

FUN THINGS TO DO AS A FAMILY

20 ideas for lockdown family fun

1. MAKE A RAINBOW

Lots of children and families have been making and displaying **RAINBOWS** to say thank you to our frontline workers and as a symbol of hope. My children have loved spotting these in people's windows when out for our daily exercise. There are so many different ways to make rainbows, so why not have a go at creating rainbows in as many different ways as possible?

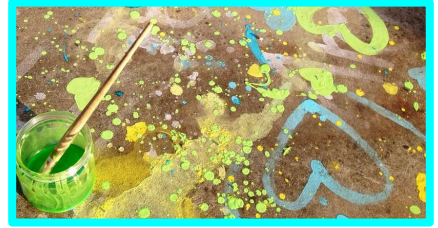
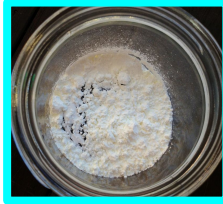


2. PAVEMENT ART



If you have some chalk at home, why not re-decorate your garden, pavement or wall with some colourful artwork? You can draw flowers, hearts, sunshines, create an abstract masterpiece or even draw and play a giant game of snakes & ladders. Anything goes! It's a lovely way to spend an afternoon at home whilst enjoying any outdoor space you may have, and there is no tidying up afterwards because the rain will eventually wash it away!

PAVEMENT ART CTD...



If you don't have any chalk, this recipe for cornflour chalk paint from mykidcraft.com works brilliantly as an alternative:

Materials: jar, cornflour, water, food colouring, paintbrush

Method:











1. Sprinkle some cornflour into a jar or pot (any amount is fine)
2. Add some food colouring
3. Pour in a little water & mix with a paintbrush to make a watery consistency
4. That's it! When you paint it onto the pavement, it becomes chalk paint as it dries. It washes off with the rain or a hose

3. GO ON A BUG HUNT

This is a brilliant time of year to spot lots of interesting bugs in your garden or even around your house! Spiders, ants, woodlice, ladybirds, butterflies and more. They are fascinating to find and explore. You can use the checklist here to tick off what you find.

You could submit your findings to the Great Bug Hunt 2020 and be in with a chance of winning a prize!

<http://www.schoolscience.co.uk/bughunt>

 <input type="checkbox"/> bee or wasp	 <input type="checkbox"/> ant
 <input type="checkbox"/> grasshopper or cricket	 <input type="checkbox"/> fly
 <input type="checkbox"/> butterfly or moth	 <input type="checkbox"/> ladybug
 <input type="checkbox"/> worm	 <input type="checkbox"/> spider
 <input type="checkbox"/> mosquito	 <input type="checkbox"/> snail or slug

4. PUT ON A 'FAMILY'S GOT TALENT' SHOW



We all have a **TALENT**, and this activity is a great chance to let it shine whilst having fun with all the family. It can be as much or as little effort as you like.



Keep it simple by asking each member of the family to perform something in the show whilst the others watch; or go full out and make a stage, have costumes and judges as well as different rounds of the competition. You could include other family members via Zoom, Facetime or similar.



Brush up on an old talent, or spend time learning a new one! **Dancing, singing, gymnastics, comedy, magic, poetry or even tricks with your dog!** The possibilities are endless!



5. MAKE A DEN



You will need: cushions, blankets, sheets, pillows, chairs

Drape the blankets and sheets over the chairs and put some blankets, pillows and cushions inside. You can add fairy lights, favourite teddies and sensory toys for an extra cosy feel.

Dens are so much fun to build and are a great place to snuggle up and share a book or a cuddle. They're also brilliant for providing some quiet time if your child becomes overstimulated or distressed.



6. PERFORM IN A KITCHEN ORCHESTRA

You don't need instruments to make music. Empty out your kitchen cupboards and experiment with the different sounds you can create.

Bang pots & pans of different sizes with wooden spoons, put rice or pasta in a jar & shake it, hit spoons together & sweep the broom across the floor. There are so many interesting sounds to explore.

Play and sing along to your favourite song.

Have fun!



Check out this clip from 'Stomp' to inspire you
<https://www.youtube.com/watch?v=xpvMvEJEb-8>



7. GET PHYSICAL

Getting active together is a lovely way to bond as a family and keep fit at the same time. There are so many ways to do this. Here are just a few suggestions:



The Floor is Lava

Randomly place objects around the room/garden. Travel from one side to the other by jumping on these objects. Don't touch the floor or you'll get burnt by the lava!

