

Things to do at home during the Coronavirus pandemic (2)

Play hangman/noughts and crosses.

Do some junk modelling out of packages you have at home.

Do some leaf printing/rubbing. Talk about the seasons and the colours of the leaves and why they change.

Create a collage with various materials you have at home.

Paint pictures using paint brushes, toothbrushes, cotton buds, sponges and various other pieces of equipment.

There is an activity at the moment to create a rainbow and put it in the window at the front of your house, so as people go by on their exercise trip, they can count how many they actually see.

Get your child (ren) to draw around their hands. Then use their hands to paint the finger nails. The hands can also be used to discuss left and right. If you ask them to stick their thumbs out on their hands the left hand will then make an "L" for left. This should help.

Use stencils to draw around.

Teach your child (ren) to wash and dry the dishes instead of using the dishwasher for a change perhaps.

Teach your child (ren) to wash babies in the bath. They could wash their hair with shampoo, wash them, dry them, put talcum powder on them and then dress them.

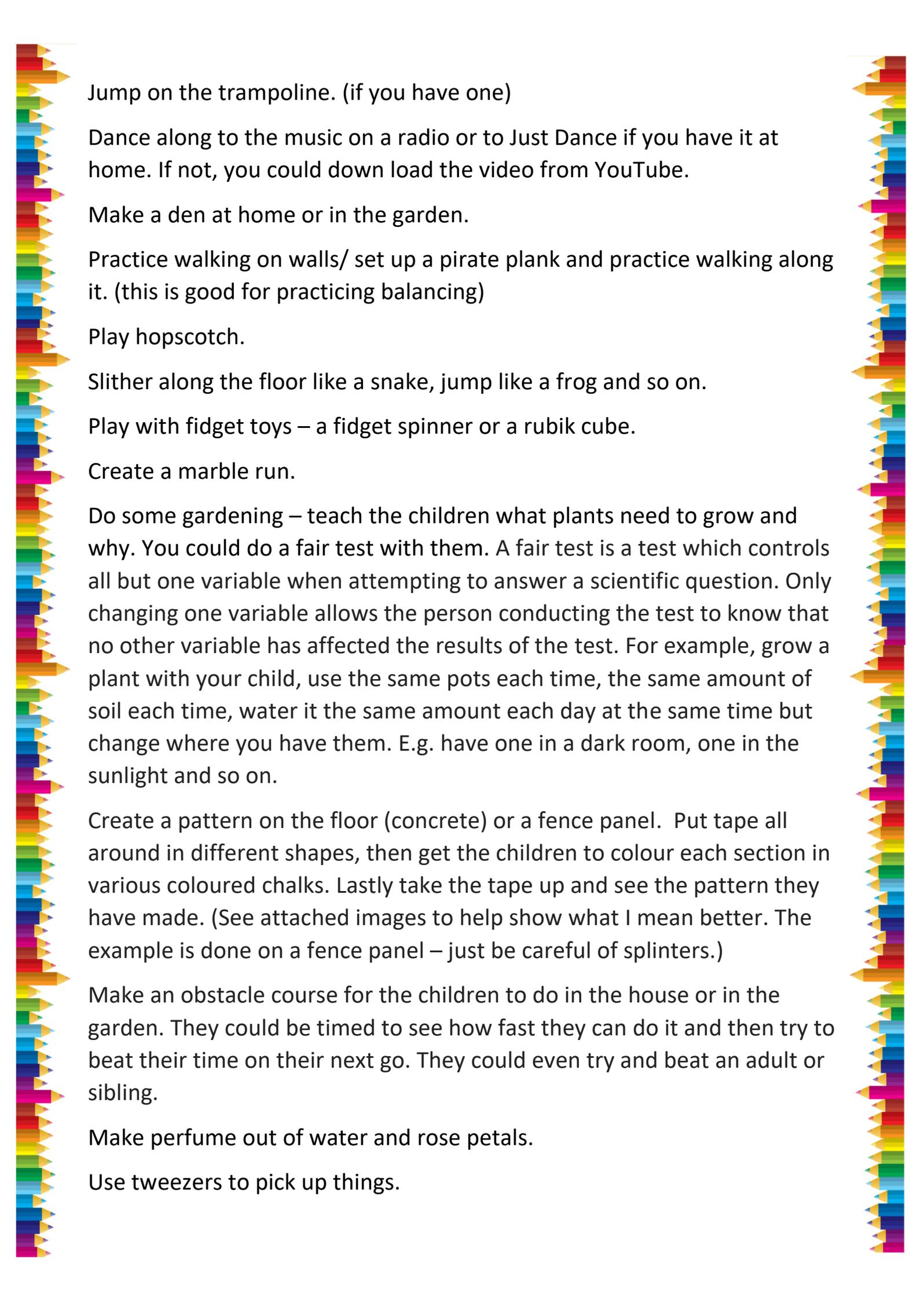
Give your child (ren) a word, such as, rainbow and make other words from it. For example, 1) an, 2) in, 3) rain, 4) bow, 5) now ... and so on

Read magazines together.

Tackle some spot the differences.

Make sock puppets.

Practice doing star jumps. (Up the number each day)



Jump on the trampoline. (if you have one)

Dance along to the music on a radio or to Just Dance if you have it at home. If not, you could download the video from YouTube.

Make a den at home or in the garden.

Practice walking on walls/ set up a pirate plank and practice walking along it. (this is good for practicing balancing)

Play hopscotch.

Slither along the floor like a snake, jump like a frog and so on.

