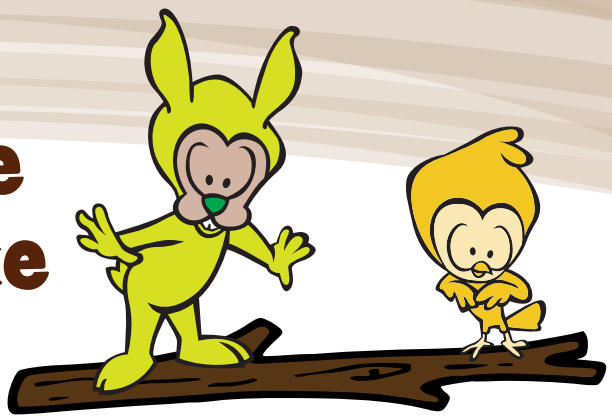
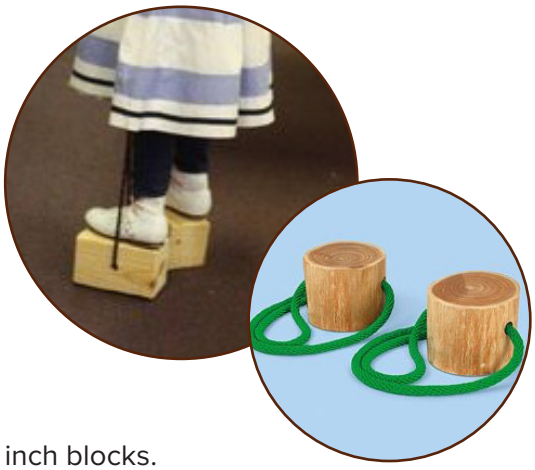
BE ACTIVE KIDS®

5 Fun and Active Things to Make with Wood!



Simple Stilts



Materials:

- circular saw
- sander
- drill/ drill bits
- rope/ribbon/cording
- 4x4 piece of wood

Directions:

1. Using a circular saw, cut the 4x4 into 4 inch blocks.
2. Sand the blocks, removing all rough spots and rough edges.
3. Using scissors, cut the rope/ribbon/cording into 5 feet sections.
4. At the center of the sections, place a hole using the drill the same or slightly larger than the diameter of the rope. Be sure to drill hole the entire width of the block.
5. Thread the rope through the hole and bring both ends of the rope to the very top.
6. At the top, tie the rope ends together.

Alternatives:

- *Use cans or pails instead of wood.*
- *Increase difficulty by increasing height of the stilt (piece of wood) or attached polls to the side of the stilt (wood) and elevate if from the ground.*
- *To make more natural stilts use tree cookies of different heights and thicknesses.*

As with other toys, supervision should be provided to all children.

Balance Board

Materials:

- circular saw
- sander
- drill/ drill bits
- pvc pipe or dowel 1 ½ inch (cut to width of board)
- 1x6 piece of wood cut into 24 inch sections
- screws

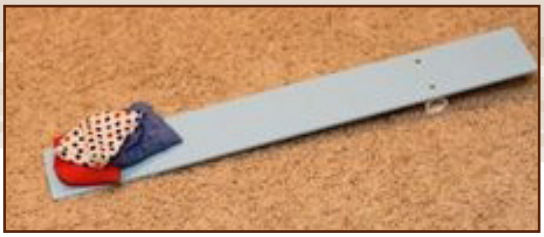
Directions:

1. Using the saw, cut the 1x6 into 2 foot sections.
2. Sand the board down to remove splinters and rough spots.
3. Cut the pvc or dowel, into 6 inch sections.
4. Drill 2 holes in the center of the board and adhere the board and pvc or dowel to the board with the screws.

Alternatives:

- *Increase or decrease the length or the board or thickness of the pvc/dowel to adjust the difficulty.*
- *For more skilled individuals, do not attach the pvc/dowel and allow it to move side to side.*
- *For more natural balance board use logs and sticks.*
  To do so, lay logs across each other and stand on the log on the top and try to teeter back and forth.

Popper



As with other toys, supervision should be provided to all children.

Materials:

- circular saw
- sander
- drill/ drill bits
- pvc pipe or dowel 1 ½ inch (cut to width of board)
- 1x6 piece of wood cut into 24 inch sections
- screws

Directions:

1. Using the saw, cut the 1x6 into 2ft. sections.
2. Sand the board down to remove splinters and rough spots.
3. Cut the pvc or dowel, into 6 inch sections.
4. Drill 2 holes about 6 inches from one end of the board.
5. Adhere the pvc or dowel to the board with the screws.
6. Place something small and soft on the opposite end of the dowel or pvc, and stomp on the end with the dowel/pvc.
7. See how far the item will go in the air.

Alternatives:

- *Experiment with the distance the pvc/dowel is from the end of the board to see how the trajectory of the item changes.*
- *Vary the size and weight of the item being launched.*
- *For more natural "popper", use a logs and natural items such as leave, pinecones, etc.*

Balance Beam

Materials:

- 2-6 foot 2x4 pieces of wood
- drill
- screws
- circular saw

Directions:

1. Cut one of the 2x4 into 2 feet sections.
2. Lay the 6 feet 2x4 across the center of the sections.
3. Fasten sections to the uncut 2x4 securely using screws.

Alternatives:

- *Start with the 1x6 piece of wood for younger children or beginners.*
- *Start with piece of wood directly on floor without support sections underneath.*
- *Increase the size of the support sections to increase the height off the ground.*
- *Use 4x4 or 6x6 pieces of wood to increase difficulty and height off ground.*
- *For more natural balance beams, allow children to walk across fallen trees or large limbs.*

Tugging Block

Materials:

- circular saw
- sander
- drill/ drill bits
- rope/string/cord of different textures and thicknesses each cut to 18 inches or less
- 4x4 piece of wood

Directions:

1. Cut the lumber into 4 inch sections.
2. Sand and smooth all sides of the block so that it is smooth and does not have any splinters.
3. Drill holes that go through the block on all sides.
4. Thread rope/sting/cord through each of the holes &
5. tie knots at the ends. Be sure to not make too many holes in the block.

Alternatives:

- *Vary the size of the wood blocks, this will also vary the weight.*
- *Vary types of materials used for sensory development.*