

Activity Ideas 4

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.

- Set up a zoo with soft toys - have spaces for each of the toys, set out their needs - what breed are they, where do they come from, what they like to eat, how they like to be looked after, etc.
- Paper plane Olympics - make a range of paper planes and events for them to take part in - targets, buckets and containers, where can they land, how far can they travel.
- Make a projector tube - using the cardboard tube from a kitchen roll or toilet roll - cover the top with clingfilm and secure with an elastic band. Place different items on the cling film eg coins, different shaped stickers, folded pipe cleaners, sparkly items etc. Switch on the torch on your phone, place the tube on the phone and turn off the lights to see what happens.
- Make a distance or destination post - using arrows decorated and labelled with the place name and distance to eg grandma's house, school, your favourite restaurant, a holiday destination etc. Attach the arrows to a pole or post.
- Play this game or use the format to make your own game

<file:///C:/Users/warma/Downloads/Positivity%2520Board%2520Game%2520UK-%2520Big%2520Life%2520Journal.pdf.pdf>

- <https://www.freeprints.com> – download this app and get your photos of this time printed and make them into a scrapbook - use the photobook app to create and send a photobook to someone you miss.
- Write a letter and or send a picture that you have drawn to a care home in your local area.
- Make a paper chain of care and kindness - decorate each link of the chain and add a message add to your chain each week.
- Have a look at this story
https://issuu.com/sophie_marshall/docs/stay_home_superheroes

I've written this poem for you - maybe you could illustrate it or turn it into a book

Why Can't We.....?

'Why can't we go to Nana's?' the children asked all day,

'We love to go to Nana's for treats, for fun, to play!'

'We're sorry you can't go to Nana's,' said parents everywhere,

'Nana is keeping safe at home,' she knows how much you care.'

'Why can't we go to Grandad's?' the children asked all day

'We love to go to Grandad's, for treats, for fun , to play!'

'We're sorry you can't go to Grandad's,' said parents everywhere,

'Grandad's keeping safe at home, he knows how much you care.'

'Why can't we go out with our friends ?' the children asked all day

'We love to go out with our friends, to laugh, have fun and play!'

'We're sorry you can't go out with friends,' said parents everywhere

'Your friends are keeping safe at home, they know how much you care.'

**'Why can't we just go where we want ?' the children asked all day ,
'We love to go out to our clubs, and places we can play.'**

**'We're sorry you can't go where you want, ' said parents everywhere,
'It's really tough but we'll stay home , it's because we really care.'**

**'It's tricky for you children,' said parents everywhere,
'We know you want your freedom and it really feels unfair.'**

**'But we must do the right thing now to show the world we care,
We'll stay at home, we'll keep in touch and let people know we care.'**

By Heidi Sheppard Play and Creative Arts Therapist April 20202

Take care and know that I am thinking of you
Heidi x