

## **Activities to try at home**

### **Children:**

- Hold an Indoor Treasure Hunt
- Create a Town in a Cardboard Box
- Put on a Play or Show
- Make Special Cards or Write a Letter
- Make a Collage
- Make Scrapbooks
- Play Shop
- Replicate a famous painting.
- Publish a pretend newspaper.
- Learn the names of all the British counties
- Listen to an audiobook
- Write a fact file - people/places/things
- Learn a magic trick
- Design an internet safety poster
- Invent a superhero
- Learn the order of the planets
- Learn the phonetic Alphabet
- Learn to tie a knot
- Learn the patron saints of the UK and Ireland
- Make a pin hole camera
- Design your own flag
- Lie on a blanket and watch the clouds for 15 minutes
- Crosswords
- Sudoku
- Word Search
- Make your own Where's Wally? Picture.
- Keep a diary
- Write a story
- Use the internet to look some of these up if you don't know about them. YouTube is really helpful for these activities.

### **Everyone:**

- Bake a cake (measure/weighing etc.)
- Design and make a board game
- Play board games
- Learn a card game
- Experiment with paper aeroplane designs (how far can they go?)
- Make a tin foil boat and experiment with weights
- Paper tower (How high can you keep a Lego cube off the ground)
- Lego constructions
- Write a secret code
- Learn to write your name in Morse code
- Work out how to score each number on a standard (3 dart) dart board to 180
- See how many homophones you can find (to, too, two)
- Learn a times table you don't know
- How many adjectives/nouns/verbs can you find on a newspaper page
- Learn to juggle three balls

- Be able to recite a poem of your choice
  - Learn some British Sign Language/ alphabet/sign a sentence in BSL
  - Learn your parents phone number and your address
  - Draw a map showing your route to school
  - Design a treasure map
  - Learn to count to 10 in a different language
  - Make a musical instrument
  - Make a pancake/pizza/soup with a parent
  - Do a bug hunt
  - Count different birds in your garden/out of the window
  - Learn to tie shoelaces
  - Learn to do a tie
  - Do a jigsaw
  - Learn about a painting
  - Doodle
- You could keep a leaning log of the activities you undertake (on paper or virtual)

### **Keeping active:**

- Make a Playlist and Have a Disco, limbo dancing, musical statues, dancing competitions.
- Set Up an Indoor Obstacle Course
- Make an indoor hopscotch using masking tape for the lines
- Learn to hula hoop
- Choreograph a dance routine
- Daily exercise (using own body weight (make sure you discuss with your parent/carer first), what items in the house can you use as weights, develop your own dance routines, walks)
- Develop a family garden game/activity
- Practise throwing and catching a ball (big/small, one handed)
- Design an indoor fitness programme of 15 minutes and do it each day

### **30 Day Lego Challenge:**

Using Lego follow the instructions for each day. The only rule is to have fun and use your imagination!

- Day 1: You were hired by an amusement park to create a new roller coaster.
- Day 2: NASA needs you to build a new rocket.
- Day 3: Your parents want to build a new home and they want you to build it.
- Day 4: Hollywood hires you to build a movie set for a new Star Wars movie.
- Day 5: You enter a contest to build the world's tallest tower. Will you win?
- Day 6: You are stuck on Mars and need to build a new ship to get home.
- Day 7: Ford hires you to create the toughest pickup truck in the world.
- Day 8: You and 4 friends are stranded on an island. Build a boat to find a way home.
- Day 9: Captain Hook needs a new pirate ship and wants you to build it.
- Day 10: You and your friends decided to build a tree house.
- Day 11: Prince Charming hires you to build a castle for him and Cinderella.
- Day 12: Dr Who hires you to build a new TARDIS.
- Day 13: You are asked by the President to build a new monument to George Washington.

- Day 14: Mr. Hilton hires you to build a new hotel.
- Day 15: There is a circus town. Build a place for the performance.
- Day 16: Help your fellow pioneers build a wagon to make it across the country.
- Day 17: Build the fastest car around and join the big car race.
- Day 18: Do you wanna build a snowman? Get in the winter mood and build the snow scene.
- Day 19: The city wants you to build a bridge to connect one side of the town to the other.
- Day 20: Pizza party! It is up to you to make a pizza for all the guests.
- Day 21: You are hired to build a brand new hospital.
- Day 22: The fence is broken and the dog keeps escaping. Build one he can't get out of.
- Day 23: You are now in medieval times. You are commissioned to build a jousting area.
- Day 24: The local bank keeps getting robbed. Build a safe no one can crack.
- Day 25: Design and build your dream bedroom.
- Day 26: You are elected ruler. Build a flag for your land.
- Day 27: Aliens are invading and you need to build a war robot to defeat them.
- Day 28: The aliens have taken over. They are impressed by your robot. They want you to build one for them.
- Day 29: You are hired to build a house entirely out of yellow Legos.
- Day 30: There is a blizzard. You will need to build a snowmobile.

