

# Activity Ideas

While we all spend more time at home, it can be tricky to find ideas for what to do. If you parent children or teenagers, you may find it even more difficult.

This guide is designed to provide you with some activity ideas for you and your family. We have divided it into the following sections:

- Working from home tips (pg. 2-3)
- When your child is feeling bored (pg. 4)
- When your child has too much energy (pg. 5)
- When your child has low mood/motivation (6)
- When your child is feeling lonely (pg. 7-8)
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- Ideas for family connection (pg. 14-15)
- Sources and resources (pg. 16-17)

## Take care of yourself too!

With the current situation uncertain and challenging for all of us, it is understandable that you might feel overwhelmed as parents and carers. The task of keeping children and teens entertained, educated and occupied may feel like a mammoth one.

Remember to take the time to look after your own mental health as well. If you parent in a partnership, approach this situation as a team. Do your best to support each other with your workloads, taking care of the children and managing the home. If it helps, plan your schedule and routine carefully. You could try to have a pre-agreed signal to use when things get a bit much, and you need a break.

Don't forget to put self-care on your schedule! We understand that your time might be precious with your children at home, so you may need to plan in your downtime. Even small things, like a meaningful cup of tea or coffee at the start of the day, could help.

If it feels like things are getting out of hand, there are some strategies you could use:

- Tell your children you need to take 5 minutes to calm down. Leave the room, take deep breaths and try to 'find your calm' before returning to the situation.
- Don't be worried about getting it wrong! If you react negatively to a situation, sit down with your child to repair the relationship after you have calmed down. Explain why you reacted the way you did (in an age-appropriate way) and talk honestly about the situation.
- Think about your boundaries and discipline methods. Expect that your children might act out or behave differently due to the changes we are all experiencing. However, don't let your boundaries go out of the window! Help your children learn about why their behaviour was negative with plenty of help from you (as well as consistent boundaries in place).
- Keep talking! Good communication with your partner, children and teens is really important. Keep up with your support network too, via video chat or phone.
- The Gateway team are working from home, but all appointments are expected to go ahead via virtual methods. Try to keep these in your diary as far as possible. We're here to support you through this.

## Working from home

We know that there are extra challenges entertaining and caring for your children while working from home.

It could be worth communicating with your employers about your individual situation and coming up with a strategy for helping both your family time and work commitments. For example, is it possible to get up early to work or work in the evening after your children have gone to bed?

Or, if you parent with a partner, try to plan your day around video calls and phone calls so that one of you is always free to check on and help the children as necessary. A joint calendar, either online or on paper, might help to plan your schedule.

Be sure to communicate with your children about giving space for you to complete your work too.

- **Set your children on a task and check in at intervals**

If you need to get work done, try to plan in tasks for your children or teens that can be done independently. Check in at regular intervals to see how they're doing and use plenty of positive praise to encourage the work they are doing.

- School worksheets and lessons
- Write a story
- Draw a big picture
- Colour in
- Build a Lego city
- Make and write cards to send to friends and family
- Copy a YouTube makeup tutorial (for teens)
- Skype/FaceTime/WhatsApp friends (for teens)
- Other ideas are in the sources below.



Source:

<https://parenting.firstcry.com/articles/easy-and-innovative-greeting-card-making-ideas-for-kids/>

- **Put together a 'busy bag'**



Source: <https://storiesofplay.com/airplane-busy-bag-activities-for-toddlers/>

For younger children, a 'busy bag' could be a useful tool to have on hand when you need to complete your work. You could include:

- Books
- Crayons and colouring books
- Quiet toys
- Soft blanket
- Puzzles
- Ready cut-up craft paper and safe glue
- Educational activities or worksheets
- Homemade challenge cards (e.g. build a house out of Lego, draw a unicorn, count to 30 etc.)
- A healthy snack and drink to alleviate interruptions if your children are hungry/thirsty while you are busy.

- **Establish a routine**

A flexible routine should help to alleviate problems when working from home. You may need to adjust your routine based on the schedule of your day, particularly if you have phone calls and virtual appointments booked at different times.

