

FUN ACTIVITIES FOR CHILDREN WHO USE WALKERS

For children with physical disabilities, reaching moderate activity levels can be a challenge. Research suggests that low-intensity physical activity is a lot healthier than constant sedentary behaviour. Children with disabilities are therefore likely to experience health benefits by increasing their time being physically active and by breaking up sedentary time.

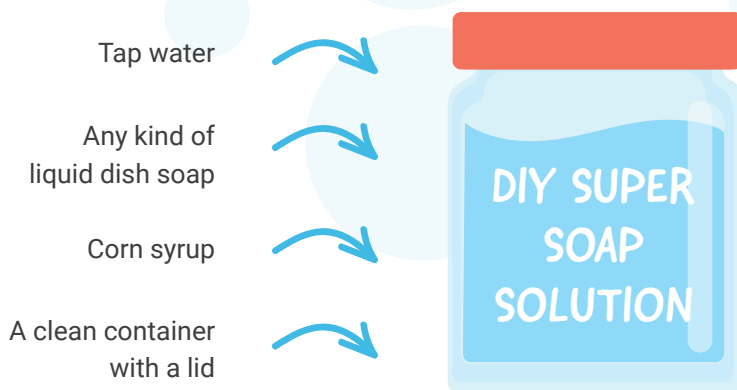
That said, being active doesn't have to be hard or require a lot of effort. Below, you'll find inspiring activity ideas – especially suitable for children who use walkers. Remember that every child is different, so adapting the activities to the child's level is a good idea. You'll come a long way using your own expertise and common sense.

HAVE FUN!



Blowing bubbles

Bubbles are fun, and luckily you can make them yourself! Compete with friends and family and see who can make the biggest bubbles. You can also see who blows the most bubbles in one single breath.



Mix 1,5 litres of water with 0,2 litres of dish soap into a container and stir well. Add a tablespoon of corn syrup to the container and stir until it's all mixed together. That's it – your very own super soap is ready for use! Dip your bubble wand or straw in the solution and have some fun.

Source: Home Science Tools

Gather your friends for some Wii fun

Who says that you need to be outside? Invite your friends over for a game of Nintendo Wii tennis or bowling – super fun and social. Remember to take breaks – they say it's easy to get a tennis



Paint like Picasso

Get some paper sheets, colours, and brushes to create a present for someone you know. Painting can get messy, so cover your table with a piece of cloth before you start. Why not stand while painting?



Jump in the puddles

Nothing's like thrashing through puddles on a rainy day. Put on your favourite song and stomp your feet in to the rhythms. Remember those waterproof pants and rubber boots.



Arrange a dress-up party

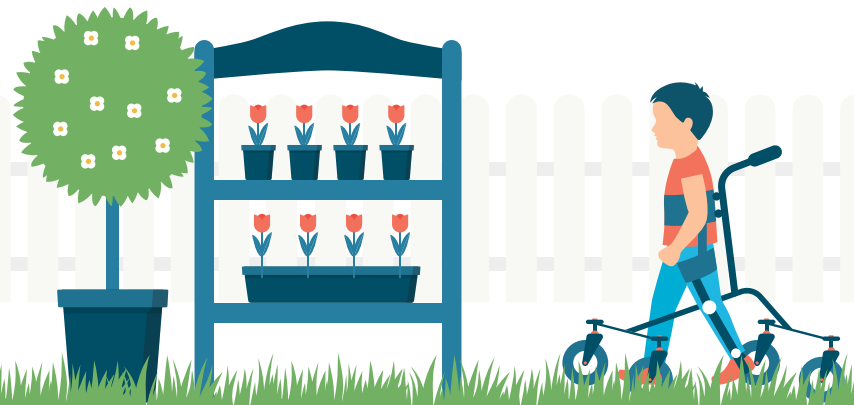
We don't know why, but dressing up like someone else is a lot of fun. Make small cards and invite your friends over for a party at home. You can give the party a theme of your own choosing, like superheroes, music artists or a specific colour. Play games, dance and give the best costume a small prize of your choosing.

Play with a ball

Fetch a ball and throw it around with your best friend! Agree on some markers to hit and count points.

Tend your garden

Sometimes the garden needs a quick fix. Get together with your family to brush leaves. If you have a cart to attach to your walker, you can help pull the leaves to the compost heap. Make sure you end the hard day's work with a treat.



Go for a walk

Walk with a friend, your dog or the doll trolley. You can go on a small adventure if you'd like, but a few rounds around the house can be enough too!



Go bowling – at home!

No, you don't actually need to go to the bowling alley. Find a nice space inside or outside, set up some bottles or cans for bowling pins, and a tennis ball or football for a bowling ball. Remember to make a little mark on where to drop the ball to make it a fair game.

Cook like Jamie Oliver

Eating is more fun when you've made the food yourself. Wash vegetables with mom and dad, or help keep the time on what's in the oven.

...and reward yourself with a sweet dessert

How about some dessert? Come together in the kitchen and create something for your sweet tooth. Divide tasks and collaborate to make it more fun.

