

Activity Ideas 6

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.

- Have a spa day - put on some relaxing music, get your dressing gown on - now soak your feet and hands, have a hand and foot massage, nail painting - the children could set this up for you and charge a small fee!
- Make mocktails - invent your own lockdown quarantini!
- Play the drawing and describing game - sit back to back - draw a simple picture and then describe what you have drawn your partner draws this then compare
- Make a paper pizza - divide a circle of paper into sections - one for each member of the family - each person decorates their section with their favourite things
- Create an art attack - gather items of different colours and make a floor collage with them
- Create a shadow puppet theatre - either using hand shapes or by making silhouette puppets attached to sticks. Back light white paper or greaseproof paper (you can also place this on a windowsill and use natural light).
- Freeze water in a variety of containers, tip out onto a tray and paint or colour with felt tip pens

- Make a mood board - cut out colours and shapes from leaflets and magazines
- Still life - using fruit, vegetables and other items create something that you can all draw
- Reverse the roles - let the children be the teachers and you be the pupils - see what they can teach you!
- Collect natural items on your daily walk and make a picture when you get home
- Name scavenger hunt - each person has to collect one item for each letter of their name
- Silence is golden ! - work with someone else to transfer an item from one side of the room to the other - no talking, no walking , the item can't touch the floor - communicate with gesture and work together to transfer the item

Here are some websites that you might like to look at:

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://www.countrysideclassroom.org.uk/home-education?>

https://parsleymimblewood.files.wordpress.com/2020/04/pmimblewood_book_v3.pdf

<http://digschool.org.uk/>

This is a link to the story of the colour monster and below is a link to some worksheets and activities

<https://www.youtube.com/watch?v=Ih0iu80u04Y>

<https://www.meehanmentalhealth.com/the-color-monster-free-downlaodable-worksheet-set>

And something for you



Take care and know that I am thinking of you

Heidi x