



Morrinsville Community House

52 Whānau Nights



**Practical and fun
activities to do with
kids or as a family**



**IT IS
OK TO ASK
FOR HELP**

0800 456 450
www.areyouok.org.nz

Kia ora!

Welcome to this list of 52 Whānau Night Activities. This booklet is full of practical ideas of fun stuff that can be done with the kids or as a family at no or low cost.

These are ideas that you as a parent, grandparent, care-giver, educator or whanau worker can use for enjoyment and to support families and children to become stronger and healthier. Not all of the games are suited for everyone or for every age of child, so choose what is most suited to your whānau each night - and then add your own!

The original 52 Whānau Nights Activities Book editor, Dave Tims, holds a weekly whanau night with his own children and they love it. The family try to make sure that the phone and TV are turned off so that they can spend quality time together, He recommends initially giving a whanau night a go for a month and not to give in to any initial complaints because after a while his kids didn't want to miss whanau night.

Morrinsville Community House were very kindly granted permission to adapt this book by Tairawhiti Men Against Violence who produced Matua A DVD about being a dad – made by dads and E Ipo A DVD about men in relationships. The organisation does a great job helping spread the message of a violence-free community.

It is hoped that everyone that uses this book enjoys the activities and shares some of them with others.

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1. Ping Pong Soccer

Aim: To win by the player (team) gaining the most points.

Clear the dining room table or a large table.

The edge of the table is the goal.

A goal and point is scored when the ball passes over the opposition's edge of the table.

Hands must be behind the body at all times.

Players blow on the ball to make it move.

Things you need: Large table or cleared floor space; table tennis ball. Extras: straws to blow through

2. World's Largest Biscuit

Aim: To bake a huge biscuit.

Use a simple biscuit recipe, but instead of making lots of small biscuits make one large biscuit.

Things you need: A recipe. Here's two to try:

<http://chelseawinter.co.nz/chocolate-chip-cookies/>

<http://edmondscooking.co.nz/recipes/biscuits/chocolate-chip-sante-biscuits>

3. Best Pizza in Town

Aim: Make pizza. Dad and kids make the best pizza in town

Brainstorm together what you need and then travel together to the supermarket to buy ingredients.

Things you need: Pizza bases; tomato puree or sauce for base; spaghetti; salami; mince; bacon; whole kernel corn; pineapple; cheese; tomatoes; anything else

4. Best Chips in Town

Aim: To find the best hot chips in town.

As a family drive around to all the 'hot chip' shops in town. Limit your budget from \$5 to \$8 for the night. Try to buy \$1 worth of chips.

Tell owners you are doing a 'family night out' testing and tasting for the best chips in town.

Before going, ask your kids what makes a good chip and devise a way to test for size, taste, salt content, crunchiness, etc.

Give each category a score out of 5, where 5 = perfect and 1 = disgusting.

Record the name of the shop and points on paper.

Things you need: Money; certificate to give to the 'Best Hot Chip Shop.'; pen and paper to record points awarded to each shop.

Note: Best to visit traditional Fish n Chip shops (as McDonalds etc. have a different type of chip).

5. Scientific Smoothie Drink

Aim: To make different smoothies.

The aim is to experiment with different ingredients to make the best/worst/most colourful smoothie drink.

Things you need: Blender; ice; milk; banana (all smoothies need ½ a banana to thicken the drink). Any edible ingredients to add to the drink i.e. frozen berries, fresh fruit, tinned fruit, carrots, raisins, ice cream, yoghurt, spices etc.

What to do: Add 4-6 ice blocks, ½ banana and edible ingredients into the blender. Blend until smooth. Drink and enjoy.

Note: In season go and pick fruit – e.g. berries, peaches, apricots

6. Experimental Chocolate Cake

Aim: Make a chocolate cake.

Don't use a recipe. Let your kids make it up.

Things you need: Make sure you have ingredients such as eggs, milk, flour, cocoa, baking powder, butter, sugar, oil, chocolate, icing sugar, baking paper, cake tin(s) placed somewhere in the kitchen.

Note: Depending on the age of the kids, you could allow each kid to make their own cake.

You could also add a good discussion here by using these questions: What made this successful? What made this hard? What would have made it easier? Recipes give us advice on how to make good food, what happens if we don't follow them? It's the same with life, we need good advice on how to live. Where can we get good advice? What happens if we choose to follow that advice? What happens if we don't choose to follow that advice?

7. Hamburger Tower

This is a great one for a late dinner.

Aim: To make the tallest burger in town.

Get your kids to brainstorm ideas for ingredients. Go shopping together and get the ingredients. Be prepared for a mess and some laughs as you all try to make and eat Hamburger Towers.

