

Things to do with Children when you are Self-Isolating

Try and have a routine for the day and keep some structure

Set a limit on time on mobile phones, computers and tablets (for the whole family not just the children!)

1. Read a story together – chapters of the same book or books in the same series
2. Get together some art materials; scissors, paint, sellotape, paint, fabrics, paper to cut
3. Get a big strip of wallpaper and create a big picture or map. Draw round a family member and colour them in!
4. If you can get outside in to a private space – play with water, paint with water, plant some seeds, make mud pies, skip with a rope, throw and catch a ball, do some running races, hit a ball against a wall, set challenges – how many times can you star jump, how many back and forth's of a tennis rally can you achieve, bounces of a ball
5. Make a den
6. Bake – a cake, decorate biscuits
7. Cook – fruit kebabs, soup
8. Write menus together, plan meals, follow recipes, encourage children to help with preparing food where they can
9. Encourage children to help with household tasks; hanging out washing, sorting washing (pairing up socks, sorting by colour), washing up, cleaning the bath!
10. Make finger puppets, put on plays, re tell stories your children knows
11. Science experiments; dissolve things in water, make telephones with paper cups and string, planting seeds,
12. Paper weaving, use strips of fabric to weave
13. Cut up magazines and newspapers and make collages
14. Sewing, knitting, make pom poms
15. Play cat's cradle or French skipping
16. Look for things that begin with a letter of the alphabet i.e. household things that begin with 'a'
17. Look for things that feature a certain sound i.e. household things that have 'ch' in
18. Cover a tray of items with a tea towel – put hands under the tea towel and try and guess what you can feel
19. Make number patterns – adding 10 to a number, how big a number can you make?
20. Practice the times tables
21. Make times tables grids
22. Hide things around the house and give them clues – a treasure hunt
23. Play shops – supermarket, tile shop, café
24. Play schools
25. Play doctor's surgeries/ hospitals – talk about coronavirus and what it means for the child
26. Junk modelling – use empty boxes and containers to make models
27. Build the tallest tower you can using objects – like straws and blu tac
28. Find out what in the house is magnetic – use a fridge magnet to test this if you can find one
29. Watch clips of Cosmic Yoga, keep fit for children (Joe Wicks has some especially for children)
<https://www.cosmickids.com/>
<https://www.bbcchildreninneed.co.uk/schools/primary-school/joe-wicks-work-out-videos/>
30. Sing songs, memorise nursery rhymes, watch YouTube songs
31. Twinkl worksheets are free at the moment (<https://www.twinkl.co.uk/>)

32. Listen to some music – try and see what instruments you can hear, sing along, hum
33. Name your favourite songs – sing them – who can remember the words? Try to sing a whole song without looking at the words
34. Write a quiz about a favourite topic and test the rest of the family
35. Play any instruments you have in the house or make some instruments
36. Map a journey you have done recently
37. Map a story and the journey someone takes in that story i.e. Red Riding Hood through the woods
38. Keep a diary
39. Skype / Face Time relatives, friends
40. Look at family photos
41. Make a family and friends tree of all the people in the child's life
42. Make cards and messages for people who aren't well? Could be videos you can send them or physical cards which can be posted
43. Print using vegetables and finger prints
44. Measure things – how long is the bath? Use a tape measure. Or how big is a box of cereal? Use a ruler
45. Draw and colour in the flags of countries
46. Learn how to say hello in as many languages as you can
47. Play board games
48. Play card games
49. Invent variations of the games you know
50. Write a comic book
51. Write down all the jokes you know
52. Dance

Specifically for teenagers;

53. Read
54. Do puzzles
55. Re-decorate bedrooms
56. Tidy their drawers
57. Look at mindfulness books, articles
58. Do some mindfulness colouring
59. Research an area of interest
60. Exercise – YouTube sessions are good!
61. Connect with friends

And, finally but importantly, put aside a bit of time each day to watch a film or a favourite TV programme (ideally as a family!)