

HANDS FREE FUN

Use the instructions below to play a game of apple bobbing but with donuts. This is definitely a treat activity and should not be played too often.

YOU WILL NEED

- At least one donut per child (*it is good to have some spares in case it falls off too early*)
- String
- A tree branch or washing line to hang the donuts from

ACTIVITY

- 1 The donuts are tied to the branch or clothes line and groups of children must try to eat their donut from the string without using their hands or having the donut fall on the ground.
- 2 This is a safer, albeit much healthier, version of apple bobbing where children could potentially inhale water and drown.

Note: Any 'threadable' food could be substituted for donuts - round breakfast cereal pieces (children could thread their own), fruit, marshmallows or a range of candies.



Applies innovative and creative thinking to solve movement challenges