Things you need: Hamburger buns; lots and lots of good healthy ingredients (that kids think of).

8. Crazy Snap

Aim: To win all the cards.

Can play with two or more. It's the same game as 'Snap', with the same rules, however when the cards below match, instead of saying snap, the person who does the correct action first wins.

King – stand up and salute and say “Hello Mr King.”

Queen – 2 fingers on nose and say “Crazy Snap Snap.”

Jack – put index finger in ear.

5 – Say “Hey man there's a 5” but not allowed to point.

Ace – Slap hand on cards and head.

Joker – point and laugh.

Things you need: Pack of cards

Note: You could play Animal Snap and have an animal sound for each card or Whistle Snap where you have to whistle instead of saying snap (actually a lot harder to do).

9. Flip a Coin Treasure Hunt

Aim: To find 'treasure' on a journey

You could drive or bike. As you reach each intersection you must flip a coin to see which way to go.

HEADS = TURN RIGHT

TAILS = TURN LEFT

If the street you turn into is a dead end you turn around and flip a coin again at the intersection you turned off from.

Leaders must make sure the coin flipping is done properly (or the coin is done 'flippin' properly!) You may take over if it is not.

Your journey must be marked on the map. If you go off the map that's OK (It's not the end of the world!) but you must mark it when you get back on.

You must find the treasure items along your journey.

Treasure Hunt item ideas: An empty coke, sprite or fanta can (you are not allowed to buy it); a chocolate bar wrapper (you are allowed to buy it); some flowers (not allowed to be taken from someone's garden without permission); advertising flier from a takeaway bar or restaurant etc.

Things you need: Map for each kid (depending on age) of suburb or city. These are often free from your local Information Centre. Let your kids trace with a felt pen the direction you travel. Coin.

10. Junk Food Drive

Aim: To spend the least amount of money on purchases.

Get a RECEIPT for everything you buy tonight as proof of purchase. Keep track of how much you spend at each place. You have to buy one of each of the things listed for each person in your car. They can be purchased in any order. Each person has \$5 and part of the competition is to see which carload can spend the least but still purchase everything. You cannot buy from the same place twice. You could compete one family against another family, or have a competition 'mum + kids' versus 'dad + kids.' You must buy everything on the list plus find as many of the other things as possible.

List of things to buy for each person in the car: Hot chips from any Takeaways/Fish n Chip Shop (min 50c per person); Hamburger from a fast food place; Can of soft drink each from a Supermarket; Lollies from a dairy (min 25c per person); ice cream; List of Treasure Hunt things to pick up on the way; A business card from a restaurant; A straw from a Fast food outlet still pre-wrapped and unopened; The name of the Manager on Duty at a local fast food restaurant; The words 'Fish and Chips' written in Chinese writing; An advertising leaflet from a Fast food place that is different from the one you bought food from.

Things you need: Two cars with two drivers. Money - \$5 per person (may need more depending on the cost of hamburgers at your local fast food restaurant – or include in the challenge a piece of fish instead of a burger).

(Activity idea sourced from: www.thesource4ym.com)

11. Card Towers

Aim: To make a house using cards.

Each child makes a house just using cards. House must be self-supporting (no leaning against anything, other than the cards themselves). Try to make the highest or largest. Try to make 10 rooms or 20.

Things you need: One pack of cards per participant

12. Balloon Tower

Aim: To build a balloon tower.

Using balloons build a tower as high as possible. Depending on the kids, this could be a competition. Can only use cello tape and balloons. You cannot cello tape balloons to the floor or wall (tower must be self-supporting).

Things you need: Balloons; cello tape

Note: Could add string

13. Newspaper Tower

Aim: To make a newspaper tower.

Make the highest self-supporting tower using newspaper and cello tape only.

Note: You could change the aim by making the strongest tower; a tower that can hold the heaviest weight. Once towers have been built, slowly add weights onto the tower, one at a time, until tower collapses.

Repeat process for each tower.

Things You Need: Newspaper; cello tape; small weights e.g. small books that all weigh the same.

14. Sock Swap

Aim: To swap an old sock for something better and swap that for something better and so on down a street.

Pick a street. As a family walk around and knock on doors asking people if they are willing to swap an old sock for something better (you could divide the family in half or invite another family to participate and compete with each other to see who can collect

the best, craziest or most items). If people give you something better, then use that and try to swap that for something better. You may be surprised at what you can get!

Things you need: An old sock.

15. Progressive Dinner (on bikes)

Aim: To bike from house to house eating dinner.

