

Recycling Bin Challenge

Get Active

Most recycling bins are filled with objects that could be used for keeping active. With a little creativity and imagination you can find loads of fun uses for these everyday things! We've included some ideas below, but there's no limit to what you could create.

Make sure anything you use is clean and dry and that an adult has checked that it's safe.

Toilet/kitchen roll tubes



Hold the tube upright and balance a ball on top. Have a race or do an obstacle course without dropping the ball.

Use as targets for a ring toss game.*
(make holes in a cardboard box and place the bottom part of the tubes in the holes to keep them upright).

Plastic milk jugs



Image: Lakeshore Learning

Cut the bottom off plastic milk jugs to make a catching game.

Or use the instructions on the following page to make a solo catching cup!

Newspapers



Squash sheets up into balls to throw at or into targets.

Roll into lengths to make a bat or a stick for rounders, hockey or golf games



Wrap around bottles or cans to colour and decorate them (for the other games suggested on this page)

Cardboard

Flatten out and draw lines of different distances (like rungs of a ladder). Jump as far as you can and see what line you can get to.



Cut holes of different sizes in boxes as a target for throwing games or a hole for mini golf.

Use boxes as hurdles to jump over



Plastic bottles

Arrange like pins for bowling games. Partially fill with water, stones or sand for added challenge.



Fill with water to make weights.

Use as targets for a ring toss game.*

Tin cans

Place sideways on the floor for mini golf holes (make sure to shake ball out, don't put fingers inside in case of sharp edges).



Place on a stick in the ground to make a tee to place a ball on for batting/striking.

Stack up in a triangle and knock down with a ball or beanbag.



*For ring toss games, make rings from:

- Cardboard cut into circles (or paper plates) with holes cut inside.
- Short lengths of rope (or rolled up newspaper) bent into a ring and fastened with tape.
- Cardboard from used sticky tape

Decorate your targets with colours or write a different number on each for points, then have fun trying to throw the rings onto the targets.



**Irish Heart
Foundation**