What was your favourite day?

### **100 Things to do Indoors:**

1. Make a non-cook playdough, then have a Dough Disco.
2. Paint 'our families' portrait.
3. Write and make a book.
4. Draw flowers or the fruit bowl.
5. Learn some laughter yoga [www.robertrivest.com](http://www.robertrivest.com)
6. Finger paint.
7. Make a band from kitchen pots and pans.
8. Footprint paint.
9. Have a dance alarm every 30 minutes.
10. Have a karaoke.
11. Send a video message to family and friends to get them busy.
12. Have a birthday party for a pet or cuddly toy.
13. Have an indoor picnic.
14. Discover your favourite story and share it together.
15. Order books alphabetically.
16. Have an indoor treasure hunt.
17. Dress up in adult shoes.
18. Find a fairy door in your house or garden.
19. Do the Hokey Cokey.
20. Take a selfie through a toilet roll tube and pretend you are on the moon.
21. Make cards for everyone at home.
22. Get some sheets to flap and pretend they are waves and jump in.
23. Make cakes.

24. Get material or cardboard and make mermaid or mermen tails.
25. Get all the chairs together and make a bus, play conductors and drivers.
26. Make a camp in your bed.
27. Make a dark den and use a torch.
28. Write a letter to a neighbour or friends.
29. Colour in a colouring book or draw a picture.
30. Make wool or string hair over a chair.
31. Have a pamper day.
32. Have a scrunched paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes.
35. Make a pretend car from boxes/furniture.
36. Learn a rhyme or poem.
37. Make paper aeroplanes.
38. Have a pirate adventure, make boats from boxes or furniture.
39. Blow bubbles and catch them.
40. Make a number frieze for the wall, decorate.
41. Read Pirate George series available on Kindle.
42. Make a papier mache sculpture over a balloon.
43. Keep a balloon up in the air game.
44. Play a board game.
45. Play hide and seek.
46. Play dominoes.
47. Learn a card game.
48. Make smoothies.
49. Perform a puppet show.
50. Make shadow puppets.
51. Make finger/sock puppets.
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing along for Spread the Happiness TV.
55. Learn to cook something new.
56. Learn Brilliant Beats Song on Spread the Happiness TV YouTube Channel.
57. Leave happy notes around the house.
58. Make a fitness routine and put your family through their paces.
59. Using vegetables, make up characters.
60. Dance and sing to Knees Up Mother Brown.
61. Play I Spy.
62. Open your windows and sing out a song.
63. Learn Days of the Week Song.
64. Play musical statues.
65. Learn a Beatles song.
66. Learn a Queen song.
67. Make an indoor restaurant and serve your family.
68. Have a toys tea party.
69. Roll balls down the stairs.
70. Be superheroes with capes.
71. Eat cereal with a gigantic spoon.
72. Have an ice cream party.
73. Enter an online competition to win a prize.

74. Vacuum your home.
75. Polish your home.
76. Fold up sheets.
77. Use a sheet as a parachute to fluff up and hide under and play parachute games.
78. Make binoculars with toilet rolls and look out the window at the birds.
79. Make yoghurt pot telephones.
80. Make a junk model rocket as large as you can.
81. Create a comedy show.
82. Pretend to conduct an orchestra to music.
83. Hike up your stairs like it is a mountain, so so high.
84. Roll around a large space in your home.
85. Hop around like a bunny.
86. Learn to play sleeping bunnies.
87. Learn and act out 5 Little Monkey's.
88. Find as many collections of 10 things in your home as you can.
89. Dance in the shower.
90. Sing in the shower.
91. Squirt shaving foam in your hands.
92. Make a scrap book out of your favourite things.
93. Play Jack in the Box in a large cardboard box.
94. Have a themed party.
95. Stay up late to look at the stars with a night time picnic.
96. Play apple bobbling.
97. Jump on the bed.
98. Bash a piñata.
99. Do coin rubbing with paper and crayons.
100. Play pass the parcel.