This needs planning! Ask friends and family if they would be happy to prepare a small portion of your family dinner or before event drop off to each house the food to be eaten there. Your family cycles to each house and participates in eating a portion of a meal.

Ideas of food: House 1: Chips and Dip - House 2: Cold Drink - House 3: Veges - House 4: Meat - House 5: Ice Cream - House 6: Hot Drinks

Things you need: Bikes (lights for bikes); family and friends who are willing to prepare food and/or host you; food.

Note: You could make this more difficult by having your kids guess where the next venue is by giving them clues. This is especially good if you are not traveling long distances (or you are all walking) because it allows the kids to make mistakes and then guess again.

16. Straw Games

Aim: Using a straw transfer food.

Each participant has a number of bowls. Each bowl has a number of different items in it – MMs, peanuts, raisins, chocolate buttons etc. Using your straw suck one item up at a time and transfer it to another bowl some distance away. If you drop the item, you have to suck it up again and carry it to the bowl the furthest away.

Things you need: Straws; food items; bowls.

Note: You can make this more interesting by having an obstacle in the way. Also use water. Suck water up the straw then, using your finger block one end (which will make the water stay inside the straw).

17. Bonfire Dessert

Aim: To cook bananas with chocolate over out-door fire.

Make a small bonfire (you may need a fire permit from your Council). Wait till fire has died down and embers are hot. Using a knife, split the banana long ways with one cut (leave skin on). Stuff chocolate (dairy milk) and marshmallows into banana. Wrap tin-foil

around the whole banana, chocolate and marshmallows. Cook in hot embers for 10-15 minutes. Use a spoon to eat a delicious, hot, sweet dessert.

Things you need: Permit to light a fire; bananas; marshmallows; chocolate; tin foil; knife/tongs; matches; newspaper; kindling/wood; plates; spoons; bucket of water (put out fire)

18. Beach Sausage Bonfire

Aim: To build a small fire and cook sausages.

Find a stick on the beach to hold your sausage. Teach your kids how to light a small fire safely (you may need a fire permit from your Council). Cook pre-cooked sausages on the bonfire.

Things you need: Permit for fire; sausages; bread; tomato sauce; tongs; paper, kindling, wood, matches; bucket of water (to put out fire).

Note: Next time, let each of your kids light their own small fire and cook their own sausages.

19. Bonfire Meal

Aim: Make a small fire and cook a meal.

Make a small bonfire at the beach (you may need a fire permit from your Council). Cook up mince and veges. Wrap potatoes in tin foil and throw onto the fire.

Things you need: Permit for fire; paper; kindling; matches; wood; pan/pot; utensils; grate (to lay pan on); food to cook.

20. Memory Tray

Aim: Children to remember items they see then are hidden

Place 15 to 30 items on a tray (stuff from around the house). Cover the tray. Let the kids look at the items on the tray for 1 minute. Cover the tray again. Kids write down all of the items they could remember from the tray. Uncover the tray and let your kids mark their list. Let kids take turns putting their own items on the tray.

Things you need: Items; pen and paper; tray.

21. Bananarama

Aim: To measure items using a banana as a ruler.

Have a scavenger hunt where each child is given a banana and a list of things to measure in banana lengths. Possible list could include: Fridge, tables, chairs, floor length, T.V. screen, windows, sink, dad's waist, garage door.

Things you need: Bananas; pen and paper; list of items to measure.

22. Banana Surgery

Aim: To cut a banana and then put it back together.

Have each kid peel and cut up a banana into equal parts (don't tell them what comes next until they're done). Then tell them they must put the banana back together using pins, needles, tape, or whatever.

Things you need: Bananas; knives; pins, tape, string etc.

Note: You can use this to initiate a discussion about 'Things taken apart' e.g. broken relationships, reputations, trust. These aren't so easy to put back together.

(Activity idea sourced from: www.thesource4ym.com)

23. Water Slide

Aim: Have fun on a water slide.

Find a long length of plastic. Black polythene is good. Lay sheet out on sloping lawn.

Use some dishwashing liquid or clothes liquid (to make plastic slippery). Use your garden hose to water the slide. Have fun sliding down.

Things you need: Plastic sheet/black polythene; dishwashing; liquid; hose & water.

24. Christmas Movie

Aim: To video Christmas Decorations.

Teams go out with a video camera to capture on video, a list of Christmas decorations.

See description below for suggestions. The unique part of the event is that your family must add a dramatic flair to the video, like a mini movie. You could create a documentary or a funny movie while getting the items on the list. The rule is that

everyone in your family must be captured on the video (in front of the item). Have someone judge it, giving extra points for creativity.

