



Well being Games

Silly stories

This is a simple activity where each family member takes it in turns to add one word/sentence to create a silly story. This can be a fun way to get creative and can also help keep your mind off the news.

Instructions

- Everyone sits in a circle. The youngest member of the family can begin by saying the first word. As you go round everyone adds the next word, without repeating what has already been said.
- Good starting words are 'suddenly' or 'earlier' to help build suspense and intrigue. What different techniques will you use to make the story funny?
- Continue going round the circle as you try to build the funniest version, the more unexpected the better!
- Why not add costumes and props made from things found around the house to help bring your family story to life.

Family charades

This activity can be a great way for your family to get-together and can also help to reduce anxiety during this time. Take 10 minutes out of the day to make each other laugh simply through actions!

Instructions

- Divide into pairs or in small groups and sit facing each other.
- Take it in turns to act out a word or phrase to make each other laugh. The aim is to do this without speaking or tickling just through actions and gestures.
- Think of a sketch, a famous character or a funny prank, something everyone will know.
- Race against the clock and try and get as many giggles out of the other person/team as possible.
- You have two minutes for each turn. The person/team with the most amount of laughs wins.