

Activity Ideas 8

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 your own prints and patters - using a tray or dish make pour in small amount of paint and then using fingers or the pointed end of paintbrushes, forks, combs and other tools , make patterns in the paint. Lay paper on top of the pattern and gently press, peel back the paper to reveal the print.
- Make sock puppet characters and put on a puppet show.
- Create trails in the house or garden - decide on the signs you are going to use and make trails for each other using natural or household items - eg use arrows formed of twigs for direction, a triangle means 3 star jumps, something round signifies reverse etc.
- Bottle band - use a range of bottles filled with water to different levels set these out and use a stick to make sound.
- Paper hands - draw around and cut out hand shapes and make these into different things - flowers, the sun, a peacock etc.
- Flags - make flags for different countries or design a flag to represent your town or street.
- Box totem pole - use boxes turned inside out and re-sealed to make different faces/ patters and attach these on top of each other to form a totem pole.

- <https://literacytrust.org.uk/family-zone/>
- <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>
- <https://www.nhm.ac.uk/take-part/try-this-at-home.html>
- <https://bikeability.org.uk/>

Take care and know that I am thinking of you

Heidi x