

Hurrah! We're going to CarFest!

RAINBOW TRUST

SUPPORTING FAMILIES WITH A SERIOUSLY ILL CHILD

Start the CarFest fun the minute you get in your car!

Why not give our top ten tried and tested family games a go on your way to CarFest?

Rainbow Trust's Family Support Workers are experts at keeping the family entertained. They provide practical and emotional support to families who have a seriously ill child enabling them to make the most of time - and they spend A LOT of time taking seriously children and their families to and from hospital appointments and treatment - so all these ideas come with a great big Rainbow Trust stamp of approval!



Let's get playing...



THE NUMBER PLATE GAME

Take the last three letters of any car's number plate and make up what the letters stand for. For example **ELB** could be 'Elephants Look Big' and **QBF** could be 'Queen's Best Friend'.

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ONCE UPON A TIME

The aim of the game is to create a fun story. The first person makes up a sentence, for example 'Once upon a time there was an old man with just one welly'. The next person then adds a sentence and the next etc.

YELLOW MINI

The first to see a mini, shouts 'mini' and gets a point. If you see a yellow mini, you shout 'yellow mini' and get 3 points. If you see an old, classic mini shout 'old mini' and you get 10 points. First to 20 points wins!



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GUESS WHO I AM?

Someone thinks of the name of a famous character or person - dead or alive. Everyone else then asks questions to see if they can guess who it is. The only thing is, the person whose turn it is can only answer yes or no! See - not so easy!

I WENT TO THE MARKET...

Start by saying "I went to market and bought..." say something beginning with 'A'. The next player then says "I went to market and bought [thing beginning with A] *and* [thing beginning with B] and so on If someone can't remember the shopping list, they are out of the game. When you get to Z, start at A again!





ABC WORD GAME

Choose a subject such as food, then take turns going through the alphabet thinking of a food beginning with that letter.



WHILE YOU WERE SLEEPING

Take it turns to make up a bizarre but believable story while someone sleeps! This is great for young kids.

CLASSIC I SPY!

'I spy, with my little eye, something beginning with' followed by the first letter of the item. The first player to guess correctly then gets to pick an object, and so on.



WOULD YOU PREFER?

Take it in turns to ask each other 'would you prefer' questions. For example, chocolate or crisps? Holiday at the seaside or country? And so on, making it as far-fetched as possible. You can get some great family conversations going by simply asking 'why?' after a 'would you prefer' question.



SEE A RAINBOW

Player one chooses a colour of the rainbow and then has to find three items with that colour. When finished, the next person finds three items with the same colour and so on until everyone has had a turn. Then move onto another colour in the rainbow until you have been through all the seven colours of a rainbow.



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