Wheelbarrow race



Yoga



Follow a yoga session together. [Cosmic Yoga](#) has some great themed sessions for kids



Host your own Lockdown Olympics

Paint the Olympic rings, make an Olympic torch, decide which country each person will represent, then begin!

Events could include gymnastics, water pistol shooting, obstacle course, relay races, pillow fight fencing, table tennis or penalty shootout. Don't forget to make some medals to present to the winners!



Balloon volleyball

Pass the balloon across the room to the other team.

Keep the balloon in the air. If it touches the ground, the other team win the point. The first team to reach 10 points wins.

8. JUNK MODELLING



Put out a bag of clean recycling, some sellotape, scissors & glue, and create junk model sculptures. You could create a rocket ship, a castle, an animal, a train, a robot, a garage, a TV or a brand new invention. The options are limitless, and anything goes!



9. TEDDY BEAR'S PICNIC



You will need: a large bed sheet or picnic rug, picnic food, a collection of teddies

Make some picnic food (sandwiches, fruit, veg sticks, crisps, biscuits, pasta etc)
Sit on the rug/sheet with your teddies in the garden or indoors and enjoy your picnic together.

Why not play some games like i-spy or teddy hide & seek and sing your favourite songs together to add to the fun?

10. MAKE A MUSIC VIDEO



Choose your favourite song and film yourselves singing or miming along to it, whilst using Makaton signs.

You can wear fancy dress costumes or add props and be as creative as you like. Maybe you could recreate your favourite [Singing Hands](#) video.

11. FAMILY FILM NIGHT

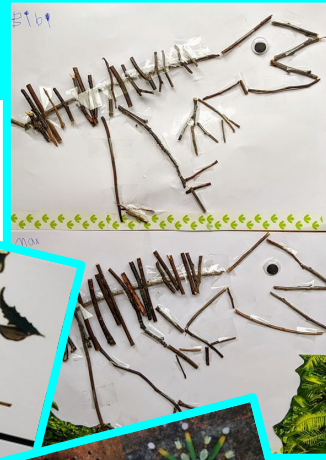


Change into your pjs, bring down blankets and pillows, choose a family favourite and snuggle up for a family movie night.



You can make an event of it by giving out admission tickets, having a popcorn & snack bar and decorating the room to make the evening feel even more special.

12. NATURE ART



When you are out for your daily exercise, why not collect a variety of leaves, twigs, petals and stones.

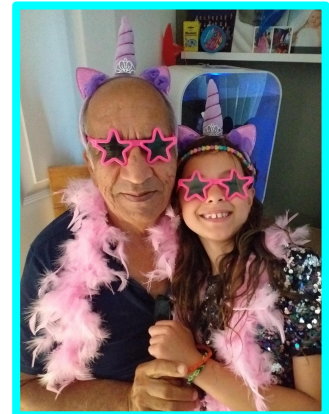
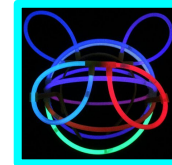
When back at home, you can use these to create works of art. You could make a self portrait, make a mandala pattern or write your name. Be as creative as you like.

13. KITCHEN DISCO



You can play party games like pass the parcel, musical statues and pin the tail on the donkey, or you could have a dance-off between the kids and adults. You could make 'mocktails' and have party snacks too.

Create a **party playlist** with all your family's favourite songs. Get dressed up in your party clothes, dim the lights, turn up the music and have a kitchen disco!



15. PARACHUTE GAMES



Parachute games are a fun way to get the family moving and laughing together. At home, you can use a large bed sheet or blanket instead of a parachute.

Put balloons, teddies or small balls on the parachute and wave it up and down, trying to catch them as they fall back down. Sing songs (e.g. ‘the teddies on the sheet go up and down’, sung to the tune of ‘the wheels on the bus’) and try to keep the objects on the parachute for as long as possible. You can then race to put them all back once they have fallen off.

You can find lots more parachute games here:
<https://kidactivities.net/games-parachute/>

14. GET MESSY!



Messy, sensory exploration is so important for children's learning and development, but it is also a lot of fun for all the family.

Pasta, shaving foam, playdough, mud, sand, bubbles, paint... the list is huge.

You can find some easy to set up ideas here at Learning4kids: <https://www.learning4kids.net/list-of-sensory-play-ideas/>

16. LOCKDOWN RESTAURANT

Turn your home into a **LOCKDOWN RESTAURANT** for the day.

You can choose a catchy name for the restaurant and make a sign to put up. Plan a 3 course meal together and make a menu to go with it. Choose roles for each member of the family - waiters, chefs, booking staff and of course visitors to the restaurant (you might need to play more than one role). You can even have a bill and use real money to pay for the meal at the end.

