

PSP KINGSTON REC

ACTIVITY CARDS

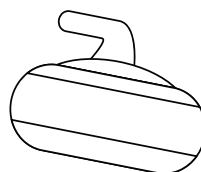
School-Age

1 of 2



INDOOR CURLING

Make a curling rink out of tape and use bars of soap as the rocks. Hurry Hard!



2

ANIMAL WALK

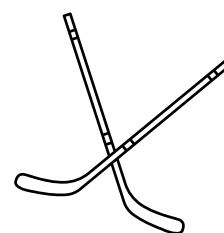
Challenge your child to walk like an animal. Can they slither like a snake, hop like a bunny, or waddle like a penguin?



3

LIMBO COMPETITION

Use a broom or a hockey stick and see how low you can go!

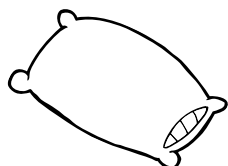


4

LAVA GAME

The floor is lava!

Put cushions, towels, and other objects on the ground. See if you can make it around the room without touching the floor.



5

INDOOR SKATING

Put on your slipperiest socks, or attach dryer sheets to your feet and go for a skate around your house. Be careful!



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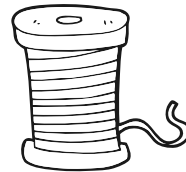
School-Age

2 of 2



SPY GAME

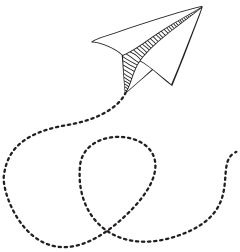
Tape string 'lasers' down a hallway and see if your secret agent can steal the treasure without being detected by the magic lasers!



7

PAPER PLANE COMPETITION

Make a variety of paper plane models and see how far they fly. Can you get your plane to do a loopy-loop?



8

TREASURE HUNT

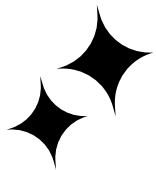
Hide a favourite toy. Come up with a set of clues that eventually lead to the missing toy.



9

SIMON SAYS

Simon says
stand on one foot,
Simon says
clean your room...



10

OBSTACLE COURSE

Have your child design an obstacle course and see how fast they can complete it. Use everyday objects around the house like cushions, chairs, brooms, and toys.

