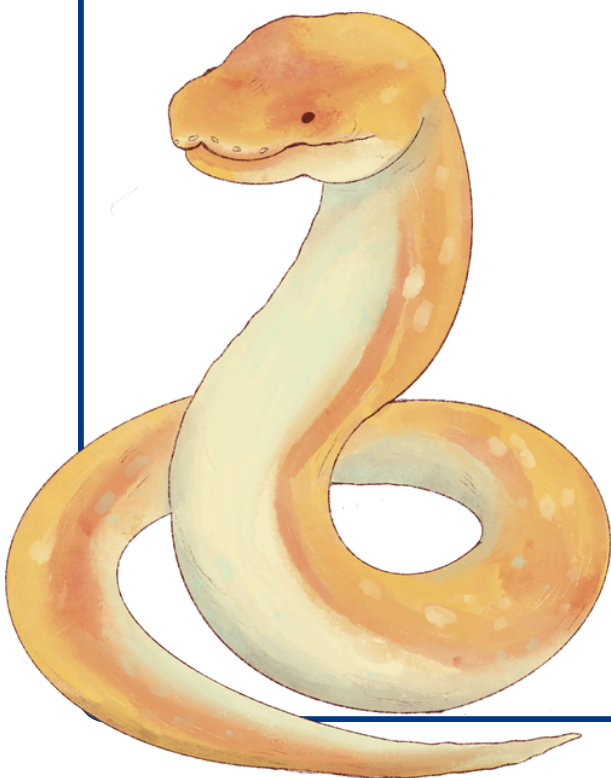




CHINESE NEW YEAR SNAKE



ACTIVITIES:

Decorate the lanterns:

- Using red pom poms - swim down to collect the pom poms and bring back to place on the Lantern play mats. Can add in how many they collect or which lantern they will be decorating. Choose to do as a group or pick their lanterns individually.

Snake ride:

- Using a selection of coloured pom poms - place them all around your pool space and the swimmers move around on their noodles (their snake ride) to collect the pom poms to bring them back to decorate their Snake play mats. Use directional work - add in a Simon Says type game.

Snakes and ladders game:

- With a large dice and some counters (suckem toys or pom poms for example). The swimmers swim down to throw the dice to see how many places they move on the board. Swim back to the board and move their places. If they climb the ladder, they climb up and out of pool and get back in safely. If they land on a snake they have to go down under the water or blow bubbles.

Fortune Cookies

- Create craft foam fortune cookies with numbers written on which correspond to certain moves/skills (see sample sheet).

Wiggly worm and bob game:

- Instead of calling them worms - they are snakes (see game card).

Hongbao game

- Tag games with red envelope (see game card).

EQUIPMENT LIST:

- Lantern play mats - red pom poms
- Snake play mat - colourful pom poms or loose part items
- Snake and ladders sheets - big dice cube and counters (pom pom or suckems for example)
- Fortune cookies - different coloured fortune cookies made with craft foam & numbers written on. Skill list that have the numbers corresponding to the numbers on the cookies
- Game sheet - red envelopes made from craft foam
- Song sheets



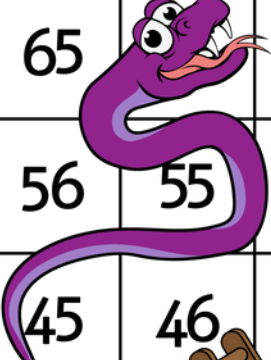
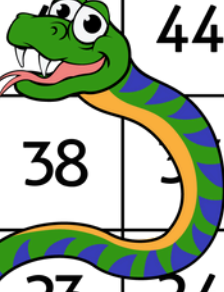




