

the big breaktime

childhood day

let's
play!

Primary
Teacher instructions

Ant & Dec's Propa Happy Playtime Power

Let's get silly:

When we see others laughing and having fun, it can instantly make us feel good. It's actual science: mirror neurons (tiny cells) in our brains cause us to copy behaviour and emotions that we see around us. So how do you and your friends like to have fun? Are your games noisy, calm, silly or sporty? Maybe a bit of everything?

Ant We have a game we always play in our dressing room called Sock Football. Can you guess how it works?

Dec If you answered, "Playing football with a rolled-up pair of socks," you win a prize! It's dead simple: one of us takes our socks off. Then we make two goals, using our bags, a chair, or whatever we can find.

Ant Then we play Sock Football – first to score ten goals wins and the loser has to provide their socks next time – although that also means the winner has to put up with the loser's smelly feet!

Dec Just one tip – no headers. After all, who wants to put their head on someone else's smelly socks!

How will you share the fun?

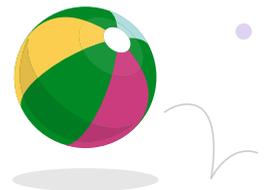
Here are some fun activities to try in the big breaktime.

The circle of stares

Everyone stands in a circle. Choose one person to call "Look down" or "Look up". When it's "Look down", look at the ground. When it's "Look up", look at someone else in the circle. If they're staring right back at you, you're both out – so go out as dramatically as you can! Keep playing until there are just two people left – they're the winners.

Human rock, paper, scissors

You've probably played this game before, but have you used your whole body – not just your hands? Crouch into a ball if you're a rock. Lie flat on the ground if you're paper. And if you're scissors, stand tall with your legs and arms apart, then bring your hands together above your head like scissors.



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Friend-a-thon

Ask each person to choose an event. Now split into teams of around six – the winning team is the first to complete ALL the events! For example, you and your class mates might choose running, building a tower of dominoes, going across the monkey bars and saying your two times tables. Congratulations! You've just invented the run-build-monkey-times table-a-thon!

Body-spell buddies

Gather as many friends as you can for this body-spell challenge! Can you use your bodies to make the letters of the word: 'FRIENDSHIP' or 'NSPCC'? How about 'CHILDHOOD DAY'? You might need the whole class for that one! Choose your own favourite words or names, and ask your teacher to take a photograph!

Psst, teachers, don't forget to post the pictures on social media and tag the NSPCC.

Musical mates

Pick a favourite song as a class. Now take turns singing it – one word at a time! If you miss a word, go back to the start. If you can make it all the way through, you're musical stars!

TWINKLE...



TWINKLE...

LITTLE...



BAA? CAR?
JAR? ER....

Why not invent your own games?

My brother and I play this game where we pretend to audition for *Britain's Got Talent*. My brother, who is four, once said, "Hello my name is Kabir... and I come from Sainsbury's." We couldn't stop laughing!

Dhiya, age 9

The only
limit is your
imagination!

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