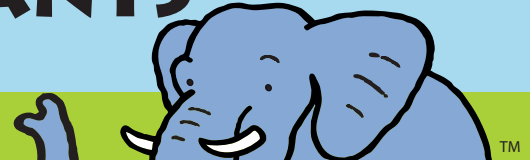
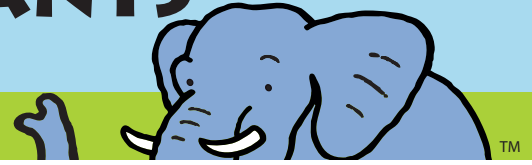


Self-Isolating Activity Ideas for Children

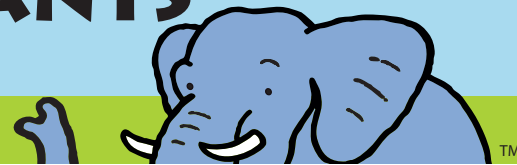
- Create a routine – have a planner on the fridge or in your bedroom, plan for a special treat at least once a week.
- Get dressed properly, brush hair, breakfast by 8.30, exercise and then settle down for lessons if there are some to complete.
- Start the day with a workout.
- A proper break for lunch and outside for a walk, back to work in the afternoon and definitely some rewards when all the work is done. Screen time, chatting to friends (very important).
- Go for a walk together with a camera or iPhone and take photographs of the route you take.
- Calligraphy - Build your own font is a great one - Go onto Calligraphr.com, print out the simple template, fill in the ABC and upload and you have your own font.
- Puzzles! Either crosswords/ Logic problems/ word searches, or physical ones.
- Draw with Rob Biddulph (Children's illustrator) on his YouTube channel. Two new drawing videos a week.
- Create a treasure hunt around your house, draw and illustrate a map and write instructions and send your family members off to search for the things that you have hidden.
- Do the same thing with a scavenger hunt around the house.
- Learn a new skill - Learn to Juggle, Origami, Learn to Crochet, Old Style Calligraphy, Learn 30 new words in a New Language.
- Practice ball skills and set yourself targets - 20 keepy-uppies, 10 x up against the wall and catch with your left hand, etc.
- Reading as a family - everyone sits down together at the same time and enjoy a good book.
- Family sing-a-long karaoke to the radio or CD.
- Watch funny videos on YouTube which make you laugh out loud – laughing is great for mental health, it lifts your spirits.
- Learn to Touch Type.
- Explore your bookshelf.
- Papier Mache (if you can get hold of any flour!).



- Spy Messages. Make up your own coded messages and try to get others to decipher them. (Use simple Caesar ciphers for example).
- Some old-style party games are always good if you have little ones and generally require very little set up.
 - Row the boat.
 - Oranges and lemons.
 - Musical bumps/ cushions/ statues.
 - Hokey cokey.
 - I am the music man
 - The farmer's in his den.
 - Pass the parcel
- Colouring-in.
- Doodling.
- Write a poem in the style of your favourite author or poet.
- Paint a picture in the style of your favourite artist.
- Doing a lot of these activities together as a family is very good for the mind too. Don't stay separate in your house all day. Even for teenagers. Come together and spend some time together doing an activity and then go back to doing whatever you were doing.
- Make pizzas and watch what happens to the dough.
- Eat sensibly and have set times for meals and snacks, each day. Plan the meals for the family and even better, cook them yourself or together.
- Create some new fridge/freezer recipes of your own.
- Have a special breakfast food treat at the weekend – pancakes, fry ups, etc.
- If you are able, take food to neighbours.
- Play with your younger brother or sister, you will find it great fun.
- Set up a Zoom friendship or class group and have a set time every day to be on line to chat for half an hour. Look up how to make sure no-one you don't know can join the chat.
- Build something together out of lego – Chichen Itza, a space station, robot?
- Design a garden on paper and then replicate it in the garden or park using twigs, stones, grass, etc.
- Do some miniature gardening.
- Make Butter.



