

# Kiddies activities

Hello, we are Geo and Thalie. Let's have some fun and play some games. These can be played indoors or outside. During game time, we will practise balance, lower muscle strength, gross motor skills, aiming for a target and concentration. Lets begin!



## TURTLE GAME

### You will need:

- A plastic bowl or bucket
- Bean bag or small soft toy
- String or masking tape

Cut 2 metres of string or masking tape and place it on the floor in a straight line. Put the bowl on the one end of the string. Find the middle of the string and see if you can throw your bean bag into the bowl from there. How about taking a step back and throwing again?

You can also try to walk the line while balancing the bean bag on your head. For better balance, put your arms out like a turtle's flippers. Now you can challenge your friends and family to turtle Olympics and see who comes out tops!



## PENGUIN GAME

### You will need:

- Plastic bowl or bucket
- A few small balls or soft toys

For this game we will waddle and hop like penguins. Put one of the "penguin eggs" between your knees and waddle it safely to the "nest". Careful not to drop the ball! Let's see which team brings all their eggs to the nest first. Younger players can waddle and hop at their own pace.



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