

MY
LITTLE
DAY

3

MY 3-YEAR
BIRTHDAY
PARTY

THIS
BOOKLET
BELONGS
TO



MY
FRIENDS'
AUTOGRAPHS

At three, a child is still a tiny little person. So you don't want too many guests nor too many games: the birthday party should just last two hours. Choose very simple games with equally simple rules. Sing, dance and have lots of fun!

Whether it's a girl's or a boy's party, the games are the same: all you need to do is adjust the references (princess or knight). Switch to a new game as soon as the children start to lose interest. And remember, never leave the children to their own devices!

For the sake of peace, put away all the toys which may be borrowed by the little guests much to the despair of the birthday boy or girl. It's nearly time, your little angel has transformed into a pirate or a fairy and for the occasion you are wearing a tiara or a top hat (this will impress the children a lot).

The doorbell is ringing, here they are! Welcome the little guests with a touch of eyeliner: draw a moustache on the boys and eyelashes on the girls. While you are waiting for the arrival of all the friends, sit down into a circle and get each

guest to introduce himself or herself. You start first: "I am Paul's mum, we'll be playing together all afternoon..." Each child gives his name, his age, the name of his teacher, his favourite game, his favourite colour, his favourite cartoon, etc. In a confident tone of voice, the super parent which you are will then reveal the afternoon's games and the golden rule: we all play together.

To make sure that your gamble pays off, act as the master of ceremonies, explain the games and decide when the changes occur. Obviously, it is better if there are two of you. Everything has been said, everybody is here, let's party!

You will need:

- a playlist (with about ten songs) that you and your child like (because you're the one who will have to make all the little ones dance!).
- some Sellotape (coloured)
- a few cushions
- a broomstick
- and lots of enthusiasm!

THE ANIMAL RACE

– Everybody at home!!! (Designate a «home» area such as a wall or a piece of furniture where the children stand in line as far as possible from you).

I will get you racing!

– Ooooooh!!

– Given that it's quite easy, I will make it a little bit

more difficult. For the first round, I would like you to jump like kangaroos. The first person who touches me has won! Are you ready?

– Yes!!!

– Well done! For the second round, I would like you to gallop like horses.

★ **At each new round, you can suggest new steps. Ask the children to jump forward crouching like frogs, to move backwards, to hold hands in pairs, to walk like little mice or to make bunny hops... Make sure that everybody has understood by asking them to show you first.**

CATS AND RABBITS

– Let's now play «Cats and rabbits». Does anyone know this game?

– No!!

– I will choose a child who will be the cat. He will have to move like a cat and try to catch the other children who are the rabbits. The rabbits will make bunny hops. All the rabbits which get caught become cats and then move like cats. The rabbit which has not been touched wins the game. Understood?

– Yes!!!

– So could you show me how cats walk? Well done! And how do rabbits jump? Well done!

– Paul, you are the first cat, you run around like a cat. The others, you are rabbits so you make bunny hops! Ready, steady, go!

★ **If you want, you can give the game another name using other animals such as «dogs and kangaroos» or «frogs and mice». The important thing is to have them move along with different animal steps.**

THE LITTLE FISH

– Come next to me and sit down, I'm going to teach you the little fish game.

– I'm going to choose a fisherman who will make a fishing net with me, with our arms in the air we're going to choose a secret number



between 1 and 5. The other children are the fish. The fishermen are going to shout "Little fish, little fish!" and count "1,2,3,4,5", whilst the fish go under the arms of the fishermen. Suddenly, when they get to their secret number, the fishermen lower their arms, and if they catch a fish, the fish becomes a fisherman. The group of fishermen get bigger and the number of fishes gets smaller. The last free fish is the winner and in the next round, they will be the first fisherman. Do you understand?

– Yes!!!

– So, let's start! Paul, you are the first fisherman, come with me. Fish, go and spread yourselves out in the ocean!

– (Whispering:) Paul, we're going to count to 3.

– Let's begin: "Little fish, little fish, 1, 2, 3" (Lower your arms and congratulate the terrible sharks who got away and the little fish who are now the formidable fishermen!

★ **You can repeat the game 4 or 5 times in a row, children love it!**

FUNNY FACES

– Come next to me, we will hold

hands and form a circle. On my count of three, everybody sit on the floor: 1, 2, 3! Do you know how to make funny faces?

– Yes!!!

– Can one of you show me a frightening face? Well done Paul, that was really scary! I am going to make a funny face and my neighbour will try to do his best to mimic it. Then it will be the turn of his neighbour and so on, up to me again. At the end, we will compare the first and the last funny faces! Did you understand?

– Yes!!!

– Are you ready?

– Yes!!!

★ **You can make several rounds. At each new round, a new child can make the first funny face. You can suggest to express an emotion like joy, fear, surprise or to imitate animals such as a lion, a fish, a rabbit.**



A LITTLE TRAIN BEFORE TEA TIME

– Do you know how to make a little train?

– Yes!!!

– So go one behind the other and tighten your seat belts (put the

hands of the second child on the shoulders of the first and so on). You must make sure to not let go! Are you all fastened in?

– Yes!!!

– I will be the train driver (put the hands of the first child on your waist). Let's start the music, here we go...

