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# Activities Pack for Families



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This pack is primarily aimed at parents, but there are some great activities, tips and links for all. It's not an exhaustive list, but it is designed to give you ideas to keep the energies high and boredom low.

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# Tips

Managing working from home, children and your workload

Be kind to yourself whether you have children or not.

Focus on your work / key tasks rather than the hours you are doing.

Plan your day.

Take the pressure off yourself.

Speak to your manager about working half days if needed.

When possible, take breaks away from the screen.





# Amazing attractions

A list of museums, zoos and other attractions from around the world to visit from the comfort of your own home.

# Amazing attractions: Museums

## **The Anne Frank House online**

<https://www.annefrank.org/en/museum/web-and-digital/>

## **The British Museum**

<https://britishmuseum.withgoogle.com/>

## **Guggenheim, Bilbao, Spain**

<https://www.guggenheim-bilbao.eus/en>

## **Hermitage Museum, St Petersburg, Russia**

<https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be>

## **Louvre Museum Paris**

<https://www.louvre.fr/en/visites-en-ligne>

## **MASP, Sao Paolo**

<https://masp.org.br/en>

## **Met Museum, New York**

<https://www.metmuseum.org/art/online-features/met-360-project>

## **Musee d'Orsay, Paris**

<https://m.musee-orsay.fr/en/home.html>

## **Musei Vaticani**

<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>

## **Museum of London Docklands**

<https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>

## **National Gallery of Arts, Washington DC**

<https://www.nga.gov/>

## **National Gallery, London**

<https://www.nationalgallery.org.uk/visiting/virtual-tours>

## **National Museum of US Air Forces**

<https://www.nationalmuseum.af.mil/>

## **Natural History Museum, London**

<https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ>

## **Palestine Museum**

<https://www.palmuseum.org/ehxibitions/virtual-exhibitions>

## **Picasso Museum, Barcelona**

<http://www.bcn.cat/museupicasso/en/museum/presentation.html>

## **Rijksmuseum, Amsterdam**

<https://artsandculture.google.com/partner/rijksmuseum>



# Amazing attractions: Museums

## Royal Academy of Arts, London

<https://britishart.yale.edu/>

## Salvador Dali Museum, Figueres, Spain

<https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/>

## Tate Britain, London

<https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>

## The Globe (Shakespeares Globe)

<https://www.shakespearesglobe.com/>  
<https://www.youtube.com/channel/UCwN-jwNNNQN-8sfKG-qg8uA>

## The J. Paul Getty Museum, LA, US

<https://artsandculture.google.com/partner/the-j-paul-getty-museum>

## The Museum of Flight

<https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online>

## The National Museum of Computing Bletchley Park

<https://www.tnmoc.org/galleries>

## The Uffizi Gallery, Florence, Italy

<https://artsandculture.google.com/partner/uffizi-gallery>

## US Holocaust Museum

<https://www.ushmm.org/information/exhibitions/online-exhibitions>

## Van Gogh Museum, Amsterdam

<https://artsandculture.google.com/partner/van-gogh-museum>

## Virginia Living Museum

<https://thevlm.org/visit/about-us/covid-19-update/natural-education/>

## Women's History Museum, Virginia, US

<https://www.womenshistory.org/womens-history/online-exhibits>

## The Yale Center for British Art

<https://britishart.yale.edu/>



# Amazing attractions: General sites

## **Buckingham Palace, UK**

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

## **Colosseum, Rome**

<https://tinyurl.com/thrprzf>

## **Machu Picchu, Peru**

[https://www.youvisit.com/tour/machupicchu?  
pl=f](https://www.youvisit.com/tour/machupicchu?pl=f)

## **Northern Lights**

[https://explore.org/livecams/aurora-borealis-  
northern-lights/northern-lights-cam](https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam)

## **Pyramids, Egypt**

[https://www.tripsavvy.com/virtual-field-trip-  
pyramids-1259200](https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200)

