



Dacorum and **LINK** Family Services

Isolation Activity Ideas



Creative Ideas

Activity	Yes	No	Maybe	Done
Craft (google ideas)				
Make saltdough or slime (see below)				
Drawing and painting				
Set yourself a 30 day lego challenge				
Make a mood board				
Design and make cards for your loved ones				
Story/poem writing				
Origami/paper planes				
Singing/karaoke				

<p>Basic home science experiments</p> <p>Design a magazine/newspaper</p> <p>Make a time capsule</p> <p>Make a happy thoughts jar/boxes/journals</p> <p>Write a diary or make an isolation survival book</p> <p>Do some 'mindful' colouring</p> <p>Make a collage that celebrates YOU!</p> <p>Make a scrap book of your happiest memories</p>				
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Physical Activities

Activity	Yes	No	Maybe	Done
Yoga				
Exercise (youtube workouts) or Joe Wicks,				

<p>the body coach is running a live PE lesson at 9am every morning on his youtube channel</p> <p>Obstacle courses indoor or out door</p> <p>Charades</p> <p>Learn or make up a dance routine</p>				
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Life Skills

Activity	Yes	No	Maybe	Done
Cook dinner for your family				
Sort/organise a room at home				
Redecorate or rearrange your bedroom				
Reorganise cupboards/drawers/rooms				
Learn some DIY skills				

<p>Practice basic mathematics – money/budgeting etc</p> <p>Cooking & baking & menu planning – have a bake off or challenge yourself to make a meal with ONLY the ingredients you have at home</p> <p>Helping cleaning/hovering. Make a chore rota</p> <p>Learn to use the washing machine/hover/cooker/oven</p> <p>Learn how to change your bed sheets</p> <p>Get the garden ‘summer ready’</p>				
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Quiet Activities

Activity	Yes	No	Maybe	Done
Send emails/letters/pictures to your friends and family				

<p>Board games and jigsaws</p> <p>Learn to braid hair</p> <p>Learn more about a topic that interests you and make a presentation</p> <p>Handwriting practice – to do lists/ shopping lists etc</p> <p>Read a book a week and do a book review</p> <p>Start a book club with friends and discuss online</p> <p>Have a PJ day</p> <p>Have a movie day</p> <p>Look through old photos and memory boxes</p> <p>Make a random act of kindness list of things you can do when this pandemic is over</p>				
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Emotional Wellbeing

<u>Activity</u>	<u>Yes</u>	<u>No</u>	<u>Maybe</u>	<u>Done</u>
Have a tablet/console/phone free day				
Limit your screen time each day and be strict with yourself!				
Mindfulness exercises				
Pamper evening				
Learn a skin care routine				
Gratitude treasure hunt (see below)				
Resilience bingo (see below)				
The five senses exercises (see below)				
Meditation				
Research and find your favourite positive				

<p>affirmation or quote</p> <p>Make a worry bag/jar/box and write or draw your worries and place inside</p> <p>Learn a new skill or try something new</p> <p>Stay active</p> <p>Teach someone in your family a skill</p> <p>Make yourself a daily routine</p> <p>Support your parents or carers to implement a rules and boundaries chart at home</p> <p>Start finding podcasts to listen to – grow your knowledge and look after your mental health</p>				
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It is really important at this time of uncertainty that you take good care of yourselves. Be kind to yourself and others around you. Create a good routine; get up and washed and dressed every day, drink plenty of water, limit screen time and have a good sleep pattern.

In these difficult times, remember that you may feel a mixture of emotions; angry, sad, lonely, frustrated, bored, scared – **AND THAT IS OK!**

Reach out if you need to, talking is the best way to get help!
Take time for yourself and learn some really important good life habits.

Recipes

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

1cup 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 kneed it for at least 5 minutes. The longer you kneed 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, apps and helplines:

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

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

<https://www.kooth.com/>

https://www.thinkuknow.co.uk/professionals/our-views/parents-helpsheets/?utm_source=Thinkuknow&utm_campaign=11c85df25c-TUK_GLOBAL_MAR_2020_MESSAGE&utm_medium=email&utm_term=0_0b54505554-11c85df25c-64884137 (CEOP SUPPORT FOR STAYING SAFE ONLINE)

- Insight Timer
- Calm

- Headspace
- Waking up Children
 - Smiling Mind
- Breathe, Think, Do with Sesame
 - Youngminds.org.uk
 - Youthhealthtalk.org
 - Childline.org.uk
 - Samaritans.org