

### **38 At Home Activities !**

#### 1) Hold an Indoor Treasure Hunt

Confined to the house? You can still have a fun treasure hunt adventure, do up a sheet with things to find and mark off the list, perhaps have something at each hidden item that needs to be filled onto the sheet such as a number, word or phrase.

To make it trickier the clues might need to be done in a sequence whereby you need to solve a puzzle at 3 to get the clue to where 4 is.

#### 2) Create a Town in a Cardboard Box

If you have a giant cardboard box, why not draw a town on the bottom of the box, with roads, tracks, bridges, parks, car-parks, etc. Add some wooden building blocks, cars, trains and some wooden/plastic animals. Then let your imaginations run wild. Older kids could help with decorating/creating the scene.

This is a good activity when there are children of multiple ages in the house.

#### 3) Build a Fort with Blankets and Pillows

Rainy day activities don't need to involve time, equipment or 'new' things – sometimes something simple is just what the kids need.

Build a den out of the sofa cushions, chairs, clothes rack with a blanket draped over or create a fort out of a big cardboard box with packing tape to hold the sides together.

#### 4) Make a Home Cinema

Set up a home cinema and settle down to watch some fun family movies together.

Or why not make your own movies with a phone or camera and then screen them to your family.

#### 5) Tidy Out the Playroom/toybox

This might sound like a chore but as you start to find toys they haven't been seen in a while, you will get in on the fun, and you might learn to love something again. You may also be able to do a clean out of all these things you'll never use again making it easier to get at the things you actually enjoy.

#### 6) Play Board Games

One of the classic rainy day activities is playing board games, and it is a great way to spend time together. Are you a Monopoly fan, or perhaps Cluedo?

#### 7) Make Shadow Shapes

Turn off the lights, close the curtains, and with the help of a torch, take turns making shadow shapes on the walls, with your hands. See who can make the best shape.

#### 8) Google "How to draw..."

Google “How to draw...”, selecting whatever you want, such as dinosaurs, racing cars, fairies, animals etc. or visit some how-to-draw websites for kids. Get some blank sheets and let loose to get creative.

#### 9) Make Some Music

Get all your instruments out or make some homemade versions, using kitchen utensils (most popular in our house are pots, wooden spoons, tins, spatula) and make some “music”, sing and play along to your favourite songs.

#### 10) Play Cards

There are some great card games that can be enjoyed by the entire family.

#### 11) Put on a Play or Show

Have all the children in the house (age does not factor in to this assessment) put on a play or show of their own creation. Use costumes and props – and don’t forget to film the final production! It can then tie in to number 4.

#### 12) Make Paper Airplanes

All you need to make paper airplanes is paper – and colours if you want to decorate it.

#### 13) Make Special Cards or Write a Letter

Everyone loves to receive a personal letter/card in the post these days, as it is such a rarity! This would be a special treat for Grandparents, friends or cousins.

#### 14) Do Some Colouring

Take out the colouring books or print off some free colouring pages, get out all the pens and crayons, and set up a colouring station at the kitchen table.

Then set up an art gallery once the fabulous pictures are finished to show them off.

#### 15) Make a Magazine (Family activity)

Set up a family News Desk at the kitchen table! Decide on what stories are going to go in the magazine. It could be a profile of someone in the family, maybe an interview with a grandparent, (done over the phone or skype etc.) Will someone take photos or draw pictures? Maybe there could be a fun corner with a puzzle or a joke in it.

#### 16) Have a Readathon

This is a great activity for older kids. Set a challenge to see how many books/chapters can be read during the day/week.

#### 17) Have a LEGO-Building Contest

Build big, and build many. A big scene with lots of little things going on in it.

Don't forget to try our LEGO challenge, which has 30 days of ideas for things to build.

#### 18) Try a Micro Treasure Hunt

Everyone gets a matchbox( or some small container) to fill, and ten minutes to find and fit into their matchbox as many tiny whole objects as they can. Tiny things that would fit in the matchbox could include a paper clip, a safety pin, a pea, a button, a piece of LEGO, a bead, etc.

#### 19) Make a Playlist and Have a Disco

Create your own playlists of your favourite songs. Why not pick 5 songs each that everyone in the house likes, to add to your playlist, then put it on shuffle and have a disco in the house?

Move back the furniture, and get moving! It's a great way to get some physical exercise in and you could also use your playlist for some limbo dancing, musical statues, best and worst dancer competitions. Don't be afraid to be silly!

You could also create playlists for friends and swap them

#### 20) Dig Out Old Photos and Albums

Everyone loves looking at old photos and hearing stories, so find those old photo albums and have a look at the past.

