



Healthy  
Kildare

@HEALTHY\_KILDARE

# HEALTHY KILDARE HALLOWEEN FUN



FREE PRINTABLE

## DIY GAMES AND ACTIVITIES

FUN FOR ALL THE FAMILY



FOR MORE INFORMATION OR IDEAS FOLLOW  
@HEALTHY\_KILDARE ON FACEBOOK & INSTAGRAM  
OR EMAIL [HEALTHYIRECOORD@COUNTYKILDARELP.IE](mailto:HEALTHYIRECOORD@COUNTYKILDARELP.IE)



Instagram

# Pumpkin Patch Hide & Seek

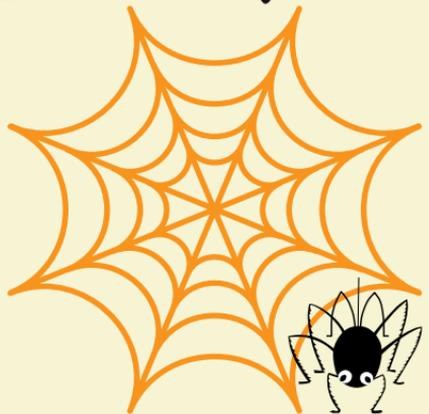
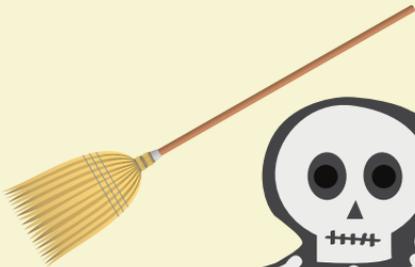
Hide the pumpkins around the garden and the person who collects the most wins



Ask a grown up to help

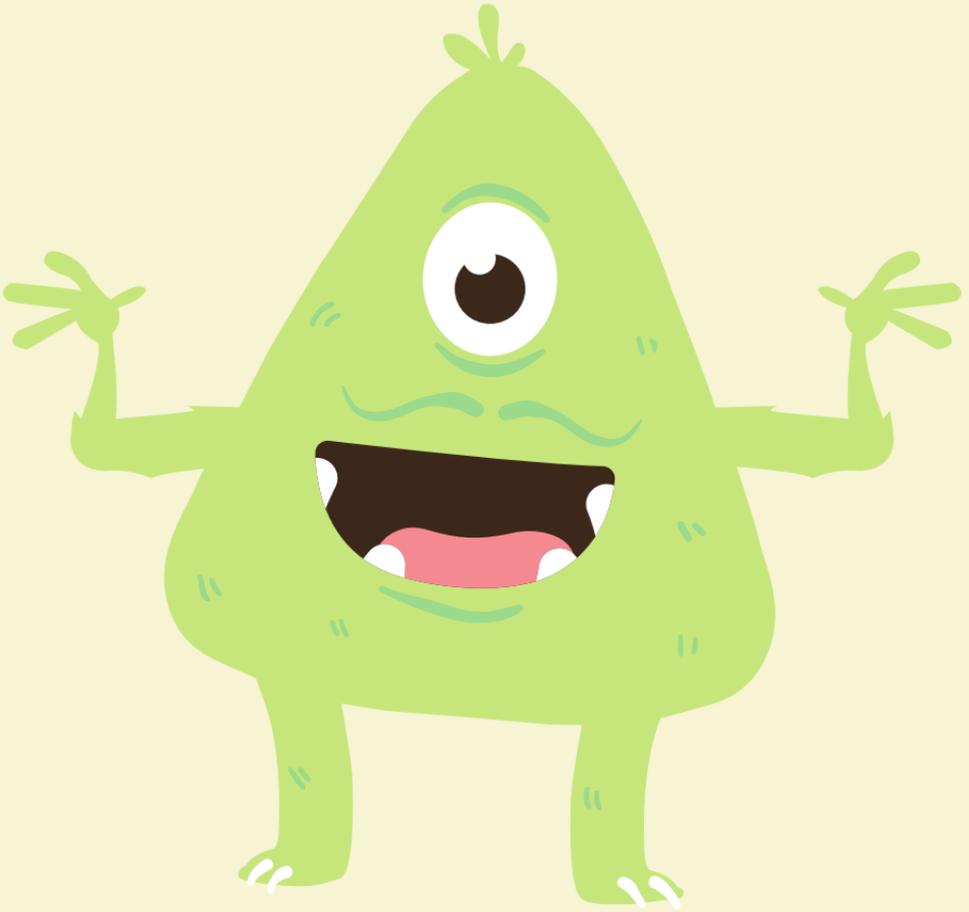
# Halloween Hunt

Look for the items on the list and circle them off as you find them



# Pin the eyeball on the monster

Line up and try to pin the eye ball on the monster  
with your eyes closed



Ask a grown up to help



# Zombie Walk

Use chalk to create a fun obstacle outdoor course



zombie walk



Jump



Jump



Jump



See what ideas you can come up with, share on @healthy\_kildare



Jump



Jump



Zig-Zag



Zig-Zag



Zig-Zag



# Monster Rocks

Collect some rocks, clean and dry them before painting your very own Halloween creation



# Halloween Games

Reuse and recycle items around the house to make some fun activities

## Witches Hat Ring Toss

Place your witches hat on the floor and if you have more than one place them down too and space them out. stand back and try to get the ring over the top of the witches hat to win.

## Toilet Roll Bowling

Gather up 10 toilet rolls, stack them on top of each others 4 then 3, 2 and 1 on top. Use a small ball or mini pumpkin to bowl them over.

## Toilet Paper Mummy

In pairs, one person has to cover the other in toilet paper to make a mummy. Best mummy wins.

## Spider Races

Every person has a straw and a fake spider, set out the start and finish and the first person to blow the spider to the end wins



# Halloween Games

Reuse and recycle items around the house to make some fun activities

## Pumpkin Golf

Carve your pumpkin with a large mouth. Use a golf ball and club to try and get the ball into the target.

## Bob For Apples

Place apples into a basin of water and collect the apples with your hands behind your back.

## Jelly Hunt

Make a big bowl of jelly and add in some Halloween decorations. Use a tweezers to hunt for items and get them out of the jelly.

## Eyeball Egg & Spoon Race

Boil an egg and once its cooked decorate it like a scary eyeball. Balance the eyeball on a spoon and see who can get the furthest without it breaking,



# Healthy Halloween Pizza Wraps

## Ingredients

Wholemeal Wraps

Passata Sauce

Mozzarella Cheese

Pizza Toppings

## Method

Preheat the oven to 200 degrees

Place a wrap on a pizza tray or baking tray

Spoon the passata sauce into the center of the wrap and spread evenly

Sprinkle on mozzarella cheese on top of the passata sauce

Decorate as you like

Place in the oven until golden brown and crisp





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