- Make Ginger Beer.
- Make Bread.
- Make Salt Dough.
- Make Masks.
- Make ice candles.
- Grow a Rainbow.
- Learn to Juggle (online tutorial).
- Learn a language (online tutorial).
- Learn Sign Language (online tutorial).
- Learn an instrument (online tutorial).
- Listen to free Audible stories on their website.
- Turn up the radio and dance in the kitchen.
- Do a simple activity each day - sweeping, weeding etc.
- Vlogging is great for a teenager.
- To encourage independence, learn to repair a puncture on a bike, change the bedsheets and learn how to put a wash on, learn how to sew on a button, cook a simple meal etc.
- Set up a 'Corona Rota!' - everybody has chores on a daily basis.
- On Fridays we 'go to the cinema' we all take it in turns to choose a film and the whole family watch it together (with treats!).
- Get outside in the garden. Try running, jumping, trampolining, biking, using a scooter, creating jumps or an assault course.
- Read in unusual places - take a bean bag and blanket outside and curl up somewhere, or find a different place in the house to read.
- How about earning Blue Peter badges?
<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>
- Do the 30 day Lego challenge.
- Nature ideas from the Woodland Trust.
Naturedetectives.woodlandtrust.org.uk/naturedetectives/
- A lot of museums offer virtual tours to learn about art.
<https://www.history.com/news/10-best-virtual-museums-tours-history-from-home>



<https://www.techradar.com/best/virtual-tours-museums-national-parks-around-the-world>

<https://www.timeout.com/london/news/you-can-do-virtual-tours-of-almost-every-major-london-museum-and-gallery-032520>

- The Week Junior.

https://theweekjunior.co.uk/?ppcad=true&&gclid=Cj0KCQjwjcfzBRCHARIsAO-1_OqO7wVw7KYM2VI8c4rdmsDkk35aQyRlxGOI-OOU1tEBC78lhQX4WOYaAuNyEALw_wcB

- National Geographic for kids.

<https://www.natgeokids.com/uk/>

- Audible is now allowing free downloads on all children's books.

- My Daily timetable:

9.00am - PE with Joe Wicks.

https://youtu.be/6v-a_dpwhro

10.00am - Maths with Carol Vorderman.

www.themathsfactor.com

11.00am – English with David Walliams.

<https://www.worldofdavidwalliams.com/elevenses/>

12.00pm - Lunch (cooking with Jamie Oliver).

<https://www.jamieoliver.com/features/category/get-kids-cooking/>

1.00pm - Music with Myleene Klass.

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

1.30pm - Dance with Darcey Bussell.

<https://twitter.com/diversedancemix/status/1241098264373592065>

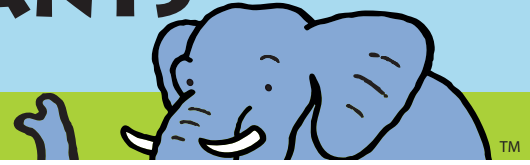
2.00pm - History with Dan Snow (free for 30-days).

<https://tv.historyhit.com/signup/package>

4.00pm - Home Economics with Theo Michaels (Mon/Wed/Fri).

<https://www.instagram.com/theocooks>

- Download various meditation apps – Smiling Mind, etc. Insight timer - free with meditations for parents and children... relaxation, managing stress, concentration and sleep. Learn to breathe deeply and appreciate the stillness around you – try yoga as well as meditation.
- Three good things: a happiness journal (age 6 and up) - child lists three things each day that went well, begins to train mind to look for things to appreciate and begin gratitude practice.
- Create your own word search or crossword.
<https://tools.atozteacherstuff.com/>



- Older children:
Make a list of all the positive things that will happen in our environment at the end of this period of self-isolation and social distancing.
- Facetime elderly relatives, family members and friends – some children have been wearing silly head-dresses or clothes to do this.
- Limit time on-line and build in specific time in the day to interact with friends and check WhatsApp and social networking sites. Let friends know when you will be checking messages so this time can be more social and productive.
- Plan a future event with your school friends to celebrate the years you spent at school together.
- Watch some news together and discuss it afterwards. Limit this to reliable sources as there is far too much scare mongering going on.
- Remember that the remote learning that is available from school is not time sensitive, it is flexible and can be completed when you wish within your daily routine. The only time you have to be on line at a specific time is when you are working face to face with a teacher.
- If you have a garden, dig, plant seeds, re-organise the space.
- Share your feeling with the adults in the home, they are there to support you.
- Engage in small acts of kindness at home without being asked.
- Photograph dolls/teddies/lego people in the garden in different situations.
- Remodel old clothes and have a fashion show.
- Take an old lawn mower apart, clean, then put it back together. Do this with anything that is old and needs restoring – ask permission first and make sure it is safe.
- Remodel some furniture!
- Design something for the future – a board game, a piece of clothing, a piece of furniture, a toy, a kitchen utensil, a tool, anything!
- Think of an interior design project you could get involved in – use your parents old letters, stamp collection, vinyl records, for inspiration.

Something for the parents: Visit www.lltff.com for free courses to help you reduce tension, build confidence, sleep better and improve your mood.