

Family Team Building Coffee Morning

Friday 19th October 2018

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Mentor



- Play is essential to development because it contributes to the cognitive, physical, social, and emotional well-being of children and youth.
- Play also offers an ideal opportunity for parents to engage fully with their children.
- Despite the benefits derived from play for both children and parents, time for free play has been markedly reduced for some children.
- Lifestyle, changes in family structure, and increased attention to academics and enrichment activities at the expense of recess or free child-centered play.





Benefits

- Play allows children to use their creativity while developing their imagination and physical and emotional strength.
- Play allows children to create and explore a world they can master, conquering their fears while practicing adult roles, sometimes in conjunction with other children or adult caregivers
- Ideally, much of play involves adults, but when play is controlled by adults, children acquiesce to adult rules and concerns and lose some of the benefits play offers them, particularly in developing creativity, leadership, and group skills.



Benefits



- When parents observe their children in play or join with them in child-driven play, they are given a unique opportunity to see the world from their child's vantage point as the child navigates a world perfectly created just to fit his or her needs.
- Parents who have the opportunity to glimpse into their children's world learn to communicate more effectively with their children and are given another setting to offer gentle, nurturing guidance.
- Less verbal children may be able to express their views, experiences, and even frustrations through play, allowing their parents an opportunity to gain a fuller understanding of their perspective.



TOWER BUILDING

Equipment needed- newspapers, paperclips and cello tape

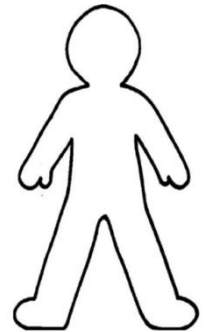


As a team you must use the cello tape and paperclips to build the tallest tower you can. This can be done in one big groups or a number of smaller ones



CREATE A PERSON

Equipment needed- Extra-large sheets of paper or Wallpaper, colouring pens/pencils and glue and fabric



One person lay's on the floor while the other/others draw around them. The group then fills the outline of the person with whatever they like. You can also give your creation a backstory if you wish.

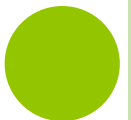


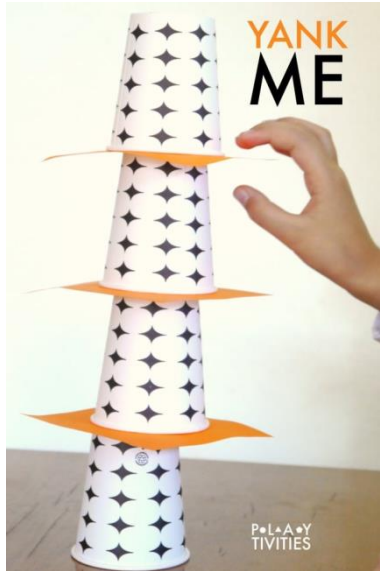


BALLOON BALANCE

Equipment needed- Balloons and masking tape

Who can keep the balloons in the air for the longest amount of time without stepping out of the masking tape. Add more balloons to increase the difficulty.





Yank Me

Equipment needed- plastic cups
and pieces of paper

Stack cups on top of each other with paper slips in between each of them.

Then, starting from top try to yank each paper without the cup falling and destroying your tower. The cup has to fall on another cup and then another cup and then another cup. Until there are no papers left.

do this within one minute or if more than one

The Shape Game

Equipment

Stickers of different shapes, e.g., circles, stars, triangles, moons or different coloured stickers of the same shape.

Activity

Place a sticker on each persons forehead. Now everyone must find others with the same shape or colour sticker as their own and form into groups.

However, they are not allowed to talk or mime what someone's shape is. Time how quickly they are able to get into the correct groups.

Follow the activity with a discussion focusing on how it felt to be helped and supported by others, and reinforcing the fact that all of us need help and support at various times and for various reasons.



The Shape Game

Equipment

Stickers of different shapes, e.g., circles, stars, triangles, moons or different coloured stickers of the same shape.

Activity

The ball roll. Let 2 kids hold long piece of cardboard with their hands and roll ball back and forward and try not to let it fall on the floor. The longer they will keep it on the cardboard – the better



The Shape Game

Equipment

Stickers of different shapes, e.g., circles, stars, triangles, moons or different coloured stickers of the same shape.

Activity

Balloon walk. Stand your kids side by side and put the balloon between their hips. Tell them to walk across the room without dropping the balloon (and without using their hands to help hold it). If they drop it, they need to start all over again.



The Shape Game

Equipment

Stickers of different shapes, e.g., circles, stars, triangles, moons or different coloured stickers of the same shape.

Activity

Together we stand. Sit your kids on the floor, touching their backs and their arms linked at the elbows. Now tell the kids to get themselves up and standing without ruining the position (their backs touching and elbows linked). There will be some pushing against each other. To make the game more challenging leave some treats on the floor around the house for them to pick it up (while linked together). My kids had so much fun doing it!



The Shape Game

Equipment

Stickers of different shapes, e.g., circles, stars, triangles, moons or different coloured stickers of the same shape.

Activity

Potato drop. This sibling activity is great for kids who are competitive and can handle the race. Put 2 bowls at the finish line. Then mark starting point across the room and give each child a potato. The task is to race while carrying the potato between their knees and drop it in the bowl at the finish line. They can't use hands!



The Shape Game

Equipment

Stickers of different shapes, e.g., circles, stars, triangles, moons or different coloured stickers of the same shape.

Activity

Blind Treasure Hunt. Place some treats around the house and blindfold one of the siblings. Let the other one (who is not blindfolded) guide the "blind one" to the treat with words.





PENCIL PICTURE

Equipment needed- Pencils,
string, paper

As a team you must draw a
picture, no one is allowed to
touch the pencil



LIST OF HELPFUL WEBSITES WITH GAMES AND RESOURCES

<https://www.todayparent.com/toddler/20-fun-indoor-games/>

https://www.momjunction.com/articles/indoor-games-and-kids-activities-for-this-season_00369105/#gref

<https://www.familyfuntwincities.com/fun-indoor-games-for-kids-of-all-ages-categorized/>

<https://www.activityvillage.co.uk/games>

