

INDOOR SLIDES!



Struggling to find things to do inside on wet winter days? Why not turn your home into your own adventure playground by sliding down the stairs! Cardboard boxes, mattresses, sleeping bags, and anything else you can sit on or in can be great ways of speeding your way down the stairs. If you don't have a house with a staircase, you could use stairs in your apartment block, or even outdoor staircases in a public space.

Safety tips! If you have protective equipment such as helmets and knee/elbow pads, you might want to wear these. Also consider placing something at the bottom of the stairs such as pillows or a mattress to create a softer landing. If you want to be extra careful, you could cover the sides of the stairs with soft material such as blankets, duvets, pillows, etc.



If you would like to share a picture or video with others, please email it to Becky (becky@upourstreet.org.uk) and we will share it on our social media. We won't share your pictures with anyone else.