FREE PLANNER FOR PARENTS AND CARERS

DEWI'S PLAY-AT-HOME PLANNER

Four weeks of tiny football games for children aged 2 to 5. Five minutes a day is plenty.

5 min a day



WEEK 1	WIGGLE AND BALANCE
◯ Mon	Stand on one foot like a flamingo
◯ Tue	Stomp like a dragon
◯ Wed	Tiptoe past a sleeping teddy
◯ Thu	Hop to the door and back
◯ Fri	Freeze dance: stop when the music stops
◯ Sat	Walk along a line of tape
◯ Sun	Free play: your child chooses

WEEK 2	KICK AND ROLL
◯ Mon	Roll the ball to each other
◯ Tue	Give the ball a gentle kick at a cushion
◯ Wed	Knock over a tower of cups
◯ Thu	Kick the ball into a laundry basket
◯ Fri	Roll the ball under a chair
◯ Sat	Kick the ball to a grown-up outside
◯ Sun	Free play: your child chooses

Sticker

Sticker time

At the end of each week, give your child a sticker for trying their best. Not for winning, for trying.

WEEK 3	STOP AND STEER
◯ **Mon**	Stop the ball with the sole of your foot
◯ **Tue**	Walk with the ball, nice and slow
◯ **Wed**	Red light, green light
◯ **Thu**	Steer round socks on the floor
◯ **Fri**	Follow the leader with a ball
◯ **Sat**	Steer round two shoes
◯ **Sun**	Free play: your child chooses

WEEK 4	TEAM DEWI
◯ **Mon**	Pass to a teddy
◯ **Tue**	Pass to a grown-up
◯ **Wed**	Count your passes together
◯ **Thu**	Make a goal with two shoes
◯ **Fri**	Score a goal and celebrate
◯ **Sat**	Invite a friend or sibling to play
◯ **Sun**	Free play, then a sticker!

Our top tip

Praise effort out loud. “You kept trying!” builds more confidence than “great shot”.

Always play somewhere safe and stay close. Young children need a grown-up with them at all times.

COME AND PLAY WITH DEWI

Weekly football sessions for children aged 2 to 5 in Menai Bridge, starting Sunday 10 January 2027.

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