



## Dacorum and **LINK** Family Services

### Isolation Activity Ideas



### Creative Ideas

Activity	Yes	No	Maybe	Done
Craft (google ideas)				
Make Playdough, salt dough or slime (see below)				
Drawing and painting				
Junk modelling				
Collage making				

Paper chains				
Finger/potato printing				
Homemade marble runs/tracks				
Den building				
Lego/construction				
Story/poem writing				
Origami/paper planes				
Role Play and theatre shows with toys				
Singing/karaoke				
Basic home science experiments				
Learn magic tricks				
Face painting				
Sock puppets				
Design a magazine/newspaper				

Make a time capsule				
Make a happy thoughts jar/boxes/journals				
Painting with unusual objects				
Play shops				
Write a diary or make an isolation survival book				
Go tree/surface searching/rubbing with crayons				
Dressing up				

### Physical Activities

Activity	Yes	No	Maybe	Done
Yoga				
Exercise (youtube workouts)				
Treasure Hunts				

Dance party				
Obstacle courses				
Indoor skittles				
Charades				
Teach them a dance routine				
Indoor picnics				
Indoor camping				
Play hide and seek				
Play party games				
Go for a walk/hike in open space – National Trust sites are opening their grounds for free!				
Pick a colour and find how many objects of that colour you can find in your house				

## Life Skills

Activity	Yes	No	Maybe	Done
Cook dinner with the children				
Sort/organise a room at home				
Make bread				
Reorganise cupboards/drawers/rooms				
Teach them basic DIY skills				
Practice basic mathematics – money/budgeting etc				
Cooking & baking & menu planning				
Helping Cleaning/hovering				
Teach them to tie their laces				

Teach them to use the washing machine				
Teach them how to change their bed sheets				

### Quiet Activities

Activity	Yes	No	Maybe	Done
Send emails/letters/pictures to your friends and family				
Board games and jigsaws				
Teach them to braid hair				
Handwriting practice – to do lists/ shopping lists etc				
Read to the children				
Get them to read to you				
Have a PJ day				

Have a movie day				
Look through old photos and memory boxes				

## Emotional Wellbeing

<u>Activity</u>	<u>Yes</u>	<u>No</u>	<u>Maybe</u>	<u>Done</u>
Have a tablet/console/phone free day				
Mindfulness exercises				
Pamper evening				
Gratitude treasure hunt (see below)				
Resilience bingo (see below)				
The five senses exercises (see below)				
Meditation				

Research and find your favourite positive affirmation or quote				
Make a worry bag/jar/box and write or draw your worries and place inside				
Learn a new skill or try something new				
Stay active				

## Recipes

### Playdough

#### Ingredients

1 cup plain (all-purpose) flour

$\frac{1}{2}$  cup salt

2 tablespoons cream of tartar

2 tablespoons vegetable oil

1 cup water with food colouring added

1 teaspoon vanilla essence (optional but it makes the play dough smell nice!)

#### Method

Put all the ingredients into a large saucepan, and stir over a medium heat until the dough forms into a ball. Allow to cool, and then knead until smooth.

Store in an airtight container (a Ziploc bag with the air pressed out is good).

## Slime

### Ingredients

PVA Glue

Bicarbonate of Soda or Baking Powder

Contact Lens/Eyewash solution that contains borax in the ingredients

### Method

Squirt PVA glue into a bowl

Add a pinch of Bicarb or baking powder

Add 2-3 drops of lens/eyewash solution

Stir until totally mixed together and it starts to get stiff

Knead together in bowl

Add any food colouring or glitter and

## Saltdough

### Ingredients

1 cup salt

2 cups all-purpose flour

1 cup luke warm water

### Method

In a large bowl mix salt and flour.

Gradually stir in water. Mix well until it forms a doughy consistency.

With your hands form a ball with your dough and knead it for at least 5 minutes. The longer you knead your dough the smoother it will be.

Store your salt dough in a air tight container and you will be able to use it for days.

You can paint your creations with acrylic paints and seal with varnish or polyurethane spray. You can let your salt dough creations air dry, however salt dough can also be dried in the oven.

Bake at 200 F until your creation is dry. The amount of time needed to bake your creations depends on size and thickness; thin flat ornaments may only take 45-60 minutes, thicker creations can take 2-3 hours or more. You can increase your oven temperature to 350 F, your dough will dry faster but it may also brown, which won't matter if you are painting your entire creation (you can also cover your dough in the oven before it turns brown).

### Gratitude Treasure Hunt:

Something that makes you feel happy  
One thing you love to smell  
Something you like to look at  
One thing that tastes good  
Something that is your favourite colour  
Something that makes you smile in nature  
One thing that is very useful for you  
One song that makes you happy  
Something to give to someone else to make them smile

### Resilience Bingo

Find one item that makes you feel calm and happy  
Think of a time you felt really happy  
Take a deep breath in and breathe out slowly  
Give yourself a hug  
Get a drink of water and look after your body  
Find a place at home that makes you feel calm and happy and sit there for a minute  
Tell someone you love how important they are to you  
STOP! Take a minute to think about what is happening

### The Five Senses Exercise

Something you can SEE  
Something you can HEAR  
Something you can TASTE  
Something you can FEEL  
Something you can SMELL

## Some useful links:

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

<https://www.bbc.co.uk/newsround/51342366>

<https://krisepsykologi.no/what-can-we-say-to-children-about-coronavirus/>

<https://www.twinkl.co.uk/>

<https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

