Haktive at Home

Focus on Toiet Rolls

Week 5

With everyone advised to stay at home the number of toilet rolls each house accumulates is staggering. Don't let them go to recycling straight away, have some fun with them first! I'm sure you can come up with some cool challenges too.
"..every little bit of activity will help their well being and yours."

The Haktive Challenge-a-Day



1. Get a piece of ribbon or string, thread some toilet rolls onto it (the more you have, the heavier it becomes) and try skipping.

2. Throw and catch the toilet roll. Add a second one and both people throw and catch at the same time.

3. Balance a toilet roll (flat and upright) on your head and walk around. Balance it on your tummy or back and try to move around without it falling off.



4. Toilet roll skittles - place your toilet rolls in any pattern depending on how many you have. Set a starting point and roll a ball to knock them down, have 2 rolls per turn and keep a score.

5. Place a box, wash basket or towel on the floor in a central spot - divide the toilet rolls between the players (can colour code them if you wish). Take it in turns to throw a roll into the box. Can have same or different starting points, but do move away from the box to make it harder.

6. How many different rolls can you do? Forward, backward, log, side, teddy bear?

The Seymour Family



7. Make a toilet roll family and take them on an adventure. Climb a mountian, cross the ocean, run through a jungle...

Newsletter & Updates: Haktive.com/at-home

We will be sharing more updates to help keep you and your family active and happy through our newsletter.

Haktive at Home Copyright Haktive 2020