

# Activity ideas

## Keeping active



- It is even more important than ever that we find ways to get some fresh air and exercise. I am aware that many people are taking daily walks/ runs and cycle rides. While we need to observe the social distancing measures we also need to get out of our homes on occasion for both our mental and physical health. Here are some ideas to keep these little outings interesting.
- **TAKE A PHOTO WALK** How about heading out with your camera or phone and a theme (maybe choose one from the list below) and start snapping. Surprising things can be discovered this way, because you're on the hunt for something specific you need to work that little bit harder to find it. Trees, red, reflections, circles, stripes, wildlife, leaves, rocks, surface, rust, clouds, water, people, shadows, forgotten, food, imprints.
- **GO BIRD SPOTTING** Let out your inner twitcher and go bird spotting. This can be in your garden or from your window or when you are going for a walk. It doesn't matter where you are, when you are looking for them you may notice more birds in your area than you thought there would be. There are plenty of birds out there for you to discover and a great way to get to know your local nature too. Have a competition to see who can spot the most or take a sketch book to do some drawings of the ones you see. For those who aren't so knowledgeable (yet!) on our bird breeds, there are some good online resources including from the RSPB .
- **Dancing in the rain** While we have been lucky with the weather recently we will still have some rainy days. Rain keeps us indoors, but ultimately we can wear the right clothing and remember and be grateful that later we will be dry! So no excuses, get outside, feel the rain on your face, jump in puddles, get muddy and enjoy yourself! (even if you can only do this in your garden).
- **Play the A-Z game.** Any time your out and about, try to spot all the letters of the alphabet, in order, as you walk. This works with numbers too; set an arbitrary number and count them in order (either backwards or forwards). Alternative you could turn it into a game; identify specific things that you may see on your daily walk or set a theme and look out for them, you could even create a points system, who ever spots the most wins!
- **Practice Walking Meditation** A walking meditation requires engaging all your senses. You are intentionally aware of your feet hitting the ground, your eyes taking in the sights around you, your lungs breathing the air in

and out, and your ears hearing every sound .It's a practice that allows you to be more connected with the environment, which is an essential part of who we are. Being in nature releases you from the ongoing internal dialogue of your mind and makes you more aware of the beauty of the outdoors. By combining walking with mindfulness, you are practising an excellent habit for releasing the stress of the day. Start by taking a 10 minute walk at least once a day.

- **Garden picnic** our exciting holiday plans for the Easter break have probably been cancelled or changed significantly. If you are lucky enough to have a garden why not have a picnic there? Even if the weather is not ideal, put on a coat and enjoy your sandwiches outside (they always taste better outside).
- **Take an active break** it is really important to regular breaks from work/ school work and this helps us to be more productive. Here are some ideas for short (1-5 mins) active breaks. Star jumps, skipping, running on the spot, bounce a ball 100 times without dropping it, dancing to your favourite song, have a really good stretch, playing catch, invent a funny walk or move like an animal (this is fun for adults too)! Assign times throughout the day to take an active break, if you have some dice you could add an element of surprise by giving each activity a number and rolling the dice to find out which one you will be doing!
- **Collection walk** Collect paint-able objects while having a stroll around such as stones or seeds. Paint these with acrylic or chalk paints. Gathered in little bowls, on top of a pedestal, or merely spread on your table these make a simple and modern addition to your interior décor.!

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### **Indoor activities**

- **Bubble blowing competition** You can use ordinary shop bought bubbles and have a bubble competition to see who can blow the biggest or fastest bubbles.
- Or create a giant bubble wand from; A wire coat hanger, Some wire cutters, A straight stick, Duct tape and Twine

#### **How to:**

Cut the hooked end off the coat hanger with the wire cutters, attach it to

the stick with duct tape and secure well by wrapping twine around it many times. You don't need to decorate the stick but you can with coloured yarn and a few beads and feathers at the end. For more bubble ideas and bubble mixture recipes look at; <https://www.thecrafttrain.com/bubble-activities-for-kids/>

- **Build a fairytale sandcastle** Missing the beach? Try this. You will need a tray and some wet sand. You could also use buttons or shells to decorate. For inspiration try searching for images of sandcastles on the internet. Alternatively you could create a supervillains lair or a mini town. You may need a plant water spray to keep the sand damp while you work on it. Have Fun and take photos to document your creation!
- **Make up a secret language or code** Making up your own language can be as silly as you want it to be! For ideas on how to get started try; <https://www.instructables.com/id/Making-your-own-Language/> or <https://www.wikihow.com/Create-a-Language> Making up secret codes so you can pass hidden messages is another good rainy day activity. Why not pretend you are a spy! For ideas on how to get started try; <https://www.wikihow.com/Create-Secret-Codes-and-Ciphers> or <https://www.instructables.com/id/Make-your-own-secret-code/>
- **Theme Day** Fancy dress shouldn't just be for Halloween! Pick a theme for the day (ideas below) and dress and behave accordingly. You may want to pick or make up a specific character to be for the day to fit with your theme. Theme ideas; Superheroes, Space, A period of time, Under the sea, A TV show, A type of job, A game, An animal... ..the possibilities are endless!
- **Live by the rules** Ok so we have got some new rules to follow but I think we could make up some new rules which would be more fun to follow! Make up new rules and try them out religiously for a whole day. We tend to do the same things in the same way all the time. Try shaking things up by making up some silly or not so silly rules to follow. This could include; Smiling at everyone you meet, Always stepping forward with your right foot, Using the opposite hand to usual for certain things such as eating, Not playing on your phone, Saying yes (within reason), Using dice to make certain decisions such as what to have to eat and whatever you can think of!

