



Fortress made of recycled material

Ages: 4-7, 8-12

What are we going to do?

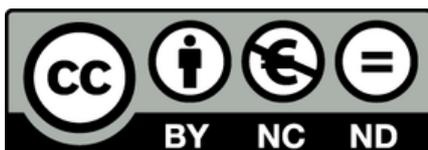
This activity combines imagination, symbolic play, and environmental awareness. Using recycled materials, children build their own fort, exploring balance, creativity, and gross motor skills. The final game—knocking it down—adds a fun and liberating moment.

Goals

- Encourage creativity through construction.
- Develop motor skills and eye-hand coordination.
- Working on basic concepts of balance and structure.
- Reusing recycled materials to promote sustainable habits.
- Stimulate symbolic play and imagination.

Materials

- Clean plastic bottles (milk, water, soft drinks...).
- Cardboard boxes (cereals, cookies, tissues...).
- Large margarine or yogurt containers.
- Cardboard tubes (kitchen rolls or toilet paper).
- Any other clean and safe paper or plastic container.
- Large space for building and demolition.



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Estimated duration: 15-30 minutes

Instructions

1. Material Collection

- Look in the home recycling bin with your child.
- Select clean and safe materials (without sharp edges).
- Place them in a large play area.

2. Construction Phase Invite the child to:

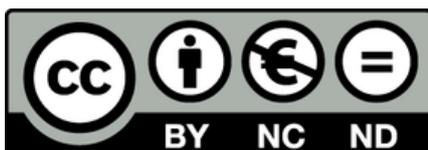
- Stack the containers like blocks.
- Try different ways to maintain balance.
- Create walls, towers, tunnels, or a small circle around yourself.
- Imagine that you are building your own fortress, castle, or shelter.

You can accompany this with questions that stimulate creativity:

- "Which part do you want to be the tallest tower?"
- "How would you prevent this wall from falling down?"

3. Explore, Adjust, and Improve

- Allow them to experiment: let something fall and try again.
- You can help stabilize some parts if needed, but leave room for autonomy.



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4. Time to Tear Down!

Once construction is complete:

- Encourage the child to gently knock down the fort or by giving it a small push.
- You can do it from inside or outside, whichever you prefer.
- This moment is usually the most fun and releases a lot of energy.

Expected Results

- Development of creativity and constructive thinking.
- Greater understanding of balance and volume.
- A sense of accomplishment when building... and fun when tearing it down.
- Environmental awareness through reusing household materials.
- Free and symbolic play that fosters imagination.



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