

# Activity Ideas 7

Make the most of your unexpected time together! Let YOUR inner child out!

## LAUGH LOVE LIVE

Keep a balance and be realistic about what you can do – working from home, school work etc will need to be factored in and it is also ok for children to have time when they entertain themselves.

Avoid competitive games and flash points

You might find it helpful to have a timetable

Try to keep the rules and boundaries that you already have in your home

Don't worry about the housework!

At the end of each day, share some thoughts about what you would like to do together in the future - write these hopes and aspirations down (one a day) and put them somewhere safe - in a jar or box.

I hope that you find this list helpful! Most of what I have included here can be shared using the phone, skype, whatsapp or video call with Grandparents and other people your children won't be able to see at this time.

Make a heart wreath and put messages inside each heart.

What you need:

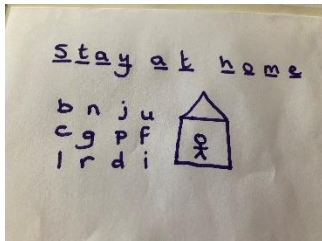
- Craft paper strips – magazines/newspaper or recycle boxes
- Mini Glue Dots or Craft Glue or stapler
- Scissors
- Ribbon



First, cut your paper into 2 inch by 11 inch strips and fold them in half. Twelve strips will make an oval wreath. Eight or ten will make a rounder one. Fold the strips to make a heart shape and glue. Once you have made your hearts, glue them together, leaving a space in the middle. To hang, thread the ribbon in between two hearts using the space between the glue points and tie a knot. Repeat on the other side. Hang it and enjoy!

- Make a marble run and experiment with layouts:
  - ❖ use tubes from toilet rolls, kitchen rolls, cling film, foil, sweets
  - ❖ sticks and a shoe box lid
  - ❖ lego
  - ❖ ice cubes

- Gather sticks and stones on your daily walk and make structures for small toys such as lego/play mobile characters, animals or dinosaurs.
- Design a lockdown logo/coat of arms or shield for your family.
- Create a new game - 'Lockdown man' instead of hang man - play the game in the usual manner but when the guess is incorrect draw the outline of a house with a person inside



- Tape painting or colouring - using sticky tape or masking tape create a pattern or grid on a surface - board/paper/pavement/wood and the paint or colour the sections. Once dry remove the tape
- Comic strip - make your own comic story using the lockdown theme
- Lucky dip - make a lucky dip with treats and surprises in and use this on a Friday

Take care and know that I am thinking of you

Heidi x