



INDOOR ACTIVITIES

Adapted from: <https://booberrit.com/2020/03/15/self-isolation-indoor-activities/>

Whether you're in self isolation, working from home or it's just a wet weather day, you need a list of indoor activities in your parental arsenal. Even more so now with pending lock down and prolonged out of school periods for the kids. See below our indoor activity ideas:

Learning Activities

There are infinite free resources and learning tools online. We've highlighted a few:

- **BBC Teach** - You can use BBC Teach for free. Their website is home to thousands of free curriculum-mapped videos, arranged by age-group and subject.
<https://www.bbc.co.uk/teach>
- **Sensory Science Experiments** - Raid the cupboards to try out some of these child friendly science experiments
<https://www.youtube.com/watch?v=wPBWfeo8JXs&t=53s>
- **Museums** - Try a virtual tour of one of 12 museums, across the globe
<https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

Just for fun

- **Recycling Bag Arts & Crafts** - Get the recycle bag out and do some Arts & Crafts. See what sculptures your children can make out of loo rolls and create plant pots from empty yogurt cartons. This activity engages children's creativity and flexible thinking!
- **Regulation Games** – See our 'Emotional Regulation Games' and 'Self-Regulation Games' handouts for games ideas that not only entertain your children but also promote their ability to regulate their emotions and calm themselves.
- **Sensory Play** – Get children learning and laughing through sensory play sessions. Try activities like making playdough, slime or edible unicorn poop!
<https://booberrit.com/2019/01/30/sensory-play-edible-unicorn-poop/>
- **Easter Decorations** – Use creative play to make some Easter themed decorations and keep sakes.
<https://www.thebestideasforkids.com/easter-crafts-for-kids/>
- **Treasure Hunt** – Hide various treats and objects in the room and play the hot and cold game depending on how close or far the kids are from finding each object. You can further extend this game by having them make a treasure map and giving them a list of objects to find and tick off, the winner being the first to complete their list.

Physical Activities

- **Yoga** – Try 'Cosmic Kids' quick and easy to follow yoga classes
<https://www.youtube.com/user/CosmicKidsYoga>
- Musical Statues and/or Chairs
- **Karaoke** – Put the subtitles on an episode of XFactor or The Voice and have a karaoke session
- Play 'Fitness Bingo', using bingo sheets with activities on. Each time an activity is called the players must either tick it off or perform that move
- **Skittles** – If you don't have your own set, try using empty plastic milk bottles instead

Lunch & Dinner

- **Pizza** – Make your own Pizzas by simply using plain margarita/garlic pizza/Naan Bread bases and letting the children pick from a selection of toppings.
- **Pasta Party** – Forget the supermarket stock pilers and shortages, make your own!
- **Have a living room Picnic** – Ask children to get creative and set the room up for a picnic with decorations.

Bedtime

- **Bath Time** - There's a lot to be said for washing away the woes of the day. Let them come to a natural chill, by running them a relaxing bath. Add a couple of drops of lavender oil to the water or use Johnsons bedtime bubble bath. Let them go from water play to slowly winding down the gears to bedtime mode.
- **Story Time** – Read them a story, whether it's one of their favourites, or one you've had them write earlier in the day bedtime story telling is a great way to ease a way the stresses of the day and take everyone's mind off of heavy, real life subjects.
- **Yoga** – Try some kid friendly, bedtime yoga to help them wind down and burn those last fumes of energy.
- **Soothing Playlist** – The Calm for Kids app is perfect for low energy nights. Let someone else be storyteller or for little ones, select one of the free soothing sounds playlists.

Useful Links for more activity ideas

- **40+ Super Easy Toddler Activities**
<https://busytoddler.com/2016/11/40-super-easy-toddler-activities/>
- **Fun Indoor Activities for Kids Using Common Household Items**
<https://thesehungrykids.com/fun-indoor-activities-for-kids-using-common-household-items/>
- **71 Activities to Do at Home with Kids**
<https://thesehungrykids.com/71-activities-to-do-at-home-with-kids/>
- **27 Indoor Activities For Kids Stuck At Home Because Of The Coronavirus**
<https://www.buzzfeed.com/mikespohr/activities-for-kids-while-inside-because-of-the-coronavirus>