Work on different coordination activities, e.g. tapping your head and rubbing your chest
- Think about different ways to interpret moving (in all directions)
- Set yourself challenges to beat

### Equipment
- Check out our list of alternative equipment. Household objects can easily be incorporated into various activities.
- Think about weight, size and shape when making easier/harder
- E.g. Balloons are lighter and larger than balls making them a great alternative when learning or for those with limited mobility

### People
- Do activities with other individuals
- Work together for balancing games or activities
- Make it a competition between yourself and others to build up motivation.
- Why not play with pets! Tug of war and fetch are very active games

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**What to use**

**Play using items you have at home**

- Beanbags or Zip lock Bags filled with rice or beans
- Balls or Rolled socks, balloons, scrunched paper
- Target or Cushions, bucket, saucepan, bowl, bin
- Net or String, chair, table
- Cones or Cups, Tins or water bottles

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Home Activities!
Fun and inclusive activities for you and your family!

Activities

Noughts and Crosses
- Create a 3 x 3 grid on the floor - you could use towels to make lines or cushions to make squares
- You will need an opponent and you will both need 5 objects to throw
- The aim is to get 3 of your objects in a row, either vertically, horizontally or diagonally

King of The Cones
- Each player should have 3 cones, cups, tins etc. lined up in front of them
- With a soft ball, roll the ball to hit your opponents cones
- If you hit the cone, you get to take their cone and add it to your line
- The winner is the first person to get all the cones

Cool Down
Number Yoga
- Can you make the numbers from your birthday date?
Lay down or standing up try to be different numbers stretching & relaxing your muscles

Challenge of the Week
Clap Catch
- Throw a ball in the air & see how many times you can clap before catching it again

Equipment
No equipment? No problem!
- Small Balls
- Cones
- Bean Bags
- Sponge Ball

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Home Activities!
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Activities

Follow the Leader
- With a partner, each person has a racket and a ball
- Move around your space, with one person as the leader and the other to copy
- Do different skills like bouncing the ball on your racket side to side, or round different obstacles

Through the Gates
- Create 'gates' using pairs of cones
- Dribble, kick or roll the ball through each gate - each one you go through is 1 point
- See how many points you can score in an allotted time

Cool Down
Balance Beam
- Create a balance beam using a towel on the floor
- See how you can balance & do different stretches without stepping of your beam

Challenge of the Week
Around the World
- How many times can you pass a ball round your waist, head or legs in 60 seconds

Equipment
No equipment? No problem!
- Small Balls
- Bean Bags
- Sponge Ball
- Cones
- Rackets

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Copy Cat
- Standing in front of your partner, copy each other's movements and stretches
Be as imaginative as you can, stretching out and relaxing your muscles

Equipment
No equipment? No problem!
- Small Balls
- Cones
- Bean Bags
- Rackets
- Sponge Ball

Activities

Countdown
- Use a bucket, bowl or a saucepan as a net to throw in
- Starting close to the bucket throw a ball (or rolled up socks)
- Each time you get it in take one step back, if you miss, you have to take one step forward closer to the net
- See how far away you can get away from your net

Table Tennis
- Use tins or a towel as a net, with your rackets and small soft ball
- See how many times you can get it over the net without it hitting the table
- Or play a game, try to get it each other out by making it difficult to return the ball

Cool Down

Challenge of the Week

Scissors
- How many times can you scissor your arms or legs in 1 minute
- Just move in and out!

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Home Activities!
Fun and inclusive activities for you and your family!

Activities

Cups and Saucers
- In your space scatter cones with some cones the right way (Saucers), some cones upside down (Cups)
- You can play this on your own, or with your family, but team up to be Cups or Saucers
- In a set time, one team has to try and make all the cups look like Cups, and one team has to make them all Saucers

Snake
- Set out cones, tins or cups in a long line with space between each to get through
- Like a snake, run, dribble with a ball, or balance a ball on tray, in and out of the cones
- You can make it harder by making the space smaller or speeding it up

Cool Down

Wildlife Walk
- Pretend you are walking through the woods, stretch & pretend to be different things you would find in the woods
- Stretch tall like a tree, or small like a mouse

Challenge of the Week

Rainbow Race
- Race to collect different coloured objects from around your house and make a rainbow!

Equipment

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Activities

Cups and Saucers

Snake

Cool Down

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Activities

Into The Box
- Create a square using cones
- With a partner, take it in turns to throw objects in your 'box'
- The person with the most balls in the square wins!
- You can make it harder by making the square smaller or stepping back

Battle Ships
- In pairs, create 'Ships' out of cones
- You can have single small ships, or big ships made up of 3/4 cones or cups
- Each player should have 5 ships each and should spread them around the space
- Using a ball, you should take turns to try and to hit your partners ships to make them explode!

