



GET PLAYFUL WITH THE BIG LUNCH!

Playing games and sports is a great way to make your Big Lunch more inclusive, fun and enjoyable. Don't worry about needing lots of equipment – adapt the activities to suit your community and space. From classic childhood games like hide-and-seek and hopscotch, to cricket and charades, here are a few ideas for getting playful with The Big Lunch...



GET
PLAYFUL...

Hard boil a few eggs, steal some spoons from the table and you've got yourself an **EGG AND SPOON RACE**.

Fancy a game of **CRICKET**? Wheel out a wheelie bin or drag out a dustbin to use as wickets, and if you haven't much time play Kwik!
See ecb.co.uk for how to play.



Space out some clothes in a line that are easy to put on and run in (hats, scarfs, large wellie boots etc.), or in a pile, and have a **DRESS-UP RELAY RACE** – share your pics with **#TheBigLunch**.

Fancy your own Wimbledon Championships but don't have a court? What about setting up a **TABLE TENNIS** tournament instead?



SIMON SAYS, CHARADES and **WHO AM I?** are all games you can play if you want to stay sitting down, and they're great for a party.



A good game for a giggle is **ANIMAL TAG**. Whoever's 'it' calls out an animal, everyone has to act and move like it as they try to avoid being tagged.



Make up your own challenges and games, get competitive with who can do the most **HULAS**, odd house numbers versus even for a **TUG-O-WAR** or run a **THREE-LEGGED RACE**.

Build up your appetite for a Big Lunch with a game of **FIVE-A-SIDE FOOTBALL**. We've all thrown our jumpers on the floor for goalposts!



OR YOU COULD: PLAY ROUNDERS, FRISBEE, DUCK DUCK GOOSE AND STUCK IN THE MUD, SET UP A TREASURE TRAIL OR A TREASURE HUNT, BUILD DENS, OR DANCE!



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Playing is a great way for people join in, and starts conversations – for more ideas and games, head to **THEBIGLUNCH.COM**

Let us know what you'll be playing with **#THEBIGLUNCH**