

# Activity Ideas 5

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 an art gallery to share with those you can't see at the moment and take them on a virtual tour
- 'Bubble works'- experiment with homemade bubbles - in a large bowl or bucket, make a solution with bubble bath or washing up liquid and use pipe cleaners, sieves, colanders and anything else you can find to make bubbles
- Big box builder - save boxes that you would be putting in the recycling , reverse the boxes by opening them and turning them inside out and re sealing them (plain cardboard on the outside). You can leave these plain or paint and decorate them. Use the boxes to make structures or to create a game of big box Jenga!
- Tell your children stories about you when you were a child, ask grandparents to do this too. Share your memories.
- Create a treasure map and treasure trail inside the house or in the garden
- Learn to tie laces ! - one of the trickiest things to teach a child (but time is on your side!!) The most effective way to teach this is to be behind the child (we often show them by sitting in front of them - one of the reasons it's so difficult to teach/learn).

- Make a kite - select a range of materials readily available within the home to make and experiment with different types of kites - paper/plastic bag/fabric etc
- Big O's & X's - mark paper plates or circles of card with O & X and mark out a grid on the floor or in the garden.
- Make a thank you sign for your front door.
- Indoor/outdoor Olympics - plan your Olympics as a family - each person comes up with, sets up and manages their event - eg Shoe put (shot put) how far can it be thrown - person in charge measures distance and records this.
- Papier mâché - use a balloon, football, bowl or dish and build up layers of newspaper/paper over a few days and leave to dry for a week before painting and decorating. Experiment with glue - if you have pva you can water this down otherwise , wallpaper paste or a flour and water paste should work.

Take care and know that I am thinking of you

Heidi x