#### 21) Make a Collage

Do you have a stack of old magazines? Get them out, along with some paper, glue and other art supplies and have a collage-making session.

You could even print off some family pictures and make a big collage out of those to give to someone or to stick up in your own home. If you take pictures while doing many of these activities etc. you'll have a lovely collage to look back at in years to come when people ask, what you did during the Corvid-19 lockdown.

#### 22) Make a Flippy Book/Moving Story

This is one of the ideal rainy day activities or project ideas for older kids. All you need is a drawing pad, and pencil.

You draw an image in the same corner of a copybook on each page, and that each image changes only slightly. A traditional 'stickman' is a good starting point, in different poses. Then you flip through the pages and watch the character "move".

#### 23) Make Scrapbooks

Supplies needed include old pictures, craft paper, glue, glitter, stickers, or whatever else you have.

#### 24) Get Crafty

Over time, collect bits and pieces that could be added to an arts & crafts box for rainy days ( or quarantine days). Different colours paper, glue, glitter, stickers, cardboard tubes, pompoms, string,

wool, felt, material, ribbon, thread spools, pipe cleaners, tissue paper ....they all make great crafts and give you plenty of scope to get creative.

If you don't know what to do just get someone to suggest a theme or idea. Lots of great ideas online too.

#### 25) Expand an Image

Cut a picture from a magazine article, and glue it to a blank sheet of paper with plenty of space around it. Now finish the picture – will an alien fly overhead, or a dinosaur appear behind the castle? Who knows!

#### 26) Go Camping in the Great Indoors!

Who doesn't love building a castle or a fortress indoors? Pick a room in the house that your parents don't mind being rearranged for a few hours, and use sheets and blankets and lots of pegs to secure them as a roof between tables, sofas and chairs. Decorate, bring in the toys, books, and perhaps even enjoy a picnic lunch in the "camp".

If you're feeling brave, you could even sleep in the tent for the night!

#### 27) Have a Jigsaw Afternoon

Jigsaws are an activity the whole family can do, and one that can work well between differently aged siblings. Set each member of the family up with a puzzle to suit their skill level, all helping each other finish, or create teams to work on a large puzzle together.

#### 28) Make Sock Puppets

Gather up some of your old socks (you know those ones whose pair has gone missing for eternity), and then find some household items that can be used for eyes, mouth, and nose. You could use buttons for eyes, pieces of fabric for noses, and things like string, wool, ribbon, or even cotton wool for hair.

Once the puppets have been made, you could create a puppet theatre with a cardboard box and put on a puppet show.

#### 29) Make Play Dough

#### 30) Make Tie-Dye Clothes (with an adults help!!!!!!)

Why not have a tie-dye day? You will need white clothing, a bucket or basin, water, various dyes, rubber bands, and rubber gloves to protect your hands. How you fold the fabric and secure it with rubber bands, helps determine the eventual tie-dye pattern.

#### 31) Play Shop

Set up a little grocery/mini supermarket with tins and packets. If you have a play till, set up a checkout table and they can take it in turns to be the checkout person or the shopper.

#### 32) Make Jewellery

If you don't have jewellery crafts at home, you can use everyday items, like pasta, noodles, beads, paint, string, wool, bottle tops, shells and lots more to make some really fun jewellery.

### 33) Explore Science (Slime)

Why not while away a few hours with some science fun? Don't worry, you don't need to be a scientist or have a ton of unusual supplies and equipment. You could make your own homemade slime and make it fluffy, rainbow coloured or even glow in the dark! Loads of tips and instructions online.

### 34) Play Some Outdoor Games, Indoors!

Not all outdoor games can move inside, swingball and hurling are definitely best left outside, but what about skittles in the hall, or hold hula-hoop competition? You could also set up indoor hopscotch using masking tape for the lines and a beanbag as your "stone".

### 35) Get Painting

Cover the table with newspaper sheets and get out the poster paints or watercolours and some paper and have an art session.

### 36) Play Balloon Ping-Pong

All you need for this are some blown up balloons, and table-tennis bats (or make your own bats using paper plates and sticks for handles etc.). Clear some space and off you go.

### 37) Make a Life-Sized Drawing

You will need a large roll of paper (like the back of an unused roll of wallpaper) and measure out a piece a little longer than yourself or a person. Then put the sheet of paper on the floor, have someone lie down and draw their outline on the paper. The draw and colour.

### 38) Create Misfit Characters

Lay out a selection of old magazines or catalogues, and cut out pictures of heads, torso, legs and feet/shoes. Then have some fun mixing them up, and sticking mismatched characters onto blank sheets of paper.

Older children may like to take this one step further and write a story about their unique characters.

***Have fun and enjoy!***