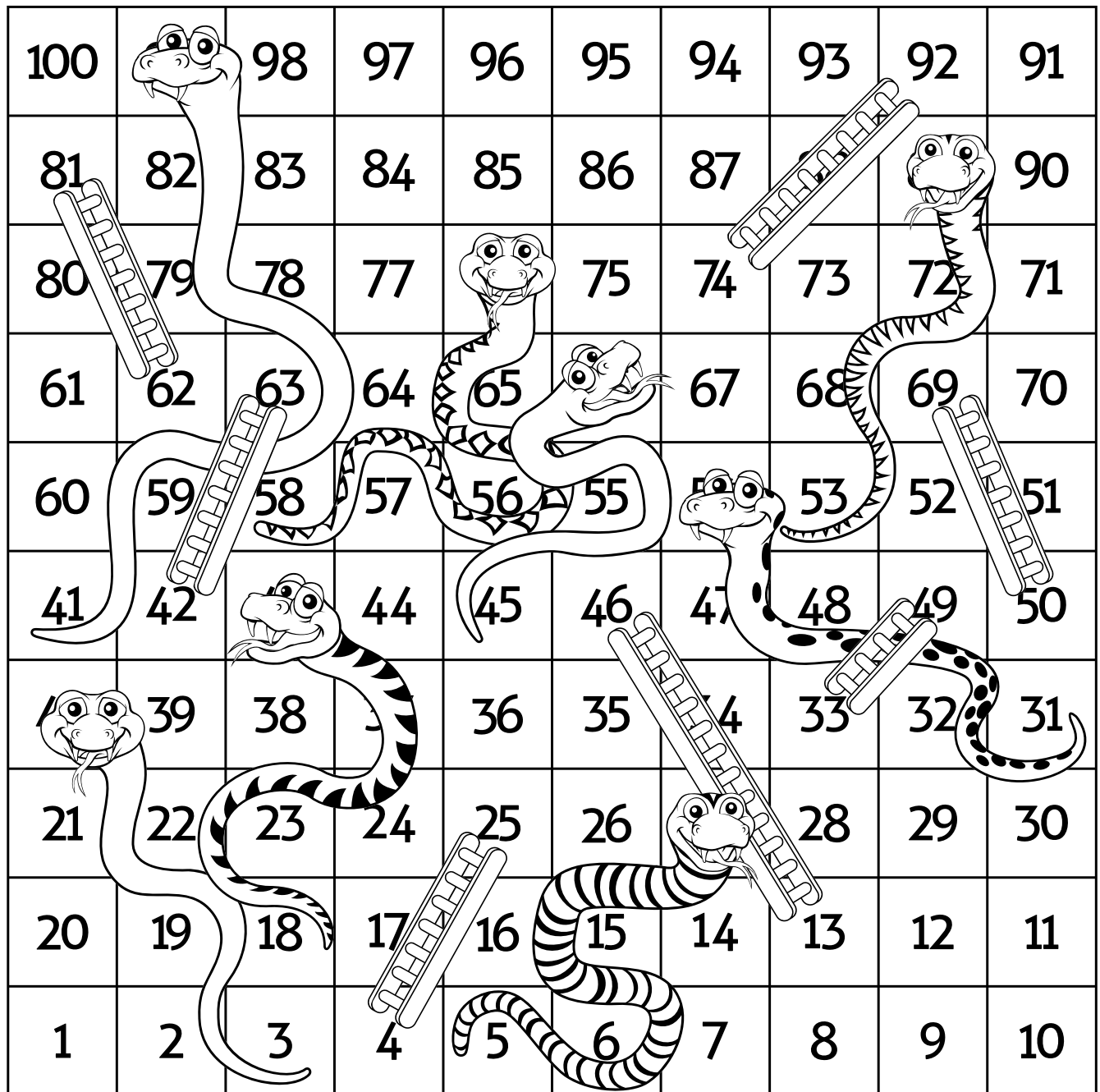




SNAKES AND LADDER GAME

100		98	97	96		94	93	92	91
	82	83	84	85	86	87			90
80	79	78	77	76	75	74	73	72	71
61	62	63	64	65		67	68	69	70
60	59	58	57	56	55		53	52	51
41	42		44	45	46	47	48	49	50
	39	38	37	36	35	34	33	32	31
21	22	23	24	25	26		28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

SNAKES AND LADDER GAME



CHINESE FORTUNE COOKIE

What you'll need:

- Some different coloured craft foam (thin)
- A circular something as a stencil - I used a small bowl
- Pens
- Scissors
- GLUE - I used a hot glue gun as they work so quickly. Ordinary Gorilla glue or a water proof glue stick works too, but you will have to be patient and hold your fortune cookie whilst it dries

How to make them:

1. Cut your fortune cookie circle - Trace a circle with a pencil around your bowl or small plate - Next, carefully cut your circle.
2. Make your first fold and secure - Fold over you fortune cookie sheet and glue down
3. Squeeze the fortune cookie to shape - Using your thumb, squeeze the centre of the edge inwards. And create that iconic cookie shape.
4. Secure fortune cookie in place - Keep folding until the two ends meet. Glue in place. This is where a hot glue gun really is great!

And now your craft foam fortune cookie is finished!



EXAMPLE OF SKILLS FORTUNE COOKIE ACTIVITY

1 Enter the water safely

2 Scoop the water & wash the face

3 Push & glide on front

4 Push & glide on back

5 Shower water overhead

6 Swim for 5m



WIGGLY WORM AND BOB

Swimmers are put in 2 teams.

