

Some ideas for family activities in Self Isolation

Indoor Activities

REMEMBER TO TIDY UP INBETWEEN EACH ACTIVITY, this can be a fun activity in itself!

Painting rocks. You can hide in your gardens for family to find - use nail varnish if you've no paints in a well ventilated room (please don't pick up any you see on walks or leave new ones in public at the moment as they could become carriers for the virus)

Junk modelling. Find any old birthday/ Christmas cards or pieces of material and use any packaging from your cupboards (wipe over any new boxes brought into the house)

Make rainbows for in your window.

Scrap books. Cut up old magazines, cards or catalogues.

Paint a family portrait or research your family tree. Call grandparents and other family members to write out their history, where were they born and who their parents were.

Make your own comic book. Create your superhero self and go on some adventures.

Learn to sew on buttons.

Pair up socks.

Blind tasting games or smelling cups. (food, herbs etc)

Feely bags. (guess the fruit/veg etc)

Make a placemat.

Threading with nuts and bolts.

What's that sound? Record a noise from your home and see if anyone can identify it, you could do this with friends on video/phone calls.

Observation games. 10 items on a tray, cover with a towel and remove one... what has gone?

A-Z challenges. Animals, names, places, fruit, vegetables.

Finger paint. Think animals or flowers, get creative.

Draw around their hands and draw their 5 favourite things on each finger. Fruit, toys, friends, people, places....

Treasure hunt. Write a list of things to find (either indoors or in the garden if you have one) eg. a feather, a funny shaped stone, a red shoe, a marble.

Draw your own zoo or farm.

Make paper flowers. For some ideas look up: <https://www.youtube.com/watch?v=vJDyrSHxmhA>

Draw pictures of different places you have visited or want to visit.

Bake and decorate cupcakes, biscuits or bread rolls (if you have ingredients in)

Make a puppet out of an odd sock.

Make up your own song or rap.

Perform a puppet show.

Make monsters out of vegetable peelings.

Make pompoms. <https://www.youtube.com/watch?v=SXFCO3LBJss> (get a grown up to do the cutting part)

Make your own paper. Use old scraps of paper, rip them up and soak well, squash them by hand to make a pulp, add in other things like glitter and flowers and spread out on a tray thinly and leave to dry in the sun.

Birdwatch. Count the most of each bird you see at any one time. Draw them if you want to.

Dust or vacuum the house.

Play board games- or make your own one up.

Make paper planes and see whose flies the furthest.

Have a family post box to send each other messages, cards or handmade gifts in the home. Take it in turns to be the postman.

Make boats and see if they float in the bath or sink.

Learn origami.

Hand or foot massage.

Organise your books alphabetically.

Build a den.

Make sure all your jigsaws are complete by making them all. If there are missing pieces can they make a replacement and match the picture?

Make your own jigsaws out of cardboard. Draw a picture, cut it into shapes.

Have a drawing challenge each day.

Create a dance routine.

Play cards. Pairs, solitaire, chase the ace, snap for example.

Do a daily Lego challenge (if you have Lego)

Balloon games.

Clay or play dough modelling.

Paper chains.

Fruit kebabs. Use lolly sticks or just make fruit salads.

Make your own rocks. <https://www.catalyst.org.uk/wp-content/uploads/2020/03/Education-Social-media-1-Rock-formations.pdf>

In your Garden.

Don't forget sunscreen when appropriate

Make a mud kitchen and get creative.

Make potions in jamjars.

Pressed flowers. Place flowers in between kitchen roll and place in between several heavy books.

Make a miniature garden.

Make a scarecrow- have a competition with friends/neighbours.

Have a bug hunt. (Don't catch or kill them just see how many different things you can find)

Plant any seeds you may have, if you don't have any try tomato seeds or apple pips.

Give each child a flower bed to look after. (Don't forget to show them what are weeds and what are plants)

Bark/leaf rubbings.

Chalk drawings on the patio/drive/fence.

Set up a tent in the garden – if you have one.

Paint your fence - use water if you can't use paint.

Paint a plant pot.

Build a fairy garden.

Play charades with your neighbours. Don't forget about keeping a safe distance - Can they guess what animal, film or book you are?

Skittles.

Shadow drawing. Place an item next to a blank piece of paper and draw around its shadow.

Online resources

Follow your local children's centre Facebook page for activities.

They are sharing daily ideas on activities.

www.twinkl.co.uk - worksheets, powerpoints and interactive games - use code UKTWINKLHELPS for temporary free access.

Cosmic Kids- search on youtube – yoga and mindfulness for ages 3+

BBC Supermovers- www.bbc.co.uk/teach/supermovers interactive videos.

Go Noodle - search on youtube great for mindfulness.

Library online downloads – <https://library.haltonbc.info/e-books/>

MakoCreate on Facebook. Animation fun.

Many museums have online tours try the Natural history museum in London, the British museum, NASA.

World heritage sites tours via google earth.

WW2 online history- Western Approaches HQ Facebook and YouTube.

Chester zoo have live webcams on their Facebook.

Elsa free downloads <https://www.elsa-support.co.uk/category/free-resources/>

For more information or support please contact us on

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