

4 Ideas with a Bed Sheet

Develops ability to create play with the everyday



Have you ever tried to make a bed with a toddler in the room? You're trying to spread and tuck the sheet. They're jumping onto it, pulling it and crawling under it. The humble bed sheet definitely earns its place in the active play box of tricks.

Bed sheet ideas unfolded:

- **Build a Tent** Grab four chairs, throw your sheet over them...instant tent or cubby!
- **Twist into a Rope** Grab an end each and twist your sheet into a thick rope. Lay it on the ground and challenge your child to walk and balance their way along it, or play a game of Tug-O-War as a family.
- **Make a Hammock Swing** You'll need two adults for this one. Lay your sheet on the ground, ask your child to lay in the middle and gather up each end in your hands. Swing from side to side. Count or sing Rock a Bye Baby for extra fun and learning.
- **Play Parachute Games** You will need several people for a large sheet or downsize to a tea towel for a game for two! Lift your parachute up in the air and down to the ground, give the teddies an exciting ride, popcorn some balloons, or sing Ring-a-Ring o-Roses.



Develops creativity

Sheet play is open-ended - allowing your child to imagine and invent.



Family fun

Games requiring two or more people get the whole family involved in play.



Indoor / Outdoor play

Games are suitable for inside and outside active play. Head outdoors for a boost of fresh air.

For more tips and ideas go to fb.me/MightyMoversCBR or bluearth.org