Don't forget to take advantage of:



- Your children's schoolwork and any virtual lessons planned
- Reading hour
- Naptime
- 'PE' lessons – either online or a run around the garden
- Independent play (use the ideas above or resources below for more ideas)
- TV, games and videos (scheduled TV time/game time might help with your workload. There are plenty of educational versions too)

Source: <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

- **Make use of technology**

As parents, we often worry about too much screen time. During this situation, it may be worth relaxing your position on this (within reason), particularly during the hours you need to work.

You should be able to find plenty of educational videos out there (the <https://ed.ted.com/> website is a great place to start). You could also research interactive games and activities online for your child to complete while you are busy.

It is a good idea to try to mix up screen time with non-screen activities for variety. There are plenty of ideas in the resource list below.

- Watch a live zoo feed and make notes about what the animals did
- Go on a virtual tour of a museum and ask your children to write down their favourite exhibits
- Play interactive games
- Watch educational videos
- Follow YouTube tutorials or watch 'how it's made' videos (<https://www.youtube.com/channel/UCElt4nocnWDEnYJmov4zqyA>)

## Bored

We have all been advised to avoid busy play areas, restaurants, cinemas and activity centres. While there are a lot of things to do at home, there can be times when your children or teens feel bored.

It's worth reminding your children that it's ok to feel bored at times. As a parent, you don't need to have a jam-packed activity schedule for this period of social distancing either. Plan some activities and give your children the flexibility to choose what they want to in their downtime (within reason).

- **Do things together**

We know it is a tricky time of juggling work and family, particularly if you are working from home. However, your children will really appreciate doing things with you. Don't just suggest something to do or put on the TV/tablet when they're feeling bored. When you can, find an activity you can join in together. Remember – do this willingly and with enjoyment (even if you have to 'fake it!')

- Put on a play (complete with a family-written script)
- Play dress up
- Make a den together and have a snack/watch a film in there
- Make slime together
- Bake cupcakes (if you can find flour!)
- Paint or draw portraits of each other
- Do each other's makeup
- Do chalk drawings on the patio in the garden
- Start a DIY project together



Source: <http://thelittlesandme.com/blanket-fort-family-night/>

- **Make an 'I'm Bored' jar**

If you get stuck for ideas in the moment, put together an 'I'm Bored' jar for your children (you could do an individual jar for each of the kids/teens). This is a fun activity to do together, especially if you get creative with decorating and thinking about ideas. Simply reach into the jar when your children/teens need something to do!



- Go online for more activity ideas (there some suggestions in this guide for websites)
- Cut up and fold each of the activity ideas – use different coloured paper if you have it! You could also use lollipop sticks if you want to.
- Use stickers, paint and glitter to decorate the jars
- You might need to make different jars for different ages (particularly if you have teens in the house)

Source:

<https://www.whilehewasnapping.com/2014/07/washi-tape-summer-boredom-buster-jars/>

## Too much energy

While we isolate indoors, too much energy could become challenging for parents and carers. After all, it's natural for children to be energetic!

For parents and carers of children with difficulties, there may be situations where your child becomes dysregulated. This means when your child is unable to control or regulate their emotional/behavioural response to certain situations.

The ideas listed below might be helpful in helping your child calm down. They are also a useful way to help every child expend a bit of energy, even when they're indoors.



- Bounce a balloon around the living room (or garden if the weather isn't too windy)
  - Challenge each other to keep the balloon off the floor
  - Have a balloon race
  - Play balloon football or tennis
  - Make a balloon punching bag by hanging one with string from the ceiling
- Thumb wrestling tournaments
- Star jumps or running on the spot
- Race around the garden
- Obstacle course

○ This link is a great resource:

<https://www.youtube.com/watch?v=0vLvoEXLApA&feature=youtu.be>

- Dance mat or Wii sports
  - If you have a dance mat or Wii sports, these are an excellent way for children to expend energy inside. The foot-stamping movement/physical activity should help dysregulated children calm down too.
- Drumming on pots on pans
  - The noise, rhythm and feel of drumming might help your child calm down (although it may be best to save this activity for when you don't have an important Skype meeting).



## Low motivation/low mood

Uncertainty, change and a lot of time spent indoors can result in low motivation or a low mood. Not being able to see friends and family, as well as missing out on special activities could also result in these feelings or behaviours.

If you are worried about your child's mood or motivation, you could try these ideas to encourage them to get involved.

