



# Isolation/Lock Down Activity Ideas and Survival

Lots of these activities can be used in different age groups, particularly if your child's playing age might be younger than their chronological age. These are chosen as they often have therapeutic benefits.

Being close together for extended periods of time might very tricky for all of you. Be gentle with yourself and remember when we get it wrong as parents going back and apologising (when you're feeling calm) is also a very important part of learning about relationships.

Some children might be triggered by being in lock down as it might have unconscious or conscious links back to life in birth family, particularly if in their early years they experienced neglect and isolation and not being taken to activities or being played with.

Children may be in a more panicked and anxious state and this is a good place for advice on how to help them feel calmer: <https://beaconhouse.org.uk/wp-content/uploads/2019/09/What-Survival-Looks-Like-At-Home.pdf>

Its ok to use screens, TVs as part of managing this time, some children do find this regulating too, and you will need downtime too!

Going outside, music, and physical activity (jumping, marching, drumming, yoga etc) will be very important for all of your sanity.

If you don't have a garden or outside space, open windows, have baths or showers and find ways of expending all that energy that is building up.

**We are here for advice and video or telephone calls if you need us and please don't be afraid to get in touch: 01495 355766**

## Babies and Preschool

- Make bubbles:
  - In a jar mix
  - 2 cups washing up liquid
  - 1 tsp Glycerine
  - Cooking Oil 1 cup Water

Use old bubble wands or make them out of pipe cleaners.

Blow bubbles to children and get them to pop as many as they can, or to try and catch the bubbles

- Build a tent in the house with blankets or sheets and chairs. (Great for just before nap time.)



- Popcorn + movie marathon
- GoNoodle! Great for guided movement, relaxation, etc. (<https://www.gonoodle.com/>)
- Decorate a house/castle or cave for mini figures out of cardboard boxes or cereal boxes
- Zumba or Dance-along videos on YouTube
- Make a fairy or elf garden – use a tray or bowl to make a miniature world.
- Have a family dance party- clear the floor, put on some music and have a boogie
- Make and play with Play dough
  - 8 tbsp plain flour
  - 2 tbsp table salt
  - 60ml warm water
  - food colouring
  - 1 tbsp vegetable oil

#### Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
  2. Pour the coloured water into the flour mix and bring together with a spoon.
  3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
  4. You can add glitter and scents (cinnamon etc) if this is something your child is not sensitive.
- Make play dough creatures and build worlds for them.
  - Plant seeds in yoghurt pots and watch them grow
  - Build a bug house out of sticks, leaves and bits from the garden or park
  - Have a garden treasure hunt: set a list of items to find in the garden or park: a leaf, a stick, a daisy, a bug etc.
  - Make paper dolls (choose each doll to be someone special in the child's life).
  - Act out nursery rhymes – the Grand Old Duke of York, Twinkle Twinkle, Wind the Bobbin Up, Humpty Dumpty, Row, Row, Row your boat.



- Have a Teddy Bear's Picnic (make tiny sandwiches, jam tarts or little biscuits, make invitations and dress up for the picnic).
- Middle of the day bathtime (a great way of calming hyper children)
- Pots and pans, jugs and spoons some filled with water. Do this in the garden or in a space you can dry the floor!
- Make a family band with pots and pans and household items.
- Family hand massage or hair salon – give the children hand massages and crazy hair styles – if you can handle it let them do the same for you!
- Use Straws and cotton wool to play table football
- Mix cornflour and water to make pastes and experiment with the different states it makes.
- Bake cupcakes, pizza or biscuits.
- Bake bread – kneading is great for stress relief! You can make hedgehogs rolls by using scissors to create spikes.
- Have a yoga session – there are loads of toddler/ baby little one yoga sessions on youtube.
- Paint on the patio or fence with washable paints or chalk.
- Finger painting or and messy painting – you can also use shaving foam.
- Set up a pretend library or shop – make pretend cards and money, use stamps etc.



## Primary

- Spend one day reading every single picture book you have in the house

- Make and play with Play dough

8 tbsp plain flour

2 tbsp table salt

60ml warm water

food colouring

1 tbsp vegetable oil

### Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.

2. Pour the coloured water into the flour mix and bring together with a spoon.

3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.

4. You can add glitter and scents (cinnamon etc) if this is something your child is not sensitive.

- Make play dough creatures and build worlds for them.
- Use all of the building toys in the house on one giant structure
- Write a short story & illustrate it.

- Make bubbles:

In a jar mix

- o 2 cups washing up liquid
- o 1 tsp Glycerine
- o Cooking Oil 1 cup Water

Use old bubble wands or make them out of pipe cleaners.

Blow bubbles to children and get them to pop as many as they can, or to try and catch the bubbles.

- Build a tent in the house with blankets or sheets and chairs. (Great for just before nap time.)



