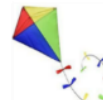
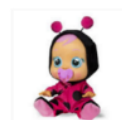


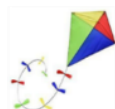
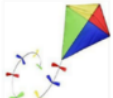
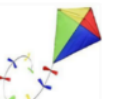
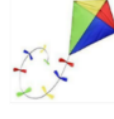
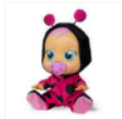
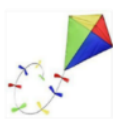
# OLYMPICS AT HOME 1/2

Hold your own family olympics, or invite your neighbours along!

- ✓ Match throw. Draw a line on the ground and, with your foot on the line, throw a match as far as you can.
- ✓ Cumulative long jump. Draw a line on the ground. The first participant jumps forward from this line as far as possible. The next participant jumps from the spot where the first person landed, and so on. Measure how far you jumped altogether.
- ✓ Accuracy run. Decide a course to run, perhaps around the building. Measure how long it takes to run the course. Try to run the same course again and to match the previous time exactly. If perception of time is still difficult, you can count steps instead and try to match the amount.



## Hoksausboksi



# OLYMPICS AT HOME 2/2

- ✓ Shout dash. Draw a line on the ground. Starting from the line, all participants run at the same time while shouting on one breath, for as long as the breath lasts. Each participant stops when their breath runs out.
- ✓ Coin toss. Fill a bucket with water and put a drinking glass at the bottom of the bucket. Try to toss coins into the glass.
- ✓ Decide on a route from start to finish. You can place various challenges on the route; obstacles, balancing, etc. Try traversing the route with the child on the adult's back.
- ✓ Long kick. The aim is to kick one's shoe from their foot as far as they can.

Try thinking of more such sporting events!

The winners receive hugs and kisses!



Fun everyday observations

# Hoksausboksi