- **Lip Syncing** Lip sync along to your favourite films and TV shows. Turn off the sound on your TV and make up the dialogues yourself. For two or more people you may want to assign each other specific characters and try and imitate their voices. Come up with alternative scenarios or what the character is really thinking.
- **Shop Your Closet** Put the extra time you have today to playing dress-up. Try out some new combos, and put together outfits for upcoming events. This can help you organize your things, prune unused items, and discover cool outfits you never knew you had.
- **Afternoon Tea** Have your own tea party right at home. You can get fancy and use nice china and put out little sandwiches and treats. This is also a fun activity you can do with the kids, substituting hot chocolate for tea if you want
- **Popcorn and Movie Day** Sort of a given when you are stuck at home, but pop up some popcorn and get comfy on the couch with your favourite movie(s).
- **Pretend Summer Day/ holiday** If you desperately need to escape , bring summer/ holiday to you. Look up tropical sites, make or print pictures of desirable locations, make a fruit juice, and put on some Bob Marley. You can also get everyone in bathing suits and flip flops, sun glasses, sun hats etc you could even fill the tub to "go swimming."
- **Mail a Letter** Spend some time writing a letter to someone special, which you can mail later on. Everyone loves to get a handwritten note, and it will be a nice surprise.
- **Beauty Treatments** Give yourself a mini spa day with a variety of DIY beauty treatments. Whether it's a nice manicure/pedicure, a relaxing scrub, or an avocado mask, it's a good day to beautify and relax. There are loads of ideas and recipes on line such as <https://www.babble.com/babble-voices/pamper-yourself-diy-tips-for-a-spa-day-at-home/>
- **Arrange Your Photos** A whole day indoors gives you plenty of time to go through all those photos you have taken. You can make an album online, a photo book (try websites such as blurb) or just enjoy looking through old shots.
- **Plan Your Next Get-Together** Take the time to plan some fun events for your friends and family for when we can get out again! think up a great dinner party menu, theme party, or get together. You can have fun

planning the menus, looking up details, coming up with party games and activities and coming up with the guest list.

- **Turn Your Videos Into Movies** If you have lots of video clips, try spending the time organizing your collection on your computer and burning them to DVDs. Your loved ones will enjoy seeing clips of the kids, and your friends will be so surprised to have video memories of that last vacation you all took together. There are some great free apps to do this with such as spark video or i-movies.
- **Build a fort** you can use cardboard, cushions, bed sheets or whatever is to hand. Fill your fort with your favourite toys or books and have some chill out time in your own home built den.
- **Indoor camping.** Make a tent out of a bed sheet and a camp fire out of Christmas/ fairy lights gathered together in a large bowl, you can add things like stones, fur cones or twigs to make it more authentic. Put sleeping bags in the tent and hang out telling each other camp side stories or playing card games.
- **Take an Online Class or Tutorial** Take advantage of the time to learn something new for a few hours by taking an easy online class or tutorial. Search online for free options ranging from intro language classes to DIY tutorials to crafts. There are lots of videos on places like youtube.
- **Dance!** Create a playlist of your favourite tracks to boogie to, shut the curtains and get grooving! Alternatively you could find free dance videos online. You could learn a new style of dance or improve skills you already have. For added fun you can dim the lights and introduce some glow sticks!
- **Cook** learn to cook or bake something new. There are lots of good ideas on the BBC good food website.
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## Games

- **The skittles vacuum game** You will need: A bag of Skittles sweets or similar, Straws, A pair of Dice, Paper plates. How to play: Each player has a straw and a paper plate. Empty the packet of Skittles onto a paper plate and place in the middle. Take turns rolling the two dice, when a double is rolled the player then takes their straw and vacuum up as many Skittles as

possible and transferring them to their plate. They continue while the other players take turns to roll the dice until the next set of doubles is thrown. The player with the most Skittles when the central plate is empty wins.

- **Pudding Pictionary** A twist on a classic game. You will need; Runny pudding such as angel delight (made with water) or ready made runny chocolate pudding, Trays and pictionary. How to play The pudding is spread evenly over the trays. This is now your 'canvas'. Grab your usual Pictionary game and get playing!
- **Have A Balloon Evening** **Balloon Hockey**; with paddles made from paper plates and lolly sticks or wooden spoons and goals from cushions. **Balloon Tennis**: Using the "paddles" bump the balloons back and forth to your partner. Keep score, giving points to the other team when their opponent's balloon hits the floor. **Balloon Hula**: Two players hold up the hula hoop for others. The object of this game is to use the paddle to hit the balloon through a hula hoop. **Balloon Waddle**; Place a balloon between the hips of two people and see if they can get across the room without dropping it. **Balloon Catch**: give half of the players a large mixing bowl and half of the players a balloon. Have them toss the balloon to see if they can catch it in the bowl. **Balloon Head Bump**: keep their balloon in the air and off the floor only using their heads. If the balloon falls to the floor they are out. Last one with their balloon in the air wins. You can play this multiple times it will go quick.
- **Classic games online.** Classic games such as pictionary, charades, 20 questions can be played on a 'face time' style call and may be a great way to help children keep in touch with their friends.