★ **Move around going slower or faster. You can follow imaginary lines in any direction, curl up like a snail shell, zigzag and head towards the place where you will have tea. It does not last more than two minutes but children love it. Sit them down and lower the music. Either turn off the music or put it on in the background.**

★ **If you don't have enough chairs or a table which is not big enough, do not hesitate to lay out the table on the floor as for a picnic.**

IT'S TEA TIME

– Sit down. Who would like some apple juice, some milk, some grenadine? Who wants some sweets, cupcakes, tarts? Do you know what we usually sing for a birthday?

– Yes!!!

– So, let's try together. «Happy birthday...» Perfect, do you know this song in other languages?

When you're ready, start the count-down and sing Happy birthday to allow Paul to blow out his candles.

★ **Do not hesitate to make conversation around the children's favourite themes: if they have brothers and sisters, what are their favourite games in the park...**

When everybody has finished tea, suggest a small detour via the bathroom and collect your little gang very quickly.

MARGOT'S FAVOURITE SONGS

– I would like everybody to sit cross-legged on the floor facing me. We will sing a few songs or tell a story. Who would like to start?

– Me, me!

– I will choose the best at puffing out his cheeks. Margot come next to me, you can bow and we will all clap for you. What are you going to sing?

– Jingle bells.

– I will help you.

– Jingle bells, jingle...



– Great!!! Would anyone else like to sing? And so on.

★ **It is a calm and touching moment. Some don't know how to bow, you will have to show them how. The children love to be applauded by their friends. Sometimes, they all want to sing the same song. Sometimes, some of them take offence because the other children sing along while others do not dare to sing.**



I will perhaps check if you are real statues by tickling you. First of all, dance like me. Let's call for the music: «Music, music!»

★ **Make simple movements like jumping, waving goodbye, spinning around, flying like a plane, moving your arms around like a train, slapping your legs, your shoulders, your head, moving forwards, backwards... Stop the music and have a close look at the statues.**

★ **When all the children want to take part in a game, you can tell them that you will choose the child who is sitting up the straightest, who raises his hand the highest, who sticks out his tongue the farthest, who makes the least possible noise... and then let them all have a go if there are not too many.**

– For the next statues, I would like you to pose as princesses, monsters, lions... Are you ready?

– Yes!!!

– Now, let's all dance like Paul. Then like Margot... And then however you like!!!

MUSICAL STATUES

– Do you like dancing?
– Yes!!!
– Can you freeze like statues?
– Yes!!!
– I will put some music on so that we can dance together. When I stop the music, I would like you to freeze like statues! Be careful,

WHAT'S THE TIME MR WOLF?

– Stand all in front of me. Do you know a game called «What's the time Mr Wolf?»

– Yes!!!

– So Paul you are Mr Wolf, face the wall please (or a tree). We are the sheep. We stand in line. Together we will ask the time to Mr Wolf «What's the time Mr Wolf?»

If Mr Wolf replies «One o'clock!» we make 1 step forward. We will ask him the time again «What's the time Mr Wolf?»

– Paul answers «Three o'clock», so we make 3 steps forward.

★ **The sheep ask the time again and step forward according to the time called out.**

– When you get really close to the wolf, Mr Wolf answers «Dinner time!», then turns around and tries to catch you.

★ **The captured sheep becomes the next Mr Wolf! If Mr Wolf does not catch anyone, he has to be Mr Wolf again.**



THE CROCODILE BRIDGE

– Do you know the game called «Crocodile bridge»?

– No!!

– I will put cushions on both sides of this Sellotape stripe (or line of books). Imagine that these cushions are crocodiles and that you have to cross the bridge (long straight line) without getting gobbled up!!

– Stand in a line and walk across

the bridge one after the other. When the first child has crossed the bridge, the second can start.

★ **If it is too easy, add a cushion on their head and/or a cushion in each hand!**

THE BRAZILIAN DANCE

– As you can see I am holding a broomstick. Do you know what I'm going to use it for?

– No!!

– It's very easy, stand facing me in a single line, one behind the other. I will hold the broomstick very high and you will have to go under it dancing.

After each new round, I will lower the broomstick so that it will get more and more difficult for you to go under. Understood?

– Yes!!!

– Here we go, let's call for the music: «Music, music, music!!!» Stay in a single line and bend to cross one at a time.

★ **If it becomes a scramble do not hesitate to stop them and settle them back one behind the other. Lower the broom down to ground level (15 to 20 cm from the ground). They love lying down on the floor and crawling.**

BEFORE LEAVING

- Let's now open Paul's presents!!!
I would like Paul to come and sit next to me and that the rest of you all sit down facing us. Here we go!
- Wow, a jigsaw puzzle! Thank you Margot!
- Paul, would you please give Margot a kiss?
- Yes...

★ **If you have planned presents for the little guests, give them out at the very last moment when everybody is ready to leave. You may also write the names of the children on the party bags. This will avoid things taking a dramatic turn!**

The party is over but it is not yet time to tidy up, you should let this unique moment last. Hang the garlands in the bedroom and leave the balloons lying about...

MY BIRTHDAY
MEMORIES

THE PRESENTS
I RECEIVED
FOR MY BIRTHDAY



In this little booklet, you'll find all the games you'll need for a 3 year old's birthday party. Simple games, explained in the way that you would explain them to children. With one game per page, there's everything you need for a 2-hour long party! For my 3rd birthday, I'd like to play the animal race, the little fish, musical statues...