



Frighteningly fun for all

Here at Kellogg's we've got **a few creative ideas for indoor activities** to keep the children occupied when it's grey and rainy.

What's in the bowl?

Who's brave enough to give this guessing game a go? This game is easy to set up and will get the children squirming as they try and decipher what's in the bowl. Could it be **a slimy eye ball, some brains, jellified guts**? Just gather together some peeled grapes, cooked spaghetti, jelly and put these in some bowls covered with a cloth. Children need to try and work out what's in the bowl from what they can feel.



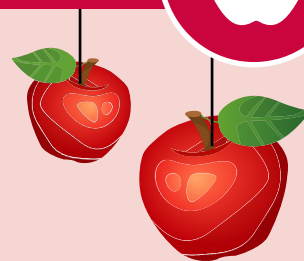
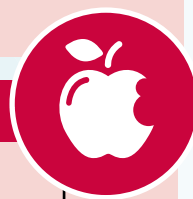
Musical scares

Get the students feeling energised and ready to take on the school day with a game of musical scares. Once they're up on their feet put on some music (maybe some spooky songs if you have them), then the children can walk around or have a dance, but **as soon as the music stops they need to freeze in their scariest pose**. Anyone still moving when the music stops is out – watch out for wobbling too!



Apple-tising activities

Autumn is the season for crisp, delicious apples, so why not incorporate them into some fun games? Getting the children to eat the apples at the end will help them take another step towards one of their 5-a-day too.



Swinging apples

Hold a swinging apple competition – it's quick and easy to set up. All you need to do is **attach pieces of string to apples and hang them from the doorway**. Get the children to go hands free and take it in turns to try to take a bite of the apple.



Apple bobbing

Introduce children to the ever popular game of apple bobbing. **Get a pile of apples and a large bowl – then just add water**. Again it's no hands allowed as the children try their luck at removing apples from the bowl – who can get the most? Make sure to have some towels on hand just in case things get a little splash-happy.