It may be necessary for you to get your children or teens started with the activity or join with them in the activity wherever you can. You might need to entice them in! For example, you could say "I'm feeling a bit bored – why don't we dip into the activity jar to find something we can do together?" or "I'm going to bake a cake! Why don't you get the flour out of the cupboard and I'll find the eggs?" You may need to start the activity and keep encouraging them to join in.

- **Do anything!**

There are no special activities or ideas you strictly need to follow if your child or teen is feeling unmotivated/low. You might need to get creative to find something they want to do. Gentle encouragement to join in should help them get involved.

Your routine will be really important to help in these situations too.

- **Jar of activities**

Activity jars are really helpful for finding things to do. It also puts your child in control of choosing an idea from the jar, which may encourage them to get involved with the activity. You may want to make multiple jars for different situations. For example:



Source:

<http://blog.vickybarone.com/2015/05/15/im-bored-jar-a-free-printable/>

- A 5-minute 'Fun Burst' jar for times when they need a quick break. This could be particularly beneficial while doing schoolwork. Try this website for ideas: <https://www.5minutefun.com/topic/easy-activities/place/at-home/>. You could also include physical activity (like 10 star jumps) or breathing exercises.
- Garden Activity Jar (<https://www.imagineforest.com/blog/garden-games-for-kids/> or <https://www.familyfuntwincities.com/outdoor-games-for-kids/> for ideas)
- Drawing Challenges
- A Bored Jar for teens (<https://www.frugalfamily.co.uk/a-bored-jar-for-teenagers/>)

- **Baking**

Baking is an activity that stimulates all the senses (especially for recipes that involve kneading!). It can be really uplifting for those feeling low and following instructions can take your (or your children's) mind off any worries. Remember – don't worry about the outcome and let your child/teen get messy! It's about the process.

## Lonely

Understandably, your child or teen might be feeling lonely at the moment (and you might be too!). They're used to seeing their friends and teachers during the week, and spending time with friends and relatives at the weekend.

Encourage them to talk to you about their feelings and use your empathy skills to acknowledge how difficult the situation is. Give them plenty of space to talk without trying to fix the situation.

You may want to put in place some ways to help your child or teen feel less lonely too. These could include:

- **Virtual playdates with their friends**

Set up a webcam and a large screen (a computer or tv screen could work well) in the play area and dial in via Skype or Zoom to their friends. Parents could let the children play independently or arrange a game to play together over video (charades, for example).



- **Virtual mealtimes with other family**

If you miss having dinner together as an extended family, you could set up a screen and webcam at the top end of each of your dinner tables. Dial-in through Skype or Zoom to connect with each other. You could even cook the same meal to make it even more realistic!

- **Writing letters and cards to friends and family**

Spending time writing letters and cards to friends and family is a wonderful way to feel connected, particularly for younger children. If you can safely do so, drop them through each other's letterboxes. Or, walk together to the post box to send via 'snail mail.' Children are likely to love receiving post from their friends and family! This could also be an excellent way to connect with older relatives, who may also be feeling lonely at this time.



Source: <https://tinkerlab.com/40-homemade-cards-for-kids-to-make/>

- **Encourage video calls rather than texting**

As parents of adolescents will know, teens love texting! Suggest that they video call with their friends instead. To re-create group gatherings, help them set up a group video call if they need extra assistance (although teens may be savvier than their parents in this department!). Be sure to supervise their internet use if you need to.

- **Film a family update video to circulate with friends/family**

At the end of each week, consider filming a video update for your friends and family.

Sit down together with a camera (use your webcam or phone camera) and talk about what you all did that week. You could have set questions you each have to answer and let children show off their artwork/toys/crafts too.

Send to family members or friends and encourage them to do the same. You could spend that scheduled time watching each other's updates as well.

- **Create a private family Facebook group to share news**

Social media is a great way to stay in touch. If you want to, you could create a private group to share news, tips and updates.

There are tips for creating a Facebook group here:

<https://www.facebook.com/help/167970719931213>



## Disappointed

The new social distancing measures mean that children and teens are likely to miss out on some important events. These may be school-related, or they could be a holiday or day trip you were all looking forward to.

Use your empathy skills to help them talk about their feelings and acknowledge that it is hard when they are not able to enjoy the things they had planned.

While it is unlikely that you will be able to 'fix' the situation, there are some creative ways you could help your child or teen feel better about missing out.