They position themselves at a body length distance away from each other in a line.

There is a head at the front and tail at the back.

The head starts and swims in and out of the "body".

When they get to the tail, the swimmer then swims over the top of the "body".

Those swimmers have to bob under for them to swim across.

They swim back to their original position.

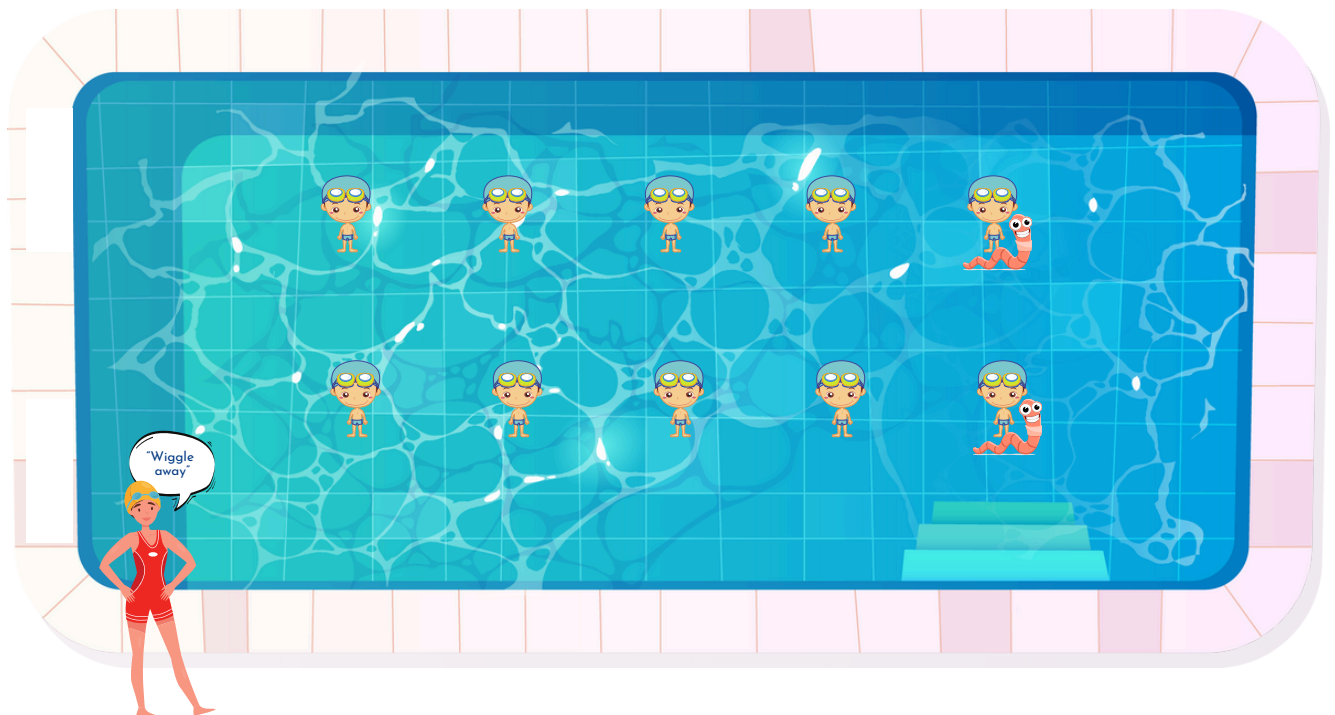
The next swimmer goes and does the same thing, starting the weave at the head first.

They keep going until the tail is back to their original spot.

The team that is the fastest is the winner.

Variations:

- Add noodles if the swimmers struggle to tread water that long.
- Rather than 2 teams, have one big line.



HONGBAO

Allocate 1-2 taggers (the Nian).

Allocate 1-2 swimmers (envelope giver) who will be trying to help the swimmers who get tagged

The remaining swimmers are spread around the pool space.

The children swim around (use noodles if required) to stay away from the taggers (the evil Nian).

If they get tagged then they tread water (or float) until "envelope giver" comes along and gives them a red envelope so they are then free to return to the game.

Variations:

Add challenges on the envelope for example:

- Rolls (forward, backward, log).
- Push & glides
- Fast kicking for 30 seconds (holding on to the wall)
- Surface dive
- Scull 10m

If 3x swimmers all have red envelopes and come together to tag the Nian then they can "destroy" them. Next tagger comes in to play.



GIFTING RED ENVELOPES (HONGBAO)

Make your red envelopes from red craft foam - write the Chinese character shown below on the front means "good luck and blessings"

