

Nurture Activity Grid

<p>Morning task</p> <p>Make your bed and tidy your room.</p>	<p>Kitchen helper</p> <p>Help prepare a meal or do some baking.</p>	<p>Act of kindness</p> <p>Try to do an act of kindness every day. It can be as simple as a hug or a hi 5! Try and make someone smile.</p>	<p>Star helper</p> <p>Help with household chores as often as you can.</p>
<p>Science</p> <p>Make a DIY lava lamp, a rainbow cloud and – every kids' favourite – SLIME! Check out these experiments from CBeebies.</p>	<p>Virtual Day Trips</p> <p>Watching the animals at Edinburgh Zoo via their webcams. Chat together about what you see, what animals are your favourite etc.</p>	<p>Memory Games.</p> <p>Memory games are fun and also good exercise for the brain! Put a random selection of objects on a tray and ask your child to try and remember what they are. Then you can either take the tray away and see how many items they can list or take one thing off the tray while they're not looking and see if they can spot what's missing.</p>	<p>Ideas Jar</p> <p>Make a list of the things you'd like to do once this is all over. Ask everyone in the family to write down the things they'd like to do and put them in a jar. You can sort the ideas into days outside / inside.</p>
<p>Games Night / Movie Night</p> <p>Have a games night with your family – board games/ jigsaws or cards.</p> <p>Watch a film together.</p>	<p>Penny Tumble</p> <p>Put 10 coins of the same type into a small container. One person can choose heads, the other tails. Then shake and spill to see who has the most. Count up how many wins each person gets.</p>	<p>Bingo</p> <p>Make your own scorecards of 5 squares across and 5 squares down and add in some numbers. Cut out a matching set of numbers, put them in a hat or bowl (or use a random number generator on your phone) and give everyone a scorecard and a pen. Then pick a number, show it to the children and get them to colour over the matching number on their scorecard if they have it. Good Luck!</p>	<p>Scavenger Hunt</p> <p>Hide items around your house for the kids or adults to find. Putting items at different heights can get little bodies jumping and squatting their way around the house in no time. Encourage communication by asking for clues or descriptions.</p>
<p>Outdoors</p> <p>Go for a walk / bike ride or scooter each day to keep fit and get fresh air.</p>	<p>Keeping Fit Indoors</p> <p>Change4Life and Disney Shake Up for quick, easy and fun 10-minute bursts of activity inspired by your favourite Disney characters.</p>	<p>Tall Tower</p> <p>Who can build the tallest tower? Find something stackable in your house: Wooden blocks, Lego, cereal boxes or even your sofa cushions. Just let them take turns each to see who builds the tallest tower.</p>	<p>Hiding in Plain Sight</p> <p>Choose a small object, like a mug or ornament. One person then hides it while everyone else covers their eyes, but the trick is they have to hide it somewhere where everyone can see it, like on a shelf or on top of a picture. It's amazing how hard it is for the other people to find it.</p>

Grand Designs

Give your child a design challenge. Get them to create their own bank note or coin? They can decide how much their bank note or coin is worth, and add the images - just don't try to use it at the supermarket.

Kids Rule

For 20 minutes, let the child pick what they would like to do/ watch/play. Have fun!



Smiling Mind

This is a free Mindfulness App with a range of meditations and relaxation tracks for all ages from young children to adults.

Masterchef

Tests your skills with a little bit of home cooking. It doesn't have to be anything fancy – here are some easy recipes [to get you started](#).