



Ideas of things to do

Dear Children and Parents/Carers,

There are lots of ideas of things to do at home and free resources to try out. Remember to check with your adult before you go on the internet.

Mrs Day

Positive Pebbles

Find some stones in your garden or when you go on your walk. Give them a wash and then write or paint positive messages on them e.g. sunshine, joy, smile. Leave them on the path near your home to cheer people up.

Fitness Fun

Plan a fitness routine with several different activities. Use your best communication skills to put your family through their paces. Make sure they know what they should be doing and that they are having fun.

Paper aeroplane challenge

Make a paper aeroplane and decorate it. Use an empty box or laundry basket as the landing zone and then stand at the doorway and try to get your plane to land as close to it as possible. See if you can do it in as few throws as possible.

Have a picnic

You don't have to go somewhere exciting for a picnic, you can just sit on the grass in your garden or outside on your balcony for a bit of fun.

Carry out a bird count

Spend 10 minutes looking out of your window and write down all the birds you see in that time. If you have a garden, perhaps you could put some water out for the birds too. The RSPB website has lots of information including how to identify the birds you see <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/go-birdwatching/>

Build a racing car

Personalise an old cardboard box into your very own Formula 1 racing car!



Build a den

Use a sheet and make your very own den between two chairs



Watch the sunset

In which direction does the sun always set (north, south, east or west)? Check out the exact time and watch the sunset. <http://www.sunsettimes.co.uk/>

Simon Says

This is a game for two or more players. One person is “Simon” and everyone else must do whatever Simon says. If Simon says “Simon says touch your knees” then you must follow their instruction but if they say “Touch your knees” then don’t follow the instruction. Remember to only do the action if the instruction starts with “Simon says...”.

Simon Says Draw

This is a variation of Simon Says, remember to only draw if the instruction starts with "Simon says...". For example "Simon says draw a circle" or "Draw a tiger".

Foldovers

Give everyone a piece of paper. On the top section, draw a head. It can be an animal head or a person's head. Now fold that section back so it's hidden and slide it to the next person. Without looking at the head, the next person draws a chest and arms of a person or animal. They then fold it back and pass it on to the next person who draws a body. The final person draws legs and feet. Finally unfold all the pieces and paper and have a look at the funny creatures you've created.

Fold-over Stories

Give each person a sheet of blank paper. Everyone will be writing one sentence to make up a joint story.

1. Write someone's name at the top of the paper such as a family member, a friend or a famous person. Fold the top of the paper over so no one can see it, then pass the paper to the person on your right.
2. The next person writes what the person did (suggest funny or outrageous actions), fold it over and pass it on to the right.
3. Continue to write one line, how they did it (adverbs), where they did it, when they did it; and last of all, why (because...). Pass the paper round each time someone has written a sentence.
4. Unfold your stories, and read them aloud.

Who	<i>Mum</i>
What	<i>Sky-dived from a plane</i>
How	<i>Silently</i>
Where	<i>In the supermarket</i>
When	<i>Yesterday evening</i>
Why	<i>Because she does it every day</i>

Sock basketball

Create some sock balls from pairs of socks and use a box or crate as your basketball hoop. Remember to put the socks back in your drawer again afterwards!

Have fun!