

# WELCOME TO TEA DANCE FOR LITTLE PEOPLE & CREATIVE HOMES

**Play Packs: Playful Solutions for everyday life**  
for families with Under 11s



Introducing you to:

## A TROLL HUNT

**Get Active: Explore, Hunt, Gather and Create... the TROLL Way**

*In partnership with Active Together, Bromley By Bow Centre.*

Troll loves nothing but to sleep and eat all day! **BUT** we all know that this isn't good for us! We need to be active and creative with our day to keep our minds and bodies awake, alive and positively enjoying life. Troll knows this too!

So Troll created himself a Family **TROLL-O-METER**. Here he takes note of everything active and creative he and his family do with their day. This pack is full of activities for your family to join Troll on his daily adventures.

### How to use

- Go on a Troll Stroll with your **Map**
- Get active with the **Troll-o-meter**
- Play **Mix&Match** games wherever you go
- Listen to the **Troll Story** and the **Troll Stroll Song**
- Listen to the **Troll Soundscape** whilst taking a Troll stroll or writing a **Troll story**.  
Visit the [Tea Dance For Little People Youtube channel](#) for songs to bring your play packs alive.
- Do a family **Troll Line Dance**
- Bring nature into your home and get creative with the **Nature Table Challenge** and **Troll Craft**



### What to Gain

Family time outdoors keeps you active and healthy. Structuring in a family walk will help everyone to feel less stressed and isolated.

Using games and playful challenges will help you stay motivated and give your walks meaning.

It encourages a connection with nature and better family communication.

## Active Together @ Bromley by Bow Centre

Active Together at the Bromley by Bow Centre works with families to plan and run healthy activities together! We run a range of fun physical activities for all the family!

Join us to try new sports, build your skills and confidence, improve your physical and mental wellbeing and **GET ACTIVE TOGETHER!**

### >> ACTIVE TOGETHER FACEBOOK: FAMILIES ACTIVE TOGETHER PLAYROOMS

Join our weekly challenges and online family sessions to explore the world outside, get some fresh air and be creative.

### >> TEA DANCE FOR LITTLE PEOPLE #MIXANDMATCHMONDAY

Every Monday Tea Dance for Little People we will post a **#MixandMatchMonday** family challenge and everyone's invited to tag along in the fun on Facebook or Instagram (details below)

## REWARDS & PRIZES

Proud of your achievements? Share your troll adventures for the chance to win a prize from Active Together by submitting either:

### 1. Your family **TROLL-O-METER**

Share a picture of your completed troll-o-meter over the next eight weeks leading up to 9th April 2021. We would love to receive photos or videos of the whole family joining in and having fun being active together!

OR

### 2. Your **TROLL STORIES** and adventures

Share a story of your Troll adventures in the form of a picture, poem, written story or film.

Submit to

Facebook page [@Families Active Together Playroom](#)

email [jolanda.gjoni@bbbc.org.uk](mailto:jolanda.gjoni@bbbc.org.uk)

WhatsApp [07741 332 619](tel:07741332619)

### **EASTER PRIZE DRAW:** Deadline 9th April 2021

Prizes include fitness tracker watches and sports equipment for all the family.

Check the Facebook page for details and guidelines (*Note: must be a Tower Hamlets resident*)

For additional informations on the prizes and the terms contact: ACTIVE TOGETHER @ Bromley By Bow Jolanda at [jolanda.gjoni@bbbc.org.uk](mailto:jolanda.gjoni@bbbc.org.uk) or [07741 332 619](tel:07741332619)

The play pack is provided by Creative Homes and Tea Dance for Little People

For additional information contact [info@tdlp.co.uk](mailto:info@tdlp.co.uk). For more play packs visit [tdlp.co.uk/shop](http://tdlp.co.uk/shop)

Join the **#Mix&MatchMonday** on our social media

[@tea\\_dance\\_little\\_people](#) [Twitter](#) [Facebook](#) TD4LP