- **Birthdays**

If your child or teen has a birthday in the next few months, they may be feeling disappointed that they can't see their friends and extended family. You may have had to cancel birthday parties or special trips.

- Try to make the day as special as possible for them. Cook their favourite meals, bake (or buy, if you can) a cake and decorate the house.
- Consider hosting a virtual birthday party for your child/teen. Invite their friends to eat cake, play games and chat through a virtual video feed.
- Plan games or activities you know they will like.
- Think about easy ways you could treat your child or teen. A pamper evening with homemade face masks, hand massages and nail varnish could be fun. Or, you could have a gaming evening together if they enjoy playing video games.
- Ask your child or teen's friends to send birthday cards or presents to the house (they could drop them on the doorstep or post through the letterbox if it is safe to do so).

- **Prom**

Many school leavers will have their prom coming up. If it is likely that your teen (or child) will miss this event, it could be worth coming up with ideas for helping them cope with this disappointment.

- Consider helping your child/teen get dressed up in their prom dress/suit
- Help them with their makeup, hair and pampering
- You could ask all the family to dress up too as a fun way to connect
- Cook a special dinner (three courses, if you want to!) and decorate the house
- Take lots of photographs (as you usually would before they head off to prom!)
- Play music and enjoy a dance party as a family if you want to
- You could consider asking other parents/carers to do a similar thing and virtual call into the party
- If other teens/children do get involved, you could always try to photoshop photographs of all the friends into one picture (if you have the technical know-how!)

- **Holidays**

Missed holidays are disappointing for everyone but can be especially so for children and young people. If you can, plan special activity days to try to re-create the holiday atmosphere.

- If you had a beach holiday planned, try to re-create a pool day in the garden on a sunny day. Blow up a paddling pool, get the sun loungers out and mix up some fun mocktails. Plan some fun games for the whole family, like a water balloon fight.

- If you were heading to a Disney park, you could have a ‘Disney Day.’ Dress up as your favourite characters, make lots of snacks and snuggle up for a Disney film marathon.
- If you were going camping, why not set up your tent in the garden? Get the barbeque going, toast marshmallows and tell stories while snuggled up outside. You could all sleep outside in sleeping bags to add to the fun.

- **Days Out**

Like with your holiday plans, days out are likely to be postponed for the foreseeable future. It could be worth thinking about ways to re-create your special day out, particularly if your children were really looking forward to it.

- The Zoo:

Many zoos offer live feeds of their animals. Take a look at the following websites to watch the animals in action.

<https://www.edinburghzoo.org.uk/webcams/panda-cam/>  
<https://zoo.sandiegozoo.org/cams/penguin-cam>  
<https://www.dublinzoo.ie/animals/animal-webcams>  
<https://www.houstonzoo.org/explore/webcams/giraffe-feeding-platform/>  
<https://www.cumbriawildlifetrust.org.uk/wildlife/cams/badger-cam>  
<https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/>  
<https://zooatlanta.org/panda-cam/>  
<https://explore.org/livecams/african-wildlife/african-animal-lookout-camera>  
 Google ‘live zoo webcam’ for more ideas!



To make your indoor zoo day even more fun, think about creating animal-themed food/snacks (or just calling them animal-related names!). For example, peanut butter and banana sandwiches could become ‘Monkey Sandwiches’, or you could draw faces and stripes on satsumas to make ‘Tiger Cubs.’ There are plenty of ideas on Pinterest.

- Theme parks:

While it is somewhat more difficult to create a theme park in your home, you could spend an afternoon designing your own theme park on paper. If you have the space and equipment, consider taping together large sheets of paper to really bring your design to life.

Children could also use their toys to create a ‘real-life’ theme park for their teddies, dolls and action figures.