Cool Down

Mirror Mirror
- Standing in front of your partner, copy each other's movements & stretches
- Be as imaginative as you can, stretching out and relaxing your muscles

Equipment

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- Small Balls
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Challenge of the week

Tetris
- How high can you stack your different pieces of equipment?

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Home Activities!

Fun and inclusive activities for you and your family!

Activities

Goal!!!
- Create a goal using cones
- You have to kick or roll the ball between the goal
- Each time you score, make the goal smaller
- If you miss it, you must do it a forfeit
e.g 5 toe touches, or 5 star jumps
- Keep going till you have a tiny goal!

Big Ball Golf
- Create a 'Golf Course' using cones and different objects to make 5 holes around your house
- You can kick, push or hit the ball in to the holes
- See how many turns it takes for you to get the ball to stop on your hole
- Can you get a HOLE IN ONE?!

Cool Down

Alphabet Yoga
- Try & spell your name through different stretches/yoga moves.
- You can do it standing, lying, or however you can think!

Challenge of the Week

Hot Potato
- How many times can you throw a ball between your family without dropping it?

Equipment

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- Small Balls
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- Sponge Ball

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It is important to notice the little things that make you smile and bring you joy.

Use the below schedule to write down or draw one thing every day that has made you happy.

This could be anything! Listen to your favourite song, see something cool, or give someone in your house a hug?

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<thead>
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<th>Monday</th>
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**MINDFULNESS**

Here are some mindful activities

**TOUCH, SIGHT, SOUND**

- **TOUCH**: Put a selection of mystery items in a bag and take turns feeling one object at a time and guess what it is as you describe the texture and shape.
- **SIGHT**: Look around the room in silence for one minute and point out all of the things you never noticed before.
- **SOUND**: Set a timer for one minute and count how many different sounds you can hear with your eyes closed, and then share what you heard with each other.

**HI-5 BREATHING**

- You can use your own hand, someone else's or the one drawn here
- Start on the outside of your thumb, breath in and trace the outline of your thumb
- Hold your breath at the top then breath out and continue round your fingers

**Tense and Release - Muscle Relaxation**

- Starting at the feet, gently squeeze your muscles for a few seconds and then slowly relax your muscles
- Next squeeze the muscles in your lower legs and gently release.
- Work your way up your body, gently squeezing your muscles for a few seconds and slowly relaxing each muscle
- Remember to breathe deeply!

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**What you need:**

- 1 Tsp Olive Oil
- 1 Onion, chopped
- 2 Celery Sticks, chopped
- 2 Carrots, chopped
- 2 Peppers, chopped
- 2 Tins of Chopped Tomato
- 300g Dried Pasta
- Grated Cheese
- Knife
- Saucepans
- Spoon
- Oven Dish

**Recipe**

- Preheat the oven to 190C/170C Fan/Gas 5
- In a saucepan heat your oil, gently cook your onion, celery, & carrots - when soft, add your peppers and cook for 10 minutes
- You can add extra vegetables to make it extra tasty!
- Then add your tinned tomatoes and stir
- You can add different spices or ingredients to make it to your taste, maybe some garlic, salt & pepper or even chilli!
- Simmer for another 10 minutes so the sauce thickens
- Cook your pasta following the pack instructions
- When your sauce and pasta is cooked, mix together
- Add your pasta to an oven dish & cover with LOTS OF CHEESE
- Bake for 15 minutes or until the cheese has melted
- Grab a fork, a bowl and..... ENJOY!

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Recipe

- Whisk the cream in a mixing bowl for about 3 minutes or until you can form soft peaks - when you lift the whisk out of the cream, it should hold itself like little mountains
- Drain the syrup from the tinned fruit into a bowl
- Split the fruit equally into two bowls
- Chop half the fruit into small pieces
- Gently fold the chopped fruit into the cream
- Pour half of the syrup and 2 tbsp of honey into the cream
- Mix gently
- Put the remaining uncut fruit between four cups
- Top with the cream and chopped fruit mixture
- Crumble half a biscuit on to the top of each cup
- Grab a spoon and...... ENJOY!

what you need;

- 1 Tin of Peaches - or YOUR favourite fruit
- 300 ml Double Cream
- 2 Tbsp of Honey
- 2 Biscuits (optional)
- Spoon
- Bowl
- Whisk
- Knife
- Cup (to serve)