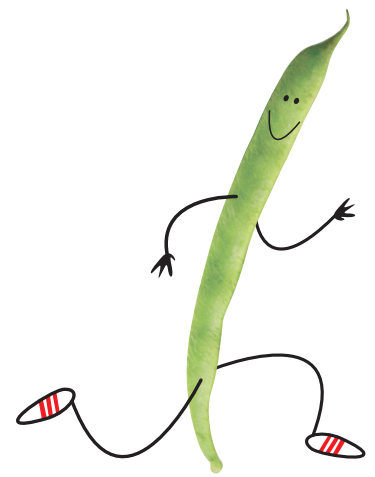


Full of Beans

Hold your very own sports day



Keeping the kids occupied during the summer holidays can be hard work, not only are young minds looking for adventure, but little feet are itching to run around and have some fun.

Exercise is a great way to use up some of that built up energy so here are a few outdoor games to keep the children entertained.

These are great games for parties, picnics and a fun time in the park.
On your marks... get set... go!

The Runner Bean Relay

Suitable for 6 or more children

What you'll need:

This one's really simple. All you need is a runner bean or a bunch of runner beans tied together with twine or ribbon.

How to play:

Divide children into equal teams, the first runners hold a bunch of beans and run towards the next player passing the beans to them, and so on until the last runner reaches the winning post.

Pot the Pea

Suitable for 2 or more children

What you'll need:

- A selection of different sized pots
- A bag of peas

How to play:

Stand the children 1 metre back from a pot. Each child has 10 peas to throw, taking it in turn to get as many as they can in the pot. The winner is the child with the most peas in their pot. To make it more challenging the pot used can become smaller at each turn.

Prizes available at mum's discretion!

Jumping Beans

Suitable for 4 or more children

How to play:

Adults shout out the name of a bean and each is identified by its own action. For example, if you shout runner bean the children run on the spot, broad bean is a star jump and dwarf bean is a bunny hop. The winner is the child who can master the correct name and action for the longest time.

S-pea-d Podding

Suitable for 2 or more children

What you'll need:

- Bag of peas in their pods

How to play:

Give each child a handful of peas to pod and 'start the clock' to see how many they can pod in 5 minutes. The children can then count up their totals and the winner is the one with the most peas.

