

## ACTIVITIES USING STRAWS

More ideas to keep your children busy indoors during this extended time at home. I have posted some ideas about blowing activities, but here are more ideas ...

Most of the following activity ideas are the result of an internet search.

**Dog** ([found it online, but could not find the link again. It is either a Japanese or Chinese video](#))

This activity is suitable for children who are able to blow through a straw. However, you can use the prop yourself to entertain your child. Use the phrase '*Ready, steady, Go!*' to cue them in.



You will need:

- 3 X A4 sheets of paper in different colours. I used blue, yellow and orange
- Straw\*
- Double sided tape or Sellotape. I only had Sellotape indoors

\*To make your own straw:

- I used an A4 sheet of white paper and rolled a felt tip pen tightly from one corner to another using the paper
- Remove the pen
- Secure all the ends with Sellotape
- Cut the ends in a straight line
- I used two lengths of Sellotape at one end, and folded it over the end. On the other end, I only used one length of Sellotape

To make the dog:

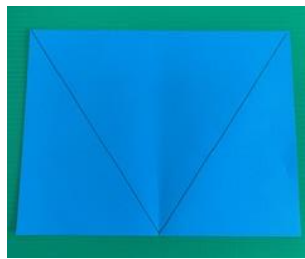
Follow the written and photo instructions.

### Step 1



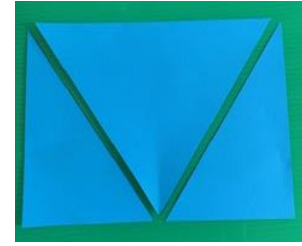
Use an A4 sheet of paper.

### Step 2



Find the middle of the sheet on the long end and draw a diagonal line from the middle to each corner.

### Step 3



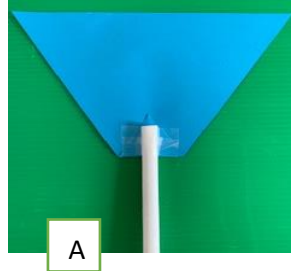
Cut along these lines. You will only need the big triangle. You may wish to cut the smaller triangles into shapes, which can also be used for blowing.

### Step 4



Fold the bottom of the triangle back. The bottom should be wide enough to allow for a straw.

### Step 5



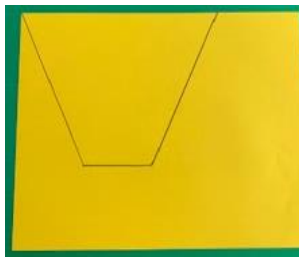
Attach the straw with double sided tape or with Sellotape.

### Step 6



Cut a strip of paper from the long end of the paper. It should be as wide as the bottom end of the triangle (A). This will become the tongue.

### Step 7



Cut the shape of the flat-ended triangle from another colour paper. I lay the blue shape on the yellow paper and marked the edges before I drew the lines.

### Step 8



Attached the tongue over the straw.  
Put the yellow shape on top of the blue shape and tape the edges.  
Fold the ears over.  
Draw a face.

### Step 9



Turn the dog over.  
Roll the tongue as tight as possible. I used my cooking thermometer.

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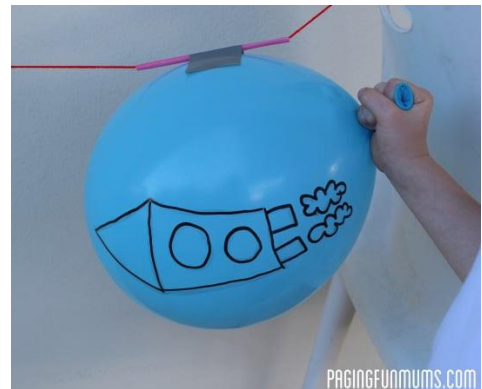
## Balloon rocket ([www.pagingfunmums.com](http://www.pagingfunmums.com))

### You will need:

- A balloon
- Piece of string
- Drinking straw
- Marker pen or black felt tip pen

### How to prepare:

- Inflate the balloon, but **do not tie**
- Draw a rocket with the marker pen or felt tip pen
- Attach a short length of a drinking straw with tape to the top of the balloon
- Deflate the balloon
- Put a piece of string through the straw and tie the ends to furniture or door handles (see image)



### How to play:

- Inflate the balloon
- Hold the end very tight
- Say '*Ready, steady, go!*'
- Release the balloon on '*Go!*'

If your child is not able to do this on his/her own, s/he could always just hold on tight to the end of the inflated balloon and release when you say '*Go!*' This is a fun activity as it makes a noise and it moves along the string.

## Balloon Tennis

For this activity, your child should be able to keep a balloon in the air and they should be able to aim the balloon at another person.

### How to play:

- Inflate a balloon
- Stand a short distance from each other
- Hit the balloon, aiming it at the partner
- Hit the balloon back
- See how long you can keep the game going

## Squeezy balloons

### You will need:

- Balloon
- Flour or cornflour
- A funnel, to add flour to the balloon, if you have one handy. You could also cut the bottom off a drinks bottle and use it as a funnel. Make sure it is dry before using it to fill the balloon

### How to make the balloon:

- Put the funnel into the 'mouth' of the balloon. When using a drinks bottle, put the 'mouth' of the balloon over the bottle opening
- Fill the balloon with flour or cornflour
- Add a tablespoon of water and mix the water in flour in the balloon by squeezing it. You can add more water if you want it to feel softer
- When you are happy with the consistency of the balloon, tie the end tightly
- You can draw a picture of a face on the balloon to make it more interesting
- You could also add other textures to the balloons, such as:
  - Shaving foam
  - Dry lentils
  - Cornflour
  - Rice

#### How to use the balloon:

Your child can squeeze the balloon when watching television or when they become fidget.

**Use under supervision and don't allow your child to bring it near their mouth.  
Only to be used with children who won't bite the balloon.**

## **Balloon painting**

### You will need:

- Inflated balloon
- Paper
- Paint
- Bowls
- Newspaper or table cloth

### How to paint:

- Put different colour paints in bowls
- Line the table or floor with newspaper or a plastic table cloth
- Show your child how to dip the balloon in the paint and then make marks on the paper
- When finished, allow the 'paintings' to dry

## **Balloon boxing**

### You will need:

- An balloon
- String
- Tape

### How to play:

- Inflate the balloon
- Tie a string to the end
- Tape the string to a door frame
- Now hit the balloon with your hands

## **Crazy balloon**

### You will need:

A balloon

### How to play:

- Inflate the balloon
- Hold the 'mouth' of the balloon tight
- Release the balloon

These games allow for eye-hand co-ordination, movement, focus, team work, waiting, turn taking, and blowing, which is a '*heavy work*' activity.

The aim is to suggest some ideas to create regular movement breaks throughout the day and to reduce the time your children sit in front of the television or look at their tablets during the day.

Enjoy and stay safe.