## **Stonehenge, UK**

<https://tinyurl.com/wz3xgz7>

## **Street Art with Google**

<https://streetart.withgoogle.com/en/>

## **Taj Mahal, India**

<https://tinyurl.com/qpz7vmt>

## **The Great Wall of China**

<https://www.thechinaguide.com/destination/great-wall-of-china>

## **Tour of Rome, Italy**

<https://tinyurl.com/s5vlzbc>

## **NEW: Access Mars – Explore a 3D replica of the Martian surface**

<https://accessmars.withgoogle.com/#>

## **NEW: 360Cities**

<https://www.360cities.net/>

## **NEW: FarmFood 360 – Immerse yourself in Canadian farm and food tours**

<https://www.farmfood360.ca/>



# Amazing attractions: Tourist destinations

## **Airpano**

<https://www.royal.uk/virtual-tours-buckingham-palace>

## **Berliner Philharmoniker**

<https://www.digitalconcerthall.com/en/home>

## **ExoPlanets NASA**

<https://exoplanets.nasa.gov/>

## **Legoland**

<https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>

## **NASA, Langley Research Centre**

<https://oh.larc.nasa.gov/oh/>

## **The Kennedy Centre**

<https://www.kennedy-center.org/digitalstage/>

## **Walt Disney Parks**

<https://tinyurl.com/v7qano5>

## **Wellcome Collection**

<https://my.matterport.com/show/?m=rMGsprcVCAR>





# Amazing attractions: Zoos

## **African animals**

<https://explore.org/livecams/african-wildlife/african-animal-lookout-camera>

## **Atlanta Zoo**

<https://zooatlanta.org/panda-cam/>

## **Cincinnati Zoo**

<https://www.facebook.com/events/2915534028492292/>

## **Dublin Zoo**

<https://www.dublincam.ie/animals/animal-webcams/elephants/>

## **Edinburgh**

<https://www.edinburghzoo.org.uk/webcams/panda-cam>

## **Explore.org Live Cams**

<https://explore.org/livecams>

## **Flamingo Land**

<https://www.flamingoland.co.uk/virtual-tour/>

## **Florida Aquarium**

<http://www.flaquarium.org/sea-span>

## **Hirakawa Zoo, Japan**

<https://hirakawazoo.jp/animal/movie>

## **International Wolf Centre**

<https://wolf.org/wolf-cams2/>

## **Kansas City Zoo**

<https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/>

## **Melbourne Zoo**

<https://www.zoo.org.au/animal-house>

## **National Aquarium, USA**

<https://www.aqua.org/Experience/live>

## **National Zoo, Washington DC**

<https://nationalzoo.si.edu/webcams>

## **Osaka Zoo**

<http://www.wombat-tv.com/>

## **San Diego Zoo, California**

<https://zoo.sandiegozoo.org/live-cams>

## **Smithsonian, Washington DC**

<https://nationalzoo.si.edu/webcams>

## **Yellowstone National Park**

<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>



# Mindfulness and keeping active

Ideas and apps



# Mindfulness and keeping active

**Joe Wicks on Youtube or BBC iPlayer**  
[PE with Joe / The Body Coach](#)

**Cosmic Yoga – Youtube**  
[Yoga videos designed for kids aged 3+](#)

**Smiling Mind**  
Short audio sessions to help with mindfulness  
<https://app.smilingmind.co.au/>

**Mind**  
Covers practical advice for staying at home and how to take care of your mental health and wellbeing  
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#AreYouReadyToStayAtHomeForTwoWeeks>

**NHS: Every Mind Matters**  
<https://www.nhs.uk/oneyou/every-mind-matters/>

**Good thinking – Tools to help your mental health**  
<https://www.good-thinking.uk/>

**BBC Supermovers**  
Interactive videos to support with KS1 Maths, literacy and PSHE and PE learning. Great for times table too.  
<http://www.bbc.co.uk/teach/supermovers>

**Premier League Stars**  
Videos and activities to support Maths, Literacy, PSHE and PE  
<http://www.plprimarystars.com/>

**LGN sessions**

[Core strength](#)