Suggested List: House with all white lights; A baby doll in a manger; camels; three wise-men; Mr. and Mrs. Claus; Snowman; wooden nativity; luminaries (candles, lights); group of live Christmas Carolers.

Extra points for: getting a homeowner in the video with said object; a person dressed as Santa; the house with the most different coloured lights

Things you need: A smartphone to record video; list of items to video.

Note: Ask other families to join you and make it into a competition, and then enjoy watching the movies together afterwards with popcorn and hot chocolate drinks.

(Activity idea sourced from: www.thesource4ym.com)

25. Five Buck Receipt Rush

Aim: To gather the most receipts when spending \$5.

This event requires little planning and is always heaps of fun. Invite another family or two to participate. Have as many vehicles as you have families. Each team is given \$5 to spend as they wish. The contest is about gathering the greatest amount of receipts.

Each receipt must be from a different store or restaurant. The total dollar amount of these receipts must be equal to, or less than \$5. The team that gets the most receipts and makes it to the meeting spot (the pizza place) by a certain time is the WINNER. I also have a rule that every receipt given must be witnessed by the adult driver and signed by them. This keeps the team together and helps prevent them from finding a receipt they had in their wallet and using it.

Things you need: \$5 per vehicle; other families.

(Activity idea sourced from: www.thesource4ym.com)

26. Obstacle Course

Aim: To follow an obstacle course blindfolded.

Create an obstacle course (a backyard works GREAT). Either get your kids to work in pairs or you blindfold all your kids and they listen to and follow your instructions. Each person blindfolded is led through the obstacle course by listening to the voice of their partner or to your voice (if all are blindfolded).

Things you need: Lots of stuff outside for kids to climb over, around and under. eg. Play equipment, swings, ropes and garden hose zig-zagged across for kids to hold onto and follow; a starting and an ending point; blindfolds

Note: This is a great game for talking about trust. Use these questions:

When you were blind folded, what did you have to do? (look for answers around listening, trusting)

What did it feel like?

What was it like to give instructions?

Did your mate trust you?

What destroys trust or what makes it hard to trust someone in this game?

How is this game like life and trust?

27. Blindman Trail

Aim: To follow an obstacle course using ropes.

Create an obstacle course using ropes. (See MATUA DVD for an example of this activity).

Blindfold your children and have them follow the rope.

This can be done inside or outside.

If you don't have a lot of rope, just undo the rope that was used first and re-tie it in front of your kids or use a garden hose.

Kids often feel that they are lost in this activity, so with a few small changes in the rope course, they can keep going around and around without realizing they are on the same course.

BUT remember it's better to finish an activity when they are excited. Finish earlier rather than try to make the activity go on and on.

Things you need: Rope; blindfolds.

28. Blind Food Test

Aim: Guess the food you are eating while blindfolded.

All participants are blindfolded.

Each participant is given a bit of food and they have to guess what it is by:

Smelling the food

Touching the food

Tasting the food

Things you need: Food - here are some ideas: ice cream; peanut butter; raisins; squashed banana; any fruit; any dried fruit; cheese; bread; biscuits; vegetables; plates/cups/cutlery.

29. Karaoke Night

Aim: To have a fun singing night.
Hire or borrow a Playstation and rent Singstar.

30. Duct Tape Feast

(a) 3 Legged Contest

Aim: To move 3 legged with a partner/ friend.
In pairs loosely duct tape/tie your leg to a friend's leg.
Move around for 10 minutes, earning points for walking backwards, hopping or dancing.

(b) Crowning Achievement

Aim: Pass the duct tape from head to head.
Place a roll of duct tape on your head like a crown and pass it through a line of people, placing the roll on each person's head, without using your hands or dropping the roll.

(c) Juggle

Aim: Juggle duct tape.
Juggle three rolls of duct tape.

(d) Pyramid Power

Aim: Make a pyramid of duct tape.
Make a pyramid with fifteen rolls of wrapped duct tape on their sides.
The pyramid must stand in place for 15 seconds.

(e) Strong Arm

Aim: Hold duct tape rolls for as long as you can.
Hold a jumbo roll of un-opened duct tape with your arm straight at a 90° angle from your body for as long as you can (go for a record).

(f) Duct Tape Shuffleboard

Aim: Hit the target using duct tape roll.
Use wrapped duct tape rolls to slide to a target on a slippery floor. Three chances to hit target.

(g) Duct Tape Bowling

Aim: Bowling with duct tape to hit target.
Roll duct tape rolls toward a bowling pin(s) or other target. Two chances to hit target.

