

Activity Ideas 9

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 face furniture and selfie accessories - using your own pictures/ photographs or printed pictures make beard, eyebrows, pouty lips and hats mounted on sticks or straws.
- Make a step by step montage or shape using cut out foot prints
- Make your own family news video and share it with family
- Re-tell a traditional story with a modern twist eg Cinderella, Goldilocks
- Make your own jigsaw puzzles with a picture you have created or a photograph mounted on recycled cardboard to strengthen
- Write your own family quiz and play together through video call - get each participant to write one round of the quiz - you can make this personal to your family
- Make a paper family pizza - divide a circle into slices - one for each person. Each person draws or writes things about themselves on their slice and decorates it. For example - favourite colour, band, food, animal, season as well as things you don't like etc. Put all the slices together and have a look at your family pizza.

- I have written this story - it would be great if you could read it. It needs some illustrations so if you would like to send me some that would be great!



I saw a rainbow.pdf

- **Make a paper train**

https://www.c2c-online.co.uk/app/uploads/2020/04/Make-Train-From-Home_new-1.pdf

Here are some step by step instructions to help: Colour your train in. All the grey tabs will be used to stick the different parts of the train together and won't show in the completed model.

If you want to make it sturdier, stick the template to a piece of cardboard, but paper is fine too

Cut out all the pieces

Fold all the tabs down, and fold along all the lines of the design

Stick the tab labelled "C" to the edge of the piece above labelled "C"

Then stick the two tabs labelled "A" and "B" (at the top of the train sides) to the corresponding two sides of the piece labelled "A" and "B"

From here, make the 3D train, sticking down the grey tabs to create the model in the top right corner of the first sheet

The piece at the bottom of the second sheet is the train's funnel, and goes on top of the front of the train, above the "c2c"

It's mental health awareness week , have a look at The Happy Child App there is some really useful stuff for parents here.

Take care and know that I am thinking of you

Heidi x