



THE BIG PLAY



Five - Eight Year Old Challenges

1. Find out how many people live in the area you stay in.
2. Encourage your child to do a good deed to help someone else in the community.
3. Tell your child about a special memory from your childhood; ask your child about their favourite memory so far.
4. Plant something and watch it grow. Try a herb then you can eat it.
5. Teach your child how to check their pulse. See how many times your heart beats in one minute- is it more, less, or the same amount as your child's?
6. Take time with each other to just chill out, cuddle up, make something nice for dinner or lunch, watch something fun and just enjoy each other's company. No mobile phones allowed!
7. Tell your child a story from when you were their age. Draw out the story onto a piece of paper let them add words or pictures to it.
8. Make up a crazy hand shake with your child. Include lots of different moves.
9. Plan a big family day where everyone spends the whole day together. You could even have a day in, and fill it with lots of fun things at home.
10. Make sure you don't forget to take photos of you and your little one and print the best ones out to put into a photo album.
11. Go on walk in the woods and tick off as many of these as you can spot:
 - A tough or shiny evergreen leaf
 - 2 different types of seed
 - A plump sweet chestnut
 - A crazy shaped branch
 - An acorn in its cup
 - Fallen pine needles
 - A shiny conker
 - A pine cone
 - A fir cone
 - Something blue
 - A fallen twig covered in moss or lichen

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12. Use old socks to make a puppet version of everyone in your family- you could even include pets! Use your puppets to act out your day- adding in some made up bits if you want some extra excitement!
13. Challenge your child to make you laugh. Do your best to keep a straight face for as long as you can. Take shots each.
14. Give your child their own chore i.e. make their bed every morning, open up the blinds or curtains.
15. Ask your child to teach you a song or game they learned at school and sing/play it with them.
16. Ask your child to keep a diary in pictures or words for them to remember how much fun they had doing all these challenges.
17. Help your child make up a family tree. They could even add in close family friends or people they see regularly.
18. Have a few days out at the Transport museum, Tall ship, art galleries and Scotland street museum (all free entry)- remember your packed lunch!
19. Help your child to prepare a lunch for everyone in the house. Let them make the menu, decide on drinks and set up a space for you all to eat together.
20. Draw a picture of your child explaining why they are so special, place it somewhere they can see.
21. Have a play day with each other, get all the toys and books out, paper and pens and spend the full day together just playing!
22. Every time there is a advert break on tv everyone get up and do a funny dance, no excuses.
23. Make cakes with your little one, let them do all the hard work, and make sure they get to try the first one.
24. Make up your own challenge, take a crazy selfie while doing it and email it to us at the Big Play at info@3ddrumchapel.org.uk.
25. Ask your child to pretend they are working for a newspaper company and writing a story about doing the Big Play challenges; make sure they add some pictures too. Hand it into the 3D Office or email it to us and we will add them all onto the website.

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