Play with fidget toys – a fidget spinner or a rubik cube.

Create a marble run.

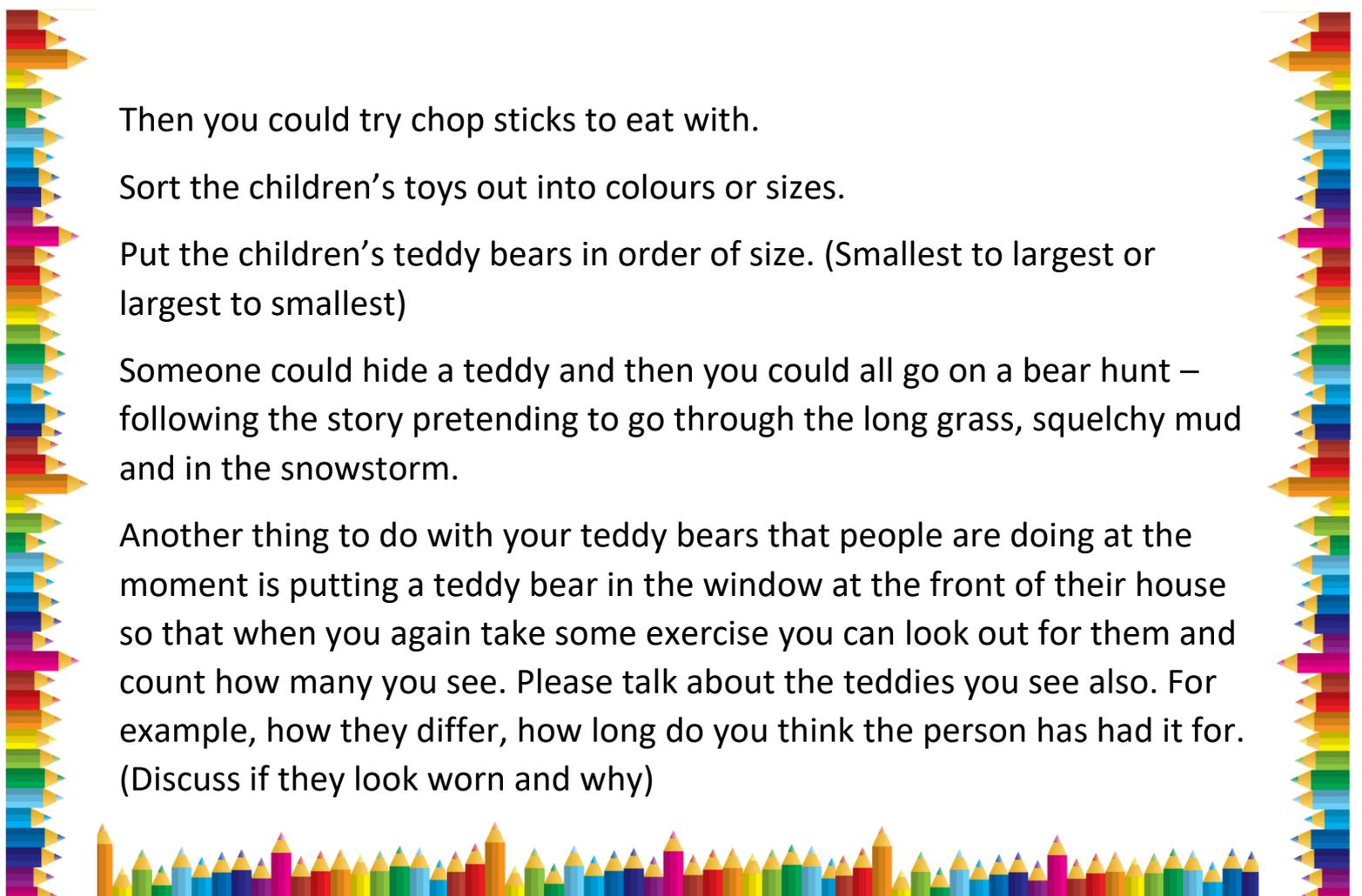
Do some gardening – teach the children what plants need to grow and why. You could do a fair test with them. A fair test is a test which controls all but one variable when attempting to answer a scientific question. Only changing one variable allows the person conducting the test to know that no other variable has affected the results of the test. For example, grow a plant with your child, use the same pots each time, the same amount of soil each time, water it the same amount each day at the same time but change where you have them. E.g. have one in a dark room, one in the sunlight and so on.

Create a pattern on the floor (concrete) or a fence panel. Put tape all around in different shapes, then get the children to colour each section in various coloured chalks. Lastly take the tape up and see the pattern they have made. (See attached images to help show what I mean better. The example is done on a fence panel – just be careful of splinters.)

Make an obstacle course for the children to do in the house or in the garden. They could be timed to see how fast they can do it and then try to beat their time on their next go. They could even try and beat an adult or sibling.

Make perfume out of water and rose petals.

Use tweezers to pick up things.



Then you could try chop sticks to eat with.

Sort the children's toys out into colours or sizes.

Put the children's teddy bears in order of size. (Smallest to largest or largest to smallest)

Someone could hide a teddy and then you could all go on a bear hunt – following the story pretending to go through the long grass, squelchy mud and in the snowstorm.

Another thing to do with your teddy bears that people are doing at the moment is putting a teddy bear in the window at the front of their house so that when you again take some exercise you can look out for them and count how many you see. Please talk about the teddies you see also. For example, how they differ, how long do you think the person has had it for. (Discuss if they look worn and why)

