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 paintingJunk modellingCollage making Paper chainsFinger/potato printingHomemade marble runs/tracksDen buildingLego/constructionStory/poem writingOrigami/paper planesRole Play and theatre shows with toysSinging/karaokeBasic home science experiments Learn magic tricksFace paintingSock puppetsDesign a magazine/newspaperMake a time capsuleMake a happy thoughts jar/boxes/journalsPainting with unusual objectsPlay shopsWrite a diary or make an isolation survival bookGo tree/surface searching/rubbing with crayons Dressing up |  |  |  |  |

Physical Activities

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Activity | Yes | No | Maybe | Done |
| YogaExercise (youtube workouts)Treasure HuntsDance partyObstacle coursesIndoor skittlesCharadesTeach them a dance routineIndoor picnicsIndoor campingPlay hide and seekPlay 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/roomsTeach them basic DIY skillsPractice basic mathematics – money/budgeting etcCooking & baking & menu planningHelping cleaning/hooveringTeach them to tie their laces Teach them to use the washing machineTeach them how to change their bed sheets |  |  |  |  |

Quiet Activities

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Activity  | Yes | No  | Maybe | Done |
| Send emails/letters/pictures to your friends and familyBoard games and jigsawsTeach them to braid hairHandwriting practice – to do lists/ shopping lists etcRead to the childrenGet them to read to you Have a PJ day Have a movie dayLook through old photos and memory boxes |  |  |  |  |

Emotional Wellbeing

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Activity  | Yes | No | Maybe | Done |
| Have a tablet/console/phone free day Mindfulness exercisesPamper eveningGratitude treasure hunt (see below)Resilience bingo (see below)The five senses exercises (see below)Meditation Research and find your favourite positive affirmation or quoteMake a worry bag/jar/box and write or draw your worries and place insideLearn a new skill or try something newStay 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/