

Teletubbies love to play, print out this page and use it for Rainy Day activities.



### Activity 1: Lets Play Outside

#### Statues

Everyone runs around the garden or playground until the leader shouts, "FREEZE." Everyone must freeze in the position they were in when the leader called out. The first person to move (or giggle!) is out. Continue playing until one player remains.

### Activity 2: Tubby Custard Recipe

For 8-10 half-cup servings, you will need:

- 1 lb. bag of frozen strawberries
- 1 lb. container of vanilla low-fat yogurt
- Potato masher
- Large bowl
- Serving bowls
- Straws (optional!)

Defrost the strawberries until they are soft. Empty the strawberries into a large mixing bowl and mash them well with the potato masher.

When the strawberries are well mashed, add the vanilla yogurt to the bowl and mix well.

The natural sweetness of the strawberries and the vanilla yogurt should make your tubby custard sweet enough without the addition of sugar or honey.

### Activity 3: Simon Says

One person is the leader and calls out commands for all the other children to follow, 'Simon says stand up' or 'Simon says raise your arms'. It is only when the leader says 'Simon says...' that the players should respond. If a player moves when the leader says 'raise your arms' then that player is out.

### Activity 4: Favourite Food

Create a poster of all your child's favourite foods by looking through magazines and cutting out pictures of all the types of food they like to eat. Paste the pictures onto a large piece of paper to make their favourite food poster! Once done why not involve other members of the family and ask them which foods on the poster are their favourites too!

### Activity 5: Funny Glasses

You can make some funny glasses by cutting a half facemask out of some cardboard. Cut out holes for eyes. Make coloured lenses out of coloured plastic wrap. Let your child look through the funny glasses to see what the world looks like through the different colours. (From Baby Play & Learn by Penny Warner. Copyright 1999 by Penny Warner. Reprinted by permission of Meadowbrook Press.

### Activity 6: Making Colours

Have fun mixing coloured paints together and seeing how many different colours your child can create. Mix together blue, red and yellow paints using sponges or brushes.