(h) Fishing with Duct Tape

Aim: To remove paper fish with hook.
Make a duct tape line and hook (ball of sticky-side out duct tape) and try to remove paper fish from a bucket.

(i) Head Stacker

Aim: Walk with stack on head.

With five rolls of duct tape, stacked on your head, walk 10 feet.

(j) Duct Tape Challenge

Aim: Tape a person to the wall.

Teams of 3 tape the smallest to a wall to see who can be held up the longest. (Make sure it is a wall which won't be damaged by the duct tape!)

Things you need: Lots and lots of duct tape

31. Warehouse Spinner

Aim: Dad thinks of a price tag between \$29.95 and \$79.95.

Tell the kids to guess what the number is and then to run into the Warehouse and find one item that is that price. Write down what the item is and the price. Bring it back to dad. The winner is the one who finds the item price closest to dad's number.

Things you need: Pen and paper

Note: Have three numbers.

32. Warehouse Treasure Hunt

Aim: To find the items that match the price list.

Dad walks through the warehouse and writes down 20 – 50 items onto a piece of paper. (You could have more items for your kids if they are older). Photocopy the list and give it to the kids. Competition is to go through the list and to write down the correct price for each item within a time limit. e.g. 30 minutes.

Things you need: List of items without prices; List of items with correct prices (to use as a marking sheet when your kids have finished); Paper and pens.

33. Supermarket Food Shopping

Aim: To buy the items on the list with only \$5. Give the kids \$5 each.

Tell them they have to find each item but they are not allowed to spend more than \$5.

Things you need: Pen; paper

List could include: a tin; a drink; a chocolate bar; a piece of fruit; a carrot; a toothbrush; Something healthy to eat.

34. Milkshake Mayhem

Aim: Make a yummy milkshake.

Go shopping and tell your kids to find anything they would like to buy for the milkshake. e.g. ice cream, frozen strawberries, vanilla ice cream, honey, malted milk, Hershey's chocolate syrup, ginger. You could have a \$10 or \$15 limit. You could collect wild fruit for the shake.

Things you need: A good blender, which can handle lots of frozen fruit, ice cream, ice etc.; money; ingredients.

(Activity idea sourced from: www.thesource4ym.com)

35. Healthy Fruit Smoothies

Aim: Make healthy fruit smoothies

Collect wild berries, visit an orchard and buy some fruit. Get plenty of ice. Make smoothies using fruit, ice and a banana (banana will thicken the drink)

Things you need: A good blender; any fruit; Ice; banana.

Note: Adding ice cream sweetens the drink, but makes it less healthy. You could use yoghurt instead.

36. One Million Dollar Spend Up

Aim: To list what you would buy if you had \$1 000 000.

Take your kids to the mall or downtown shopping area. Let them know that they get to spend \$1,000,000... well... sort of.

They get to choose what they would like to spend if they had "a million dollars today in this mall/town centre!"

Teams are to go from store to store, recording the purchases they would make if they had a million dollars.

Give them the following instructions:

Absolutely NO RUNNING!!! Automatic Disqualification!!!

Family members must stay together (you could divide the family up, or invite another family to participate).

No more than one item may be "purchased" from each store.

No more than one kind of an item may be purchased. (e.g. only one ring, only one pair of shoes.)

Someone must keep record of the items purchased, the store in which they were purchased in, and the cost of each item.

Do not record the original price for items on sale, record the sale price.

You may purchase only what is marked for sale. For example, you may not offer to buy a cash register or the whole store for a million dollars.

Things you need: Pen and paper

Note: If the price is too high, change it to \$100,000

37. Digital Camera Fun Night

Aim: Take digital photos.

Choose a topic and have your kids try to take as many photos on a topic. Only use a main object or person once. Possible Topics:

Entertainment; Rubbish; People; Work; Education; Music; Whānau.

Things you need: One digital camera or smartphone per kid (borrow and beg from whānau and friends)

38. Alphabetical Digital Camera

Aim: Take photos in alphabetical order.

Give each of your kids a list of the alphabet. Kids need to take one photo of an object starting with each letter. Take photos in the order of the alphabet.

Things you need: One digital camera or smartphone per kid (borrow and beg from whānau and friends); list of the alphabet.

39. Sound Hunt

Aim: Record sounds.

Travel around town collecting the sounds such as the following (the list is endless, so make up your own): dog barking; mum growling; order from McDonald's drive thru; a haka; a bicycle; a blender running; a car engine; a Police Siren; the group singing a song.

Things you need: Smartphone or digital recorder. List of sounds to record.

Note: Make it a competition by asking other whānau members or neighbours to join in.