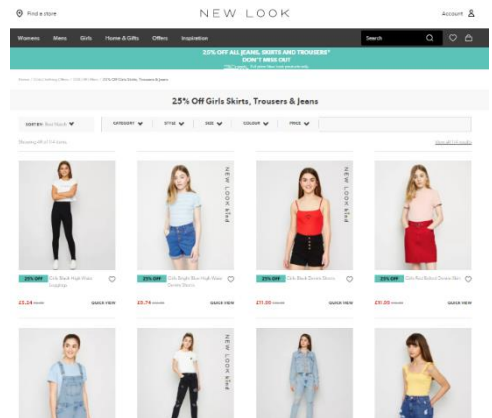
There are also virtual tours of theme parks and videos of the rides available online. These include:

<https://disneyparks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>  
<https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>  
<https://www.youtube.com/watch?v=BiZl67f2QWc>  
<https://www.youtube.com/watch?v=J8OHP9OriMA>  
[https://www.youtube.com/watch?time\\_continue=1&v=QtThX4j3BCM&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=QtThX4j3BCM&feature=emb_logo)  
<https://www.youtube.com/watch?v=rgUvhnA3y8c&feature=youtu.be>  
<https://www.youtube.com/watch?v=09bowEwOtd8&feature=youtu.be>  
<https://www.visitorlando.com/en/things-to-do/virtual-tours/seaworld-orlando>

- Shopping:

If you had a day out shopping planned with your child or teen, there's no need for them to miss out! Plan an online shopping afternoon where you browse the stores together. If you're on a budget, consider looking on eBay or online charity shops for bargains.

You could even order lunch or dinner from a restaurant. Look for local restaurants or cafes that are now offering a takeaway service, or you could use apps like Deliveroo/JustEat to make it extra special. This could be especially nice if you were planning on taking your child/teen out for something to eat on your shopping trip.



- Picnics:

If you had a picnic planned, re-create the event in your garden! Make lots of tasty snacks, pack up the picnic bag and plan some garden games. You could consider making a rule that you are only allowed to go inside to pop to the loo to keep everyone involved.

If the government guidelines allow, you could take your picnic to your local park or greenspace. Be sure to keep well away from busy areas and remind your children to wash their hands regularly. You may need to bring along hand sanitiser or handwashing equipment to be safe.

- Museums:

Whether you were heading to the Science Museum or the Natural History Museum, your children might be disappointed that the day out is cancelled.

There are virtual tours available for museums across the world. These include:

- <https://naturalhistory2.si.edu/vt3/NMNH/>
- <https://britishmuseum.withgoogle.com/>
- <https://oh.larc.nasa.gov/oh/>
- <https://www.nasa.gov/glennvirtualtours>
- <https://www.nationalmuseum.af.mil/Visit/Virtual-Tour/>
- <https://artsandculture.google.com/>



You could also take this opportunity to do fun science experiments at home. There are some ideas included in the links below:

- <https://www.businessinsider.com/8-awesomely-simple-science-experiments-you-can-do-at-home-2016-7?r=US&IR=T>
- <https://momypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>
- <http://www.sciencefun.org/kidszone/experiments/>
- <https://www.youtube.com/watch?v=Ymaf0hV2RX8>
- [https://www.youtube.com/watch?v=6xz\\_bTl3II](https://www.youtube.com/watch?v=6xz_bTl3II)

## Anxious

In these uncertain times, it is entirely normal for your child to be feeling anxious or worried. The most important thing to do is to try and talk to them about their feelings. Use plenty of empathy and 'good' listening skills to help them feel heard. Try to give them the space to talk without attempting to fix the problem in the moment.

If your child asks you for help with what they can do to calm down or it feels right to provide them with advice, you could consider some of the following activities to help ease their worries. Most of these should work for children of every age, as well as parents and carers.

- Breathing exercises
  - Breathe in slowly, hold your breath and then breathe out.
  - Ask younger children to breathe in, count to 5 on their fingers and then blow out (imagining they are a big whale blowing out of their blowhole).
  - Pretending that they are expanding an imaginary balloon is another way to think about it.
  - There are apps available for breathing exercises too: <https://freeappsforme.com/breathing-apps/>
- Blow up balloons
  - If your child is too young for breathing exercises or struggles to do them, blowing up real balloons is a good way to regulate breathing.
- Write down the worries and put them away, or scrunch them up to put in the bin
  - The act of throwing away the worries should help to ease the anxiety.
- Do activities that involve the brain
  - For example, you could try to say the names of family members backwards ('John Smith' becomes 'Nhoj Htims').
  - The idea is to replace the anxious thoughts with something else.
- Baking
  - Baking is a soothing activity for many, but it can help to distract from anxious thoughts as you have to carefully follow instructions.
  - The sensory element may also help to soothe
  - Don't worry about the outcome of your baking session – the process is more important!
- Do a soothing activity with your child
  - A manicure, facemask, hand massage or something similar could help to ease your child's worries. It may also help them open up to you about their feelings.



