

30 Day Play Challenge

A personal favourite: follow along on Instagram and join in whenever suits, no pressure to do every day.

DAY 1 Build a den ☐	DAY 2 Make an obstacle course ☐	DAY 3 Play shop ☐	DAY 4 Have a treasure hunt ☐	DAY 5 Make up a new game with a ball ☐
DAY 6 Play dress-up ☐	DAY 7 Build the tallest thing you can out of anything ☐	DAY 8 Have a teddy bears' picnic ☐	DAY 9 Play a memory game ☐	DAY 10 Make a puppet show ☐
DAY 11 Play hide and seek ☐	DAY 12 Have a dance party ☐	DAY 13 Play a board game together ☐	DAY 14 Make an assault course with cushions ☐	DAY 15 Play doctors and patients ☐
DAY 16 Have a water play day ☐	DAY 17 Play I-spy on a walk ☐	DAY 18 Make a fort out of blankets ☐	DAY 19 Play a copying game (mirror the moves) ☐	DAY 20 Have a picnic, indoors or out ☐
DAY 21 Play school ☐	DAY 22 Make up a story together and act it out ☐	DAY 23 Play a chasing game ☐	DAY 24 Have a colour hunt around the house ☐	DAY 25 Play with shadows ☐
DAY 26 Have a silly walks competition ☐	DAY 27 Play restaurants ☐	DAY 28 Make an indoor scavenger hunt ☐	DAY 29 Play with bubbles ☐	DAY 30 Let them choose the game, no rules, no plan ☐

Started on: _____ Tick off each day as you go . more free challenges at arloriverrex.com/30-day-challenges