40. Whānau Super Sundae

Aim: This is a great game with extended whānau

Divide group into teams of 3 to 6 whānau members. In a giant bowl, see which team can construct the most original ice cream concoction using equal amounts of ice cream product. Afterwards, award a prize to the team with the coolest sundae. THEN spring it on them that they have 5 minutes to see which team can eat the most of their sundae without using their hands or utensils. The team with the most ice cream gone wins a prize. Talk about messy!

Things you need: Bowls; lots of Ice cream; fruit; 100's and 1000s; chocolate drops; chocolate syrup; utensils.

41. Model Rafting

Aim: Make a model raft.

As a family get your kids to make a model raft that will float across a pond. Only use the material listed.

Things you need: Big rubbish bag; duct tape; rope; 4 school rulers.

Note: Make it a sailing boat. Make a competition by adding increasing amounts of weight to the boat but still keep it afloat.

42. Great Art Ideas

Aim: Create a piece of art.

There are a number of great web pages that give some good ideas for art work or try a search on Pinterest.

www.artfulparent.com/kids-arts-crafts-activities-500-fun-artful-things-kids

www.activityvillage.co.uk/crafts

www.education.com/activity/arts-and-crafts/

www.kinderart.com/ - for younger children

www.alphabet-soup.net/dir7/art.html - for younger children

43. The Amazing Race

Aim: First to solve the riddles and finish the race.

This event is incredibly simple, has very minimal set-up cost, and is a ton of fun for all ages! Everyone seems to be a fan of the reality show “The Amazing Race” where contestants go around the world getting clues and accomplishing tasks in order to be the first to finish and win the race. In this version of “The Amazing Race” there is only one task to accomplish at the end of the race and endless amounts of riddle solving during the race.

Here’s how it works:

(Preparation for this activity can take easily 15-20 minutes, especially if your phrase is long).

You need to come up with a phrase that explains an event, a special day (e.g. ‘Happy Birthday Anaru who is turning 8 years old’) or explains where the hidden treasure is (e.g. ‘Underneath the biggest bed’).

Take that phrase and split it up into individual letters (into single letters is best, but you can do a couple of letters together).

Create riddle-like clues about the location of where you intend to hide each letter (around your house or other facility). This works great in larger facilities, if your facility is small, remember to use the outdoors to your advantage.

Now that you have your phrase and locations chosen, simply make enough copies of each letter so that every hiding place has the same amount of letters as teams.

At each hiding place there should be one sheet of paper that has the letter in a huge font that takes up most of an A4 page and then a small phrase that has the next clue written on it.

Now go hide your clues and remember that your first clue will be handed to everyone at the beginning of the game.

Get your kids together; explain that they have to find all the letters and solve the phrase so that they can then find the hidden treasure.

Instruct kids that once they have solved all the clues and collected all the letters, they must return to a designated place and unscramble the phrase that the letters spell.

The kids must bring the correct phrase back to Dad to check.

Kids find the treasure.

Hand them clue #1 to start with and let them run.

Things you need: Pen; paper; treasure.

(Activity idea sourced from: www.thesource4ym.com)

44. Ankle Balloon Pop

Aim: To stomp and pop the other person's balloon, while keeping yours safe. Give everyone a balloon and a piece of string or yarn. Have them blow up the balloon and tie it to their ankle. Then announce that they are to try to stomp out the other people's balloons while keeping their own safe. Last person with a blown up balloon wins.

Things you need: Balloons; string.

45. Atlas

Aim: Name a city, river, ocean or mountain starting with the last letter of the previous place.

Small group or travel game. Either in seat order or in a circle, the first person says the name of any city, river, ocean, or mountain that could be found in an atlas. The next person must say another place that starts with the last letter of the place previously said. There is a 10 second limit and no place can be repeated.

Example: Whakatane. Everest. Taupo. Opotiki. Iceland.

Things you need: Atlas (unless you have good geographers!)
(Activity idea sourced from: www.thesource4ym.com)

46. Bucket Carry

Aim: Move a bucket of water onto the top of a table without using hands.

This is a fun activity that can also double as a teamwork exercise. Fill a bucket to 75% water and put the bucket 5 metres away from your whānau. Explain to the whānau that their objective is to move the bucket of water to the table using THEIR FEET ONLY and then lift it onto the top of the table using THEIR FEET ONLY. At no point during the exercise are they allowed to use their hands.

Things you need: Bucket; water.

Note: Ask another whānau to join you and make it a race.
(Activity idea sourced from: www.thesource4ym.com)

47. Captions

Aim: To write the most creative/humorous captions for pictures/photos.