- Have a shadow show in the tent (you can use blankets over chairs or a table)
- Popcorn + movie marathon
- GoNoodle! Great for guided movement, relaxation, etc. (<https://www.gonoodle.com/>)
- Wash the car
- Make a house/castle or cave for mini figures out of cardboard boxes or cereal boxes
- Zumba or Dance-along videos on YouTube
- Scavenger hunt: indoor treasure hunts where they follow clues through the house to a "treasure" at the end (could be snack, a movie, a story).
- Charades
- Have an Olympics with a different of events competitions - funny ones, helpful ones like cleaning and really fun ones like minute to win in style.
- Design a new space craft, draw plans, then create out of lego or household items. Spend some time pretending you're on different planets with different gravity, you could spend a whole week on just fun space activities.
- Make a fairy or elf garden – use a tray or bowl to make a miniature world.
- Have a family dance party- clear the floor, put on some music and have a boogie
- Create a board game
- Plant seeds in yoghurt pots and watch them grow
- Build a bug house out of sticks, leaves and bits from the garden or park
- Have a garden treasure hunt: set a list of items to find in the garden or park: a leaf, a stick, a daisy, a bug,
- Make paper dolls (choose each doll to be someone special in the child's life).
- Inventory all the plants and bugs in the garden.
- Have a Teddy Bear's Picnic (make tiny sandwiches, jam tarts or little biscuits, make invitations and dress up for the picnic)
- Play the folding picture story Game:

Version one: one person draws a small picture across the top of a paper the next person writes a sentence that describes that picture and folds Over the paper top of the paper hot dog style to cover the picture. So the 3rd person only sees a sentence and they have to draw a picture. They fold over the sentence.



Version Two: Everyone draws a head at the top of the page and folds it over and passes to the person next to them, then they draw a body, fold it over and pass it on, then a legs feet and finally everyone opens the papers up to see what the crazy creatures look like!

- Use Straws and cotton wool to play table football
- Mix cornflour and water to make pastes and experiment with the different states it makes.
- Bake cupcakes, pizza or biscuits.
- Bake bread – kneading is great for stress relief! You can make hedgehogs rolls by using scissors to create spikes, or plait the bread... be creative.
- Have a yoga session (there are loads of kids yoga sessions on youtube.)
- Listen to a podcast- smash boom podcasts are a good starting place.
- Paint on the patio or fence with washable paints or chalk
- Bubble painting – dilute poster paint with water and put in a bowl, blow bubbles into the paint with a straw and then put a piece of paper on top to capture the bubble paint picture. (Make sure they blow not suck and have a glass of water ready for when they inevitably get it the wrong way round).
- Make your own newspaper or cartoon strip.
- Have a water fight
- Use the books in the house to play libraries. Make library cards, use stamps and recommend books to each other.



## Secondary

- Write a short story & illustrate it.
- Races of various kinds in the garden (or anywhere with space) Hopping on one foot, crabwalk, walking backwards, etc.
- Popcorn + movie marathon
- Zumba or Dance-along videos on YouTube
- Draw self portraits – copy different artists styles: try favourite children’s illustrators or cartoon styles or famous artists.
- Play catch phase ‘Say what you see’
- Charades
- Write a Haiku. A Haiku should have seventeen syllables, in three lines of five, seven, and five.
- Up cycle some clothes: Dig up some pairs of jeans/jumpers you never wear and turn them into something new. Ideas: denim skirt, shorts, oven mitt, book cover, tote bag.
- Create a stop motion film or animation: recommended apps

### Stop Motion Studio

Available on Android or for iPhone/iPad, Stop Motion Studio allows you to record the shots and add some sounds effect and the title/end sequence.

### Lego Movie Maker

Available for iPhone/iPad, Lego Movie Maker is a free kid-friendly app, that allows you to make your stop motion movie from start to finish within the app. There are options to change speed and screen template, and you can also add music and voice over to maximise the fun!

### iMotion

Available for iPhone/iPad, iMotion is similar to the Lego movie maker app, in that you can make stop motion movie from start to finish within the app. However, it does offer more functionality, in terms of frame capture, and edit capability. The free version though is quite limited, and offers in-app purchases for music, effects etc. The iMotion Pro app at £3.99 provides all functionality with no in-app purchases.

- Have a home spa: make face masks, give each other hand massages, paint nails, put cucumbers on your eyes and listen to some relaxing music.
- Design your dream house on paper or on the Sketch Up app (free)



- Make a Bridge or raft out of straws/spaghetti – weight test it with items around the house.
- Create a board game
- Play the folding picture story Game:  
Version one: one person draws a small picture across the top of a paper the next person writes a sentence that describes that picture and folds Over the paper top of the paper hot dog style to cover the picture. So the 3rd person only sees a sentence and they have to draw a picture. They fold over the sentence.

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- Give each other a head massage
- Do an online yoga class- there are loads of free yoga apps or sessions on youtube
- Play Charades
- Make your own newspaper or cartoon strip.
- Bake cupcakes, pizza or biscuits.
- Bake bread – kneading is great for stress relief! You can make hedgehogs rolls by using scissors to create spikes, or plait the bread... be creative.
- Invent smoothies or milkshakes
- Have a dance off
- Have a water fight
- Use modelling clay to make monsters/characters/cups whatever takes you fancy
- If you have it in the house create a lego challenge- who can make the most complex structure.



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