Get dressed up in your costumes and begin the game! It's a really fun way to jazz up dinner time & learn useful life skills at the same time - and planning the activity can be an afternoon's worth of entertainment!



17. PLANT SEEDS



Growing seeds into plants and flowers is hugely satisfying and can be good fun for family members of all different ages.



You will need: packet of seeds, seed pot or an empty, clean yoghurt pot with a few small holes poked into the bottom, soil, water

Method:

1. Fill the pot $\frac{3}{4}$ full with soil
2. Place the seeds on top
3. Cover the seeds with more soil
4. Gently water the seeds
5. Leave in a sunny spot in your home
6. Check on your seeds each day and water them if needed. Keep the soil damp but not too wet and watch the seeds turn to flowers



18. SCAVENGER HUNT

WE'RE GOING ON AN INDOOR Scavenger Hunt

Gather up these items from around the house!

- | | | | | | |
|--------------------------|---|------------------------------|--------------------------|---|--|
| <input type="checkbox"/> |  | a stuffed animal | <input type="checkbox"/> |  | something that plays music |
| <input type="checkbox"/> |  | an item you use to bake | <input type="checkbox"/> |  | a book that has numbers |
| <input type="checkbox"/> |  | a picture of people you love | <input type="checkbox"/> |  | something round |
| <input type="checkbox"/> |  | something that has a map | <input type="checkbox"/> |  | something with wheels |
| <input type="checkbox"/> |  | something that makes bubbles | <input type="checkbox"/> |  | something that makes you happy |
| <input type="checkbox"/> |  | 3 things that are yellow | <input type="checkbox"/> | ABC | something that starts with the first letter of your name |

Don't forget to put them all away after the hunt is over!

Scavenger hunts are quick, easy and free to set up, they get the family moving, and are easy to do indoors or out. You can make them timed, themed, competitive or educational. You can even involve other family members or friends via Zoom, Facetime or similar.



This website has 22 different scavenger hunts to try:
<https://www.goodhousekeeping.com/life/parenting/g32050844/scavenger-hunt-ideas-for-kids/>

19. BAKE OFF



There are lots of simple baking recipes for the family to make together, ranging from easy chocolate cornflake cakes and flapjacks to brownies, cheesecakes or even quiche. Children love weighing, pouring, mixing and scooping ingredients, and they might be encouraged to try new foods in the process.

On the next page you'll see just a few examples of recipes. You can find many more online.



BAKE OFF RECIPE IDEAS

Flapjacks



120g porridge oats
60g softened butter
60g light brown sugar
1-2 tbsp golden syrup

heat oven to 200c

mix everything really well in a bowl.

grease baking tin and pour mixture in
pushing everything down with the back
of a spoon

cook for 10 mins till golden brown

mixture will be soft when its removed from the oven.
this is normal and will harden as it cools

cookies



115g butter, softened
55g caster sugar
140g plain flour
40g chocolate chips

heat oven 180c

beat the butter and sugar till fluffy

mix in the flour and chocolate chips with your
hand until you have a dough

roll the dough into walnut sized ball and
flatten with your palm

put them onto a baking tray slightly apart
and cook for 10-12min

BAKE OFF RECIPE IDEAS

Easy Fork Biscuits



100g butter softened
50g caster sugar
150g self raising flour

Line a baking Tray and preheat oven to 180°

Mix your butter and sugar in a bowl until well combined and fluffy.

Add the flour and keep mixing gently until well combined!

mix together with your hands.

Roll walnut sized pieces and place on your baking tray

fill a cup with cold water, dip a fork into the water and then gently press down on each ball of biscuit dough.

Bake in the oven for 12-15 Mins or until golden brown.

Pop onto a wire rack to cool.

chocolate brownies



200g caster sugar
115g butter, melted
30g cocoa powder
½ tsp vanilla extract
2 eggs
115g plain flour
pinch baking powder
pinch salt

heat oven to 180c

mix the ingredients in the order above

pour mixture into a greased tin

cook for 10-15mins

allow to cool in tin before slicing and serving

20. HAVE FUN WITH SCIENCE

Science experiments don't need a lab coat, goggles & specialist equipment. There are lots of experiments which use simple ingredients from your house.

Here are some of my family's favourites.
Click on the picture to see a YouTube tutorial:



Grow a rainbow



Make your own lava lamp



Skittles rainbow



Density tower

There is also a good selection of other experiments to choose from at <http://www.sciencefun.org/kidszone/experiments>.