Split into teams. This is also a great activity to do with another family. Give each team 5-10 random silly or unusual pictures (photos, magazine clippings or pictures from the internet). Each team comes up with a funny caption for each picture. After a designated time, have a representative from each team come up. One by one, hold up or project the pics and have the representative read the captions.

Have someone to judge whose was the most creative/funniest.

Things you need: Pictures cut from old magazines/newspapers; humorous images printed from the internet; pen & paper for each team
(Activity idea sourced from: www.thesource4ym.com)

48. Who's the Leader?

Aim: To guess the leader.

Everyone gets in a big circle. Pick a volunteer to leave the room after you explain the game. Once that volunteer is out of hearing range, pick another volunteer who wants to be the leader.

Everyone must slyly watch this person and imitate what they do when the other volunteer comes back into the room (cross legs, cross arms, yawn, stick out their tongue, etc). The person who was out of the room will come back in, stand in the middle of the circle and try to guess who the leader is (i.e. the one everyone is watching). The leader can get bold and make faces, throw their hands in the air, etc. when the person in the middle's back is turned (and before the centre person has a chance to see who started the action, everyone has begun action).

Give the person in the middle three chances to guess who the leader is. Then choose a new volunteer and a new leader. You can have the leader be the next volunteer to stand in the centre if he is guessed or choose someone else. (Selection process is up to you).

Note: Another option is to get everyone in a big circle. Pick a volunteer to leave the room after you explain the game. Once that volunteer is out of hearing range, choose a simple task that the volunteer is to do when he or she enters the room (e.g. walk in and tie a certain kid's shoe that is untied, take off their own coat, say the pledge of allegiance.) The volunteer must come into the room and try to start doing certain tasks (unaware of the task to be done). The kids in the room help direct the volunteer, by clapping when this person gets closer to doing the task. Louder and faster clapping means the person is getting "hotter" (closer to completing or discovering what the task is) and silence means "you're way off, keep trying stuff."

(Activity idea sourced from: www.thesource4ym.com)

49. Parachute Making

Aim: Make a parachute.

Cut out a square shape from a plastic bag. Make some small holes at each edge. Make four holes in all. Tie string of the same length to each one of the holes. Tie the other free ends to a paper clip. Make a person out of modeling clay or playdough, or use a toy soldier. Place the person onto the paper clip. Cut out a small hole about 1 x 1 cm in the middle of the parachute. Take hold of the plastic part. Hold it up as high as you can or you can climb onto a chair or small wall and let go of it. Watch your parachute and passenger glide down to the ground. Throw your parachute as high as possible. If it breaks, it is easy to make a new one.

Things you need: Plastic bags; string; paper clips; playdough or toy soldier.

50. Paper Darts

Aim: Make paper darts.

Making paper darts is great fun. Here are some web pages to do this:

www.paperairplanes.co.uk/planes.php

www.bestpaperairplanes.com

www.10paperairplanes.com

Things you need: Paper A4 size

51. Mafia

Aim: To stay 'alive' and guess who the Mafia is.

Great game if you have limited space or if you're stuck indoors. Also good for smaller groups or if you have a sleepover. The object of the game is to not get killed. It takes a lot of explaining, but once you get it, it will quickly become a favourite. You need at least 8 players to make the game interesting. You need a deck of cards, or slips of paper with the identities on them.

For 10 or more, there should be 2 Mafia, 1 Angel, 1 Cop, and the rest townspeople. For less than 10, have only 1 Mafia. Try not to play with more than 30, because it turns into a huge shouting match. Distribute the identities secretly. Everyone should keep their identity a secret, but if they choose to, they can reveal their identity as part of a strategy later.

Here is an outline of how to play each round: **FIRST GET IN A BIG CIRCLE SITTING DOWN.** Narrator says "Town go to sleep." All players put their heads down and close their eyes.

Narrator: "Mafia wake up." Only the mafia open their eyes and look at narrator.

Narrator: "Mafia, who do you want to kill?" Mafia have to point to someone in the room and agree on that person. Narrator nods to check to see that they know and understand.

Narrator: "Mafia go to sleep." Mafia close eyes again.

Narrator: "Cop wake up." The cop opens eyes. "Who do you think it is?" Cop points to someone they suspect is a mafia. Narrator either nods yes or no. Now the cop has an advantage for later. "Cop go to sleep"

Narrator: "Angel wake up." Same deal. "Angel, who do you want to save?" Usually, the angel points to him/herself, in case they were picked to be killed off. But sometimes they are gracious and point to someone else to be saved, especially if they have an idea who has been picked by the Mafia. "Angel go to sleep."

