Isolation Activity Ideas

  

Creative Ideas

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| --- | --- | --- | --- | --- |
| Activity | Yes | No | Maybe | Done |
| Craft (google ideas)  Make Playdough, saltdough or slime (see below)  Drawing and painting  Junk modelling  Collage making  Paper chains  Finger/potato printing  Homemade marble runs/tracks  Den building  Lego/construction  Story/poem writing  Origami/paper planes  Role Play and theatre shows with toys  Singing/karaoke  Basic home science experiments  Learn magic tricks  Face painting  Sock puppets  Design a magazine/newspaper  Make a time capsule  Make a happy thoughts jar/boxes/journals  Painting with unusual objects  Play shops  Write a diary or make an isolation survival book  Go tree/surface searching/rubbing with crayons  Dressing up |  |  |  |  |

Physical Activities

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| --- | --- | --- | --- | --- |
| Activity | Yes | No | Maybe | Done |
| Yoga  Exercise (youtube workouts)  Treasure Hunts  Dance party  Obstacle courses  Indoor skittles  Charades  Teach them a dance routine  Indoor picnics  Indoor camping  Play hide and seek  Play party games  Go for a walk/hike in open space – National Trust sites are opening their grounds for free!  Pick a colour and find how many objects of that colour you can find in your house |  |  |  |  |

Life Skills

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Activity | Yes | No | Maybe | Done |
| Cook dinner with the children  Sort/organise a room at home  Make bread  Reorganise cupboards/drawers/rooms  Teach them basic DIY skills  Practice basic mathematics – money/budgeting etc  Cooking & baking & menu planning  Helping cleaning/hoovering  Teach them to tie their laces  Teach them to use the washing machine  Teach them how to change their bed sheets |  |  |  |  |

Quiet Activities

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Activity | Yes | No | Maybe | Done |
| Send emails/letters/pictures to your friends and family  Board games and jigsaws  Teach them to braid hair  Handwriting practice – to do lists/ shopping lists etc  Read to the children  Get them to read to you  Have a PJ day  Have a movie day  Look through old photos and memory boxes |  |  |  |  |

Emotional Wellbeing

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Activity | Yes | No | Maybe | Done |
| Have a tablet/console/phone free day  Mindfulness exercises  Pamper evening  Gratitude treasure hunt (see below)  Resilience bingo (see below)  The five senses exercises (see below)  Meditation  Research and find your favourite positive affirmation or quote  Make a worry bag/jar/box and write or draw your worries and place inside  Learn a new skill or try something new  Stay active |  |  |  |  |

**Recipes**

**Playdough**

Ingredients

1 cup plain (all-purpose) flour

½ cup salt

2 tablespoons cream of tartar

2 tablespoons vegetable oil

1 cup water with food colouring added

1 teaspoon vanilla essence (optional but it makes the play dough smell nice!)

Method

Put all the ingredients into a large saucepan, and stir over a medium heat until the dough forms into a ball. Allow to cool, and then knead until smooth.

Store in an airtight container (a Ziploc bag with the air pressed out is good).

**Slime**

Ingredients

PVA Glue

Bicarbonate of Soda or Baking Powder

Contact Lens/Eyewash solution that contains borax in the ingredients

Method

Squirt PVA glue into a bowl

Add a pinch of Bicarb or baking powder

Add 2-3 drops of lens/eyewash solution

Stir until totally mixed together and it starts to get stiff

Knead together in bowl

Add any food colouring or glitter and

**Saltdough**

Ingredients

1cup salt

2 cups all-purpose flour

1 cup luke warm water

Method

In a large bowl mix salt and flour.

Gradually stir in water. Mix well until it forms a doughy consistency.

With your hands form a ball with your dough and kneed it for at least 5 minutes. The longer you kneed your dough the smoother it will be.

Store your salt dough in a air tight container and you will be able to use it for days.

You can paint your creations with acrylic paints and seal with varnish or polyurethane spray. You can let your salt dough creations air dry, however salt dough can also be dried in the oven.

Bake at 200 F until your creation is dry. The amount of time needed to bake your creations depends on size and thickness; thin flat ornaments may only take 45-60 minutes, thicker creations can take 2-3 hours or more. You can increase your oven temperature to 350 F, your dough will dry faster but it may also brown, which won't matter if you are painting your entire creation (you can also cover your dough in the oven before it turns brown.

Gratitude Treasure Hunt:

Something that makes you feel happy

One thing you love to smell

Something you like to look at

One thing that tastes good

Something that is your favourite colour

Something that makes you smile in nature

One thing that is very useful for you

One song that makes you happy

Something to give to someone else to make them smile

Resilience Bingo

Find one item that makes you feel calm and happy

Think of a time you felt really happy

Take a deep breath in and breathe out slowly

Give yourself a hug

Get a drink of water and look after your body

Find a place at home that makes you feel calm and happy and sit there for a minute

Tell someone you love how important they are to you

STOP! Take a minute to think about what is happening

The Five Senses Exercise

Something you can SEE

Something you can HEAR

Something you can TASTE

Something you can FEEL

Something you can SMELL

Some useful links:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.bbc.co.uk/newsround/51342366>

<https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/>

<https://www.twinkl.co.uk/>

<https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/>

https://positivepsychology.com/mindfulness-for-children-kids-activities/