



St. Michael's House

Hi all,

We have put together a variety of activity ideas which include games, learning, crafts etc. These are just additional activities and ideas that can be done in conjunction with what you are already doing at home. This is not a strict programme to follow; it is just some alternative suggestions to help during this unprecedented time.

If you have any questions, please do not hesitate to contact your key worker/key contact.

We hope you stay well and safe.

Kind Regards,

St. Michael's House

# 105 Activity Ideas

## Games



1. Board games. Favourites include; Scrabble, Jenga, Monopoly, Bingo.
2. Lego activity: Make a list of animals and buildings. Write them all down on individual pieces of paper and put them in a box. Each person draws one out and has to build it with Lego.
3. Complete a 30-day Lego Challenge.\*
4. Teach each other card games with a standard deck of cards. Make up your own games!
5. Take a road trip where you don't get out of the car. Play road games along the way; Eye spy/ road trip checklists.\*
6. Do you play Pokemon Go? Drive to an area with a lot of Pokestops and play from your car (while safely parked!)
7. Blow bubbles outside.
8. Go tent camping in your backyard.
9. Have a paper boat race at a nearby pond.
10. Put on a family play.
11. Do jigsaw puzzles.
12. Fill up a squirt bottle with water and squirt it at trees, backyard objects and each other!
13. Hide and seek with objects: One person hides the object in the house, and the others have to find it.
14. Create a home movie with your Smartphone video.
15. Play dress ups in mum and dad's clothes – do a photo shoot
16. Day spa – do a Mani/Pedi/foot soak/face mask

17. Have a Living Room disco – play freeze, musical chairs, have a dance off
18. Go through recipe books together and have a bake off challenge.\*
19. Gardening – pull weeds, trim bushes, collect flowers for a vase
20. Do a marshmallow toothpick engineering challenge
21. Using Lego characters or other small toys, make a stop motion movie (download the app Stop Motion to your phone or Ipad)
22. Put on a puppet show using toys behind the couch
23. Make a Lego zip line
24. Play cinema – make tickets, popcorn, give your guests a rug and watch a movie together
25. Make a magic potion using aromatherapy oils, glitter, water, petals
26. Use masking tape to make a race track. Race matchbox cars. Or use the inside of your bathtub as a ramp for racing
27. Have a picnic lunch outside. Take books and toys with you
28. Have a tea party. Get dressed up and bring a doll or bear and host a party with tea or apple juice and little snacks out of tea cups. This is sure to be a hit with young girls.
29. Disney, Star Wars Marathon, Harry potter, toy story – dress up like characters, make snacks in the theme and watch the movies
30. Balloon Volleyball

\* = resources for completing this activity are attached



# 105 Activity Ideas

## Crafts



- 47. Make a comic book. \*
- 48. Create a daily schedule. Use a whiteboard, cardboard or blank printer paper or print an online daily calendar template. \*
- 49. Make origami animals/objects or make a paper airplane. \*
- 50. Collect rocks on a walk. Paint them at home.
- 51. Make sponge stamps.
- 52. Make a scrapbook.
- 53. Make jewellery. Order a kit online or use materials from around the house.
- 54. Get colouring/Painting. Online colouring pages can be found online for example Crayola website.
- 55. Make playdough/salt dough/ theraputty/slime/puffy paint. \*
- 56. Tint shaving cream with food colouring, paint the windows or glass doors (or the inside of the shower glass) then rinse it off
- 57. Graffiti the garden fence/driveway with chalk
- 58. Make a small bowl, plate, egg cup or statue from air dry clay
- 59. Make Mother's day/ Easter Cards
- 60. Paint a family portrait to be framed and hung
- 61. Play drawing games like Simon Says drawing
- 62. Create a sensory shaker bottle using an old bottle, glitter and water etc.

- 63. Complete some science experiments \*
- 64. Choose an inspirational quote and create a poster for your room
- 65. Try sharpie tie dye using a sharpie
- 66. Make a bottle rocket. \*
- 67. Make rainbow paper.\*
- 68. Make a stained glass window using clear contact & cellophane. \*
- 69. Make a marble run. \*
- 70. Try Michelangelo drawing under the table. Lie underneath the table and try to draw picture on a piece of paper on the underside of the table.
- 71. Make a pretty lantern using an old jar, tissue paper and glue
- 72. Make an infinite paper flipper!
- 73. Make frozen dinosaur eggs (or you could use fairies, or Ooshies, etc)
- 74. Make a paper cut out family
- 75. Make a paper plate whale
- 76. Try dying some old plain fabric using natural dyes
- 77. Do a chalk photo shoot
- 78. Make a popsicle stick catapult
- 79. Make a silly sign to put by each sink to encourage hand washing
- 80. Make a lava lamp

\* = resources for completing this activity are attached

# 105 Activity Ideas

## Activity

81. Take a walk at a nearby park, forest or beach.

82. Design your own exercise routine. Take turns teaching an “exercise class” to your favourite tunes.

83. Complete a workout using Joe Wicks Kids HIIT routines on YouTube.

84. Do yoga! \*

85. Create an outdoor obstacle course. Use old toys or things you find in your garage and Google online suggestions for specific obstacles. \*

86. Learn specific stances and basic positions for karate, Taekwondo or another martial art by following YouTube videos. (Definitely requires supervision.)

87. Go out on bike, scooter, go-kart in back yard.

88. Be active in the house too. There are lots of things you can do, from active video gaming to games like Twister to GoNoodle.

89. Pick a favourite song. Choreograph a dance routine to it.

90. Play Simon Says.

91. Play Hide and Seek.

92. Learn how to skip or have a skipping competition.

93. Grab a football, basketball, a sliotar or even a tennis ball. Be creative with the amount of different ways you can play with this. Throw it, bounce it, kick it: your child will come up with lots of ideas if you ask them.

94. Have a race in Animal Walks. \*

95. Bounce on therapy ball. \*

96. Crashing games on sofa.

97. Go on trampoline.

98. Pillow fights.

99. Build a den with cushions.

100. Tug of war/push of war. \*

101. Steam roller/hot dog. \*

102. Have a handball tournament.

103. Play fun games using a scooterboard/skateboard. \*



\* = resources for completing this activity are attached

# 105 Activity Ideas

## Social

- 104. Use FaceTime or Whatsapp video to video chat with a friend or relative.
- 105. Write a letter to your grandparents or other relatives or friends and post it at a local post box.



*\* = resources for completing this activity are attached*