# Olympic Activity Ideas

**G E T OWT !**

OUTSIDE WITH TODDLERS

This year’s summer Olympics gives a lovely opportunity to encourage familes to get outside to celebrate together. If you’re planning an outdoor toddler group session, or some summer outreach for families with toddlers, here are some activity ideas and accompanying materials to help create a really fun session.

### Olympics Wreath

Make a wreath headband, like the ones they wore at the first Olympics. Prepare long strips of cardboard with a strip of double-sided tape all along it. Peel off the tape and stick leaves all over the headband, then fix around each little one’s head. Families could go and collect the leaves, or it might be easier to provide some if you can gather some from your garden or nature area with fallen leaves. <https://www.pinterest.co.uk/pin/552676185533888204/>

### Olympic Torch

Make a cardboard cone shape with card or a paper plate and stick it together with tape. Decorate with star stickers or cover in tin foil. Add tissue paper strips for flames all round the inside of the cone. <https://www.pinterest.co.uk/pin/300685712630931791/> or <https://www.pinterest.co.uk/pin/980377412620076839/>

### Edible Medals

Make Olympic medals with cereal hoops for some fine motor skills practice. Prepare cardboard circle medals to thread in the middle, and individual bowls or bags of cereal hoops to thread on to the string at each side. <https://www.pinterest.co.uk/pin/335799715984740502/>

### Olympic medal craft

Alternatively, decorate shiny circles with stickers and add a ribbon. <https://www.pinterest.co.uk/pin/335799715960369955/>

### Olympic Flag stamping

Paint your own Olympics flag by stamping circles all over the flag shape. Attach a stick or straw to the flag and tie a ribbon at the top. <https://www.pinterest.co.uk/pin/145804106677076594/>

Alternatively, cover a table with paper and encourage some circle stamping all over the paper for some big Olympic art. <https://www.pinterest.co.uk/pin/145874475410129088/>

### Olympics Village Play

Set up a mini Olympics village to relax in. You could add mats and cushions, teddies and books. You could also include a mat with some pretend play, including a shop or café, an ice cream stall, or some toy figures, eg Happyland or Duplo with some houses, a park, and a town mat. Happyland produced an Olympics play set a few years ago; you may be able to find one.

Figure skating

**(Winter Olympics!)**

Freeze Happyland figures in ice cube trays and then place in a large tray with a small amount of water in it so they can skate around. <https://www.pinterest.co.uk/pin/335799715977634668/>

### Water and ice sports

Set up a water play area with boats and toy figures for swimming and sailing. Add slopes and pipes for skiing or tobogganing. For inspiration see <https://www.pinterest.co.uk/pin/38491771810018955/>

### Olympics trail

If your environment allows you to set up a trail, there are downloadable trail cards with ten different challenges for little ones to try with their grown-ups. You can also give out trail cards for them to collect star stickers as they complete each challenge. It’s always nice to provide a shiny medal sticker, or a toy medal when they have completed the trail.

### Mini Olympics

You may also like to set up a mini Olympics, with fun games and activities to do individually or in a more organised way. There are downloadable mini Olympics cards with suggestions for games you could set up; or use the blank template to create your own using the equipment and ideas you have.

### Story time

*The Frog Olympics* by Brian Moses is a fun story to introduce toddlers to the idea of an Olympics games event. Watch a video of the book being read here <https://youtu.be/prp3apQvb8U>.