- Encourage them to take a warm bath
  - A warm bath is known to help soothe worries. Add some scented bubbles and put on some relaxing music to help your child/teen unwind.
  - For teens, consider buying some fun bath bombs or soothing bubbles to make the experience relaxing.
  - You could make bath time fun for younger kids by adding a small amount of food colouring or colour-changing bath products.



- Physical activity
  - Physical activity can help to improve mood and ease anxious worries.
  - If it is safe to do so, head outside for a walk (be sure to avoid busy areas). The fresh air and sounds of nature should help to ease anxiety.
  - If heading outside isn't an option, you could play in the garden or have an impromptu dance party in the kitchen.
  - You could also set up an online tutorial for your child or teen to follow – do it along with them if you want to!

## Family Connection

While this period of social distancing presents a lot of challenges, it does offer plenty of time to spend together as a family. For all parents or carers, this time can be used to connect and have fun together.

Family connection activities encourage fun, laughter and affection. All of these will help to ease the stress, anxiety and loneliness that social isolation might foster.

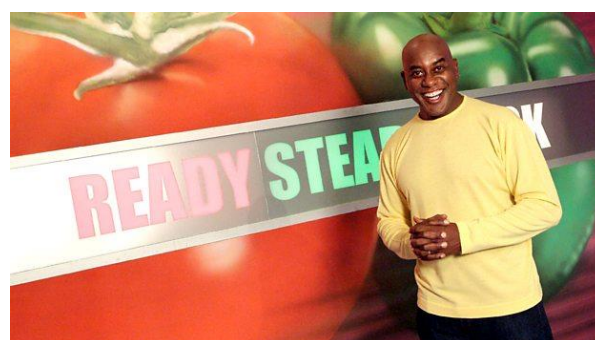
For adopted or fostered children, it may also promote a sense of belonging to your family, as well as feelings of stability.

There are plenty of ideas online about things to do as a family, but we have listed some tips below.

- Ready, steady, cook!

Remember the Ready Steady Cook TV programme? Re-enact the fun in your home with your very own version of the show. Ask each family member to pick a food product (perhaps limiting their choice to certain food groups) and then think about what meal you could cook with your ingredients.

This could be a great way to use up ingredients in your cupboard, particularly if you are struggling to get hold of certain items in the shops.



- Family Olympics



Combine physical activity with family fun. Create categories that all family members can enjoy (like shotput with beanbags or obstacles in the garden to act as 'hurdles') and have medals ready to hand out at the end.

To avoid arguments or conflict, you might need to get creative with the events on your Olympic calendar. For those that don't want to be involved, you could nominate them as the commentator or referee.

Source: <https://creativefamilyfun.net/creative-family-fun-nights-family/>

- DIY around the house

While we know it's not always easy to get children to do chores, they might be interested in helping with DIY tasks around the house – particularly if it involves painting or using tools (with supervision!).

Think about what DIY tasks you could do together as a family. This could be painting the fence, re-decorating a room or building something in the garage.



Source: <https://www.homebase.co.uk/ideas-advice/garden-and-outdoor/patio-decking-and-fencing/how-to-paint-a-fence>

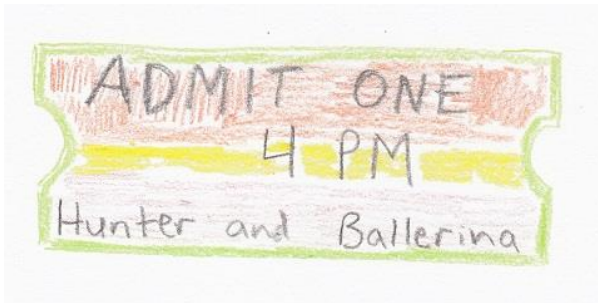
- Go exploring in the loft

Head for adventure in your own home with a loft exploration! If it is safe to do so, go up together with torches to find forgotten-about treasures. Or, bring boxes down to rifle through as a family.

If you have old photographs, this could be a great moment to tell your children about what life was like when you were younger. Talk about what you did when you were little, when there was no technology. It could even help to generate ideas of things to do or activities to try while you're social distancing. It may help to generate a sense of belonging as well.