[Strength session](#)

[Living room interval training](#)

[Dynamic drills](#)

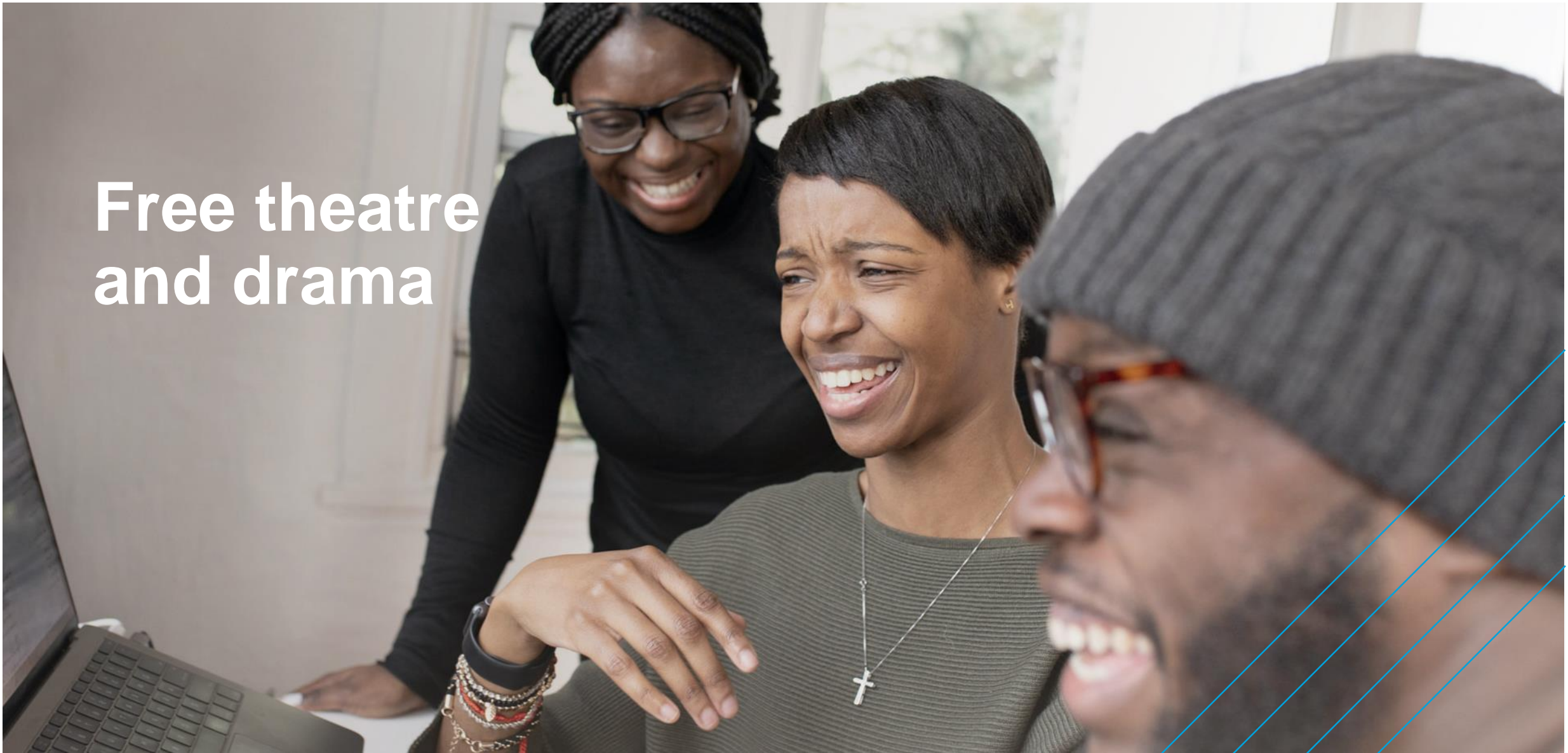
[HIIT Training](#)

**NEW: GoNoodle – Movement and mindfulness videos for kids**  
<https://