

Activity Ideas 3

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 excavation site with plaster of Paris if you have it or experiment with alternatives to see what works? (this might be mud/cornflour/sand that you put in the freezer) find some exciting items to put into the mixture and then have a good dig when the mixture is set/dry/frozen.
- Have a swap around day - each person dresses and becomes someone else - you might want to manage this by drawing names out of hat !
- Have a teddy bears picnic - inside or outside
- Make up a dance routine to a favourite song
- Make a scarecrow type character with clothes and fabric
- Talk like a pirate or robot during mealtimes
- Alphabet scavenger hunt - you have 5 minutes to collect one item for each of the first 10 letters of the alphabet (you have to carry them all) come back with the items and talk about them, then 5 minutes to collect the next 10 and do the same, 2 ½ minutes to collect the last 6. (I did this with my grown up children and some of their friends on a video call -it was great fun!)

- Have a themed lunch/dinner party with your family
- Make sock puppets and put on a puppet show
- Fold a piece of paper into 8 sections - no one is allowed to see what anyone else is drawing until the end. Ask everyone to number each section and then ask them to draw items in each section as follows:
 - 1 - a type of weather
 - 2- something that is yellow
 - 3- something that you wear
 - 4- a vegetable
 - 5- a number
 - 6- something that you can hear
 - 7- a letter of the alphabet
 - 8- an animal

You can then share what you have done - similarities/ difference etc. Someone else can come up with a list.
- Make up a rhyme or poem using the letters of your name - example
 Heidi
 Her favourite day is Friday
 Each week she calls it pie day
 It never is a fry day
 Don't think she calls it my day
 It always is just a Friday

Here are some links to some lovely resources that I have been sent this week by fellow therapists -

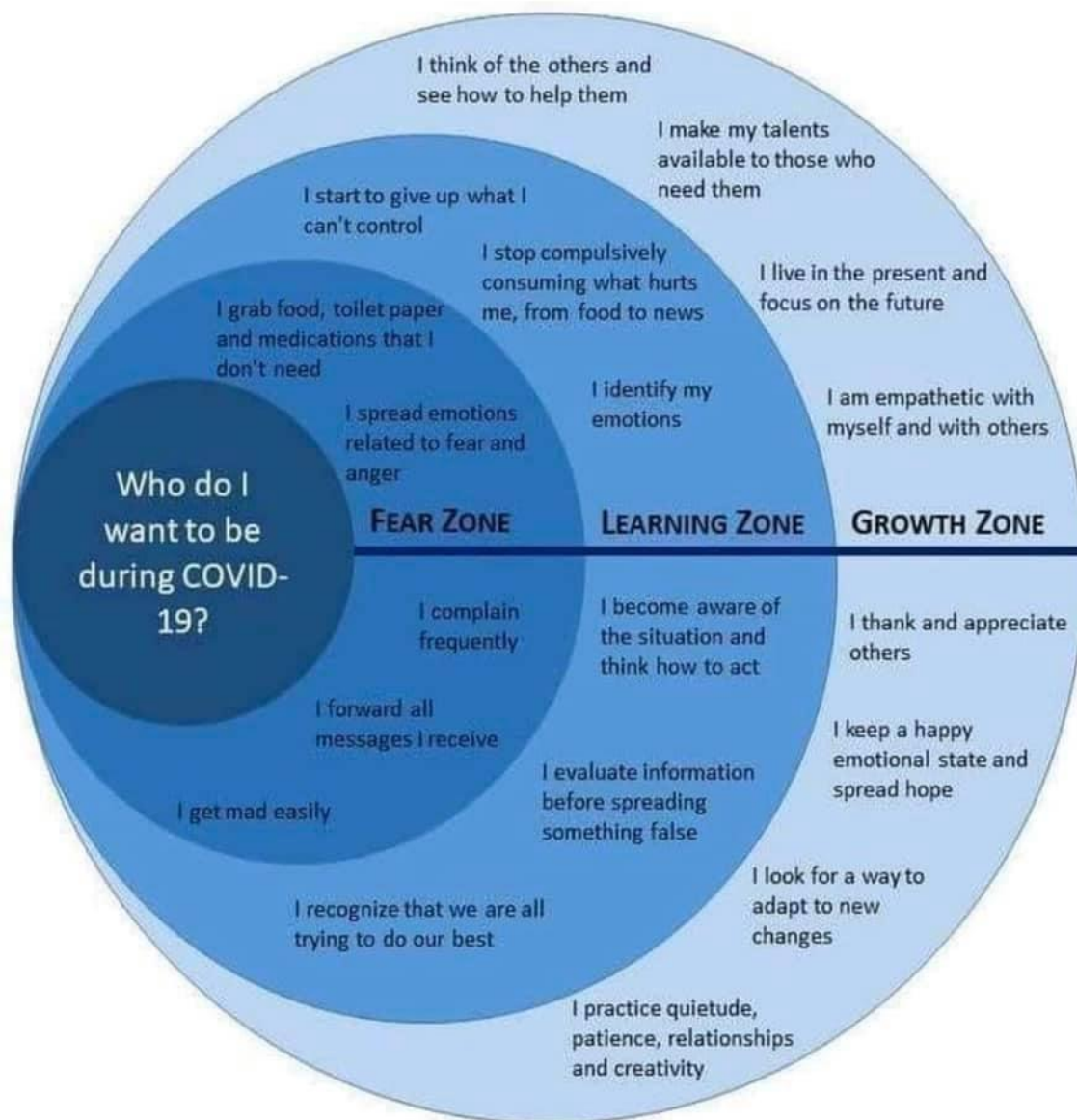
This is a link to a meditation (most school age children will be used to doing some form of mindfulness at school). This might be useful for children (and or you) if things are particularly tense/stressful/if they are feeling anxious or fearful. You might like to ask someone they are missing to record it for them to listen to.

https://lookaside.fbssbx.com/file/Rainbow-Meditation.pdf?token=AWxQxEseu1fw5fJQdrqjDhQjigS0TayBmztclEvcltEKMqclfWzl_ygYJjP-OrGTOmD2X526fn3cT7_So7Oap-IQ-2yVPfuF29G2dGkSzx_3uoTKXntAGBu70bGJ1dBXW6xpE8GnvLwZRiVT1J3uiZM99D9ZQAfhDA7C-sORGqhQUAweHvTWhuZRK7GxoXvdSDccBv7uauyOj9oNu30s8xTt

This is a link to a lovely therapeutic story which has been written by two of my lovely friends

https://mcusercontent.com/f837acc9baf4e98afc1decc86/files/5994e561-9757-40bf-88ee-f71216308d4d/Cassie_Corona_and_her_friends.pdf

I hope that you will find this useful and that it enables you to understand where you are and where others are at this time.



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