- Put on a family play



Source: <http://www.mykidsadventures.com/create-a-family-play/>

We expect that these social distancing measures will last for some time, so why not spend a few weeks planning a family play? Get your family involved with scriptwriting, scene building, sourcing props, music and lighting. You could schedule in rehearsal time until you're ready for opening night (or day). Consider filming your efforts to share on social media or with friends and family members.

It doesn't have to be a big or involved project either! Spend an afternoon creating a short play for some quick fun.

## Sources and resources

Please remember that not all of these are related to the current coronavirus situation. Please use your judgement when deciding if the activities listed are right for you and always follow the latest advice from the government: <https://www.gov.uk/coronavirus>

You may also want to check your parental control settings if children are using devices more often than they normally would. Check this website for more information:

<https://www.internetmatters.org/parental-controls/>

### Fun activity ideas

<https://www.imagineforest.com/blog/garden-games-for-kids/>

<https://www.toucanbox.com/activities/fun-things-to-do-at-home-with-your-kids>

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

<https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1389/diy-kids-activities/>

<https://www.lifehack.org/articles/lifestyle/30-fun-things-home.html>

<https://www.mykidstime.com/things-to-do/50-fun-rainy-day-activities-for-kids/>

<https://liveboldandbloom.com/09/lifestyle/fun-things-to-do-at-home>

<https://morningchores.com/diy-indoor-activities/>

### Sensory activities and science experiments:

<https://www.learning4kids.net/list-of-sensory-play-ideas/>

<https://littlebinsforlittlehands.com/kids-sensory-play-ideas/>

<https://www.pinterest.co.uk/mamasmiles/sensory-activities-for-kids/>

<https://www.noguiltmom.com/very-simple-science-experiments/>

<https://www.dayoutwiththekids.co.uk/blog/easy-cool-science-experiments-for-kids>

<https://www.goodtoknow.co.uk/family/things-to-do/science-experiments-to-try-at-home-291065>

### Connecting virtually:

<https://support.skype.com/en/faq/FA11098/how-do-i-get-started-with-skype>

<https://faq.whatsapp.com/en/iphone/26000028>

<https://support.apple.com/en-gb/HT204380>

<https://support.zoom.us/hc/en-us/articles/201362033-Getting-Started-on-Windows-and-Mac>

<https://www.chicagoparent.com/play/indoor-fun/virtual-playdates/>

<https://homeschoolpreschool.net/virtual-playdate-ideas/>

<https://www.twiniversity.com/2020/03/how-to-host-a-virtual-zoom-playdate-when-kids-are-stuck-indoors/>



### **Working from home tips:**

<https://www.independent.co.uk/life-style/health-and-families/coronavirus-working-from-home-parents-children-tips-routine-a9414261.html>

<https://www.independent.co.uk/life-style/health-and-families/coronavirus-working-from-home-tips-outbreak-how-to-a9374806.html>

<https://www.themuse.com/advice/coronavirus-work-from-home-tips>

<https://www.livescience.com/coronavirus-tips-for-homebound-kids-parents.html>

<https://www.themuse.com/advice/work-from-home-kids-coronavirus>

### **Self-care ideas:**

<https://freeappsforme.com/breathing-apps/>

<https://mashable.com/article/apps-kids-mindfulness-control-emotions>

<https://kidshelpphone.ca/get-info/how-practice-self-care>

<https://www.andnextcomesl.com/2017/06/self-care-activities-for-moms-to-do-with-kids.html>

<https://www.psychologytoday.com/us/blog/joyful-parenting/201708/25-simple-self-care-tools-parents>

### **Educational resources**

<https://www.bbc.co.uk/bitesize/learn>

<https://www.bbc.co.uk/teach>

<https://www.activityvillage.co.uk/learning>

<https://ed.ted.com/>

<https://www.funbrain.com/>

<https://www.education.com/games/>

<https://www.bbc.co.uk/cbeebies/games>

<https://www.e4education.co.uk/primary/games>

<https://freddiesmummyuk.com/best-educational-shows-for-kids/>

<https://www.lesmills.com/workouts/youth-training/>

<https://www.romper.com/p/10-online-exercise-yoga-kid-classes-to-make-up-for-pe-22627985>

<https://www.nhs.uk/change4life/activities>