

Family Activities; Interactions and Signposting

Information to help with supporting children's understanding with Covid19	Please be aware that guidance about Covid19 may change. Please use the following links to keep up to date with any <i>current</i> advice or guidance during this time: NHS & Government advice/guidance: https://www.nhs.uk/conditions/coronavirus-covid-19/ Hampshire Healthy Families: www.hampshirehealthyfamilies.org.uk
NHS Resources for children: colourful factsheet & video	https://westhampshireccg.nhs.uk/co-vid19-resources-for-children/
Children's Commissioner: Guide to Coronavirus	https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/
Nurse Dotty Books: Dave the Dog is Worried about Coronavirus	https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/?fbclid=IwAR1kDdlxyncqZGj5STjNveoBvjPzJlXb8_QUwZNOBavLVaR2BV3m-tQ5k
Activity Ideas	Website Links for Ideas
Cooking (family friendly recipes) and games	www.henry.org.uk
Literacy Trust: Family Zone including songs & rhymes, stories, colouring sheets, free apps & websites	https://literacytrust.org.uk/family-zone/
BBC Tiny Happy People: Varied activities for young children from birth upwards	https://www.bbc.co.uk/tiny-happy-people
CBeebies: interactive games and learning online	https://www.bbc.co.uk/cbeebies
Listening Walk – guidance on how to do a listening walk with children	https://raisingchildren.net.au/guides/activity-guides/listening-walk
Active for Life: Physical outdoor activities for young children (garden play)	https://activeforlife.com/200-activities-you-can-do-with-kids-at-home/?utm_source=Google%20Grant&utm_medium=Search&utm_campaign=COVID-19-UK%20US%20AUS%20NZ&gclid=EAIaIQobChMI7be5zO_J6AIVlTtCh3GCQeZEAAAYASA_AEgKmo_D_BwE
Woodland Trust: 10 Nature Activities for Kids if you are Self Isolating at Home i.e. Scavenger Hunt, craft, temporary natural art, minibeast hunts, picnics in the garden	https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/
Change4life: Physical activities and games & family recipes for cooking together	https://www.nhs.uk/change4life
Barnardo's: Keeping fit during the Coronavirus	https://www.barnardos.org.uk/blog/keeping-fit-during-coronavirus-lockdown

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Lockdown	
100 (screen free) Activities to Get you Through a School Shut Down	https://whatsupmoms.com/parenting/100-activities-school-shutdown/
ABC Does: play based home learning ideas	https://abcdoes.com/home-learning/
Hungry Little Minds: Simple Play Activities for Kids from Birth to Five Years	https://hungrylittleminds.campaign.gov.uk/
Make Time to 2Play: Free app	Available through Google Play Store for free, allows a parent to choose the age of the child, how many people are involved, if its indoors, outdoors or travelling and how long you want to play for. It even allows you to choose a learning outcome if desired
*Activities	*Resources
Make Playdough	<p>Recipe: 1 cup of water, 1 tablespoon of cooking oil, ½ cup of salt, 1 cup of flour (optional food colouring, cream of tartar – the latter helps to keep the dough longer). You can colour it, add food essences like coffee, cocoa, vanilla, lemon, herbs for sensory experiences or add texture with glitter, rice, etc. Keep in airtight container for months of use and play!</p> <p>Find tools around the house: biscuit cutters, rolling pin, safe cutlery, small world figures and cars to play with the dough.</p> <p>Do dough gym: dance to music with dough and stretch it, pat it, squeeze it, roll it in time to the music</p>
Dance	Play favourite music and dance freestyle together, or learn some moves or play games such as musical statues or bumps
Shadow Art	Place pieces of paper on the ground/floor where it is light and bright. Place any object or toy so it casts a shadow on the paper. Give a range of mark making resources such as pencils, crayons, paints, chalks to trace/colour/pattern the shadow
Water/Chalk Play	A pot or bucket of water. Provide a range of tools such as adult/child paint brushes, paint rollers, cloths, chalks to mark make on patios, garden walls, garden fences
Household Tasks	Involve children in tasks with you around the home such as: sorting washing (matching socks, sorting colours and whites), helping dusting & polishing, sweeping, hoovering, pegging/hanging clothes, loading and emptying dishwasher, helping to wash up,

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	helping to prepare snacks and meals, cleaning cupboards, helping with sorting the recycling, making the beds
Teddy Bears Picnic	Design invitations for family and cuddly toys to come along to a picnic. Prepare the food together. Indoors or outdoors – children love a carpet picnic!
Mud pies/kitchen	Provide a variety of pots, scoops, tubs and earth/grass/compost/sand for children to experiment with making pretend meals
Role Play	Make use of family members/toys/real resources (such as old mobile, notebook, pens, magazines, newspapers) to set up imaginary scenes and play out life scenarios
Garden games and treasure hunts	Create a game i.e. set a task to find 5 things coloured green, 3 bugs/insects, 2 big things, 4 little things etc. or hide objects outside or inside/under & over and challenge the children to find them. You could label items with numbers and/or activities to do when they find them i.e. do 5 star jumps
Collections	Button boxes (or any items in multiples that you can sort): sort into colours, sizes, shapes, numbers of.... Stones and pebbles: make a family. Use the stones to represent family members or made up people/families, play games with them
Birdfeeders	Make feeders from old milk cartons (cut a hole in the side or front for bird access) or yogurt pots: place seed/bread in on its own or embed in melted fat and wait for it to cool and solidify for placing in the garden
Friends & Family Face Time (virtual)	Video call from your phone with familiar family members and friends that children may be missing at this time
Board/card games	Bring out the games you have not played with for a while for some family time
Grow cress heads/grow food from vegetable cuttings	Use empty egg shells, yogurt pots or cups and fill with cotton wool and add cress seeds and water. Place on window sill and watch growing take place Place left over food such as carrot tops in water. Tomato seeds, pepper seeds, strawberry seeds (wash the pulp off) and plant in compost, water and watch grow!
Read and sing together	Encourage children to choose favourite songs and books and spend time in a cosy corner (maybe build a den!) to sit in together.

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	<p>Play 'parachute' games (use a tea towel/towel or sheet) and sing songs such as Old Macdonald had a Farm and throw in soft toys to represent animals and sounds</p> <p>Create a song bag for choosing what to sing. Place objects or soft toys that represent ques for songs. Place them in the bag and ask the child to reach in and choose one</p> <p>Make puppets from socks, lolly sticks, card, natural materials, small world people, soft toys and use to act out favourite stories & songs, make props; put on plays together</p>
Deb building	Use sheets, blankets, table cloths etc. to make dens using chairs, clothes airers, pegs: make it cosy with cushions, books
Dressing up	No need for specialist child sized costumes – find clothes in each other's wardrobes and drawers! Shoes, hats, sun glasses, scarves – create fashionable or funny outfits together. Create a fashion show or role play!
Looking at old family photos	<p>Sharing, reminiscing about favourite times together, days out, relatives and historical times – sharing stories about our friends and family</p> <p>Make books and stories with photos together – read them together often</p>

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