

Cumbria County Council

Early Years Team

What can I do today?



This week it is... Sticks

Friday

Pick up sticks

- Hold up a couple of handfuls of sticks. You could use lolly pop sticks or sticks that you have found outside.
- Drop the sticks on the floor.
- Take turns carefully picking up a stick without moving any other sticks.
- When you have picked up your stick, it's the next person's turn to try to pick up a stick without moving any others.
- The game continues until someone moves a stick when picking up their stick.
- When you have played this game why not make some shapes with your sticks e.g. rectangle, triangle, square, star.....
- You could write positive affirmations on each stick, when your child picks up a stick you can say the affirmation together.....
I am kind, I am strong, I am loved, I am brave....