Narrator: "Town wake up." At this point, everyone opens their eyes, and the narrator announces who is dead, or that no-one is dead (if Angel managed to save them).

Everyone gasps in surprise, and then the accusations fly.

Narrator asks for accusations as to who the town thinks the mafia is. It's usually a good idea to limit it to 2 or 3 per round. To make it more interesting, I always insist on the accuser making up some creative reason why they are accusing so-and-so. (e.g. "I heard them leave their house last night," or "Look how muddy their shoes are!").

Narrator then allows each of the accused to defend themselves. This whole process can get really rowdy, and you need to be careful not to offend the sensitive kids. Narrator must remain neutral, but can egg on either side with "facts."

After a few minutes, narrator should announce that it's time to vote. By a show of hands, go through each accused. The one with the most votes gets "killed" by the town and is therefore dead.

Repeat.

When someone is "dead" they cannot participate in the accusations. They are not allowed to talk. However, they get to keep their eyes open and find out all the answers to the mystery. Remind students not to cheat, because the temptation is great to do so! The game ends when either both Mafia are killed off (Town wins) or the Mafia are the only ones left (Mafia wins).

The advantage of being the cop is that they can say, "I'm the cop, I know the Mafia is so-and-so." However, they should be careful, as sometimes the town doesn't believe them and the cop ends up getting killed off. You can also play that once the Angel is killed off, that's it, or that he/she can continue to save people because they don't technically die. (Activity idea sourced from: www.thesource4ym.com)

52. Moon Cheese (The Chocolate Game)

Aim: To roll a 6 on the dice; then dress, cut and eat a piece of chocolate.

Gotta small group and wanna have a lot of laughs? This one is for you! Get your kids and their mates to sit in chairs in a circle.

Hand a pair of dice to someone in the circle. They roll the dice and are hoping for one of the dies to be a 6. If neither of the two dies are a 6, the next person in the circle gathers them up and tries rolling for a 6. The dice continue around the circle in the same fashion until someone rolls a 6 on one or both of them.

At that point, he or she rushes to the middle of the circle where there is a plate sitting on a chair. Beside the plate is a pair of gloves, a hat, a scarf, and a pair of old glasses (or any other clothes). On the plate is a PLASTIC knife, a PLASTIC fork, and a chocolate bar. The kids must put on ALL of the articles of clothing BEFORE picking up the knife and fork to cut themselves a piece of the chocolate bar. As soon as they are wearing all of the silly clothes AND have themselves a piece cut away, they may eat it.

But, if while the first person was dressing himself OR cutting the chocolate bar, and another student rolls a 6 then he must give way to her and let her have all of the clothes and utensils. She then tries to hurry and dress herself with the silly clothes, so she can cut a piece of chocolate bar and eat it, before someone else in the circle rolls a 6.

The dice NEVER stop being rolled! This must be a fast-paced game to be any fun. The fun part is when hardly anybody gets a chance to eat anything because there is always a new person who has just rolled a 6!

NOTE: This is VERY important. Make sure to use a PLASTIC knife and fork! That way, if someone is running up and trips, there will not be an accident.

Things you need: Dress up clothes; plastic knife and fork; chocolate bar; plate or tray.

NOW IT'S YOUR TURN!

We want more ideas to add to our list of 52 activities! We'd also love to hear if have found this booklet useful. Please contact Morrinsville Community House to let us know:

- a) That you've had a look at the booklet;
- b) If you have any ideas for how it could be improved;
- c) If anything in here has been helpful; and/or
- d) One or two positive things you have done with your kids or family.

You can provide feedback...

- **by email:** mvcomhouse@callplus.net.nz
- **through our website:** www.morrinsvillecommunityhouse.org
- **by phone:** 07 889 5355
- **by post:** Morrinsville Community House
PO Box 37
Morrinsville 3340

THANK YOU!

Morrinsville Community House

Morrinsville Community House works alongside other local support agencies and the It's not OK campaign to raise awareness of family violence and promote safe, healthy families.

Seeing, hearing and feeling violence changes the way a child's brain grows. Children need lots of love and attention from good, strong, non-violent people to grow into healthy adults. Experience of supportive and loving family relationships reduces violence in homes and communities.

Tairawhiti Men Against Violence have kindly granted permission for their 52 Whanau Nights activity booklet to be adapted for the Matamata-Piako area. The booklet is full of practical ideas of fun stuff that can be done with kids or as a family at no or low cost.

Please visit our website for details of the services Morrinsville Community House provides to the community – www.morrinsvillecommunityhouse.org



Morrinsville Community House



0800 456 450
www.areyouok.org.nz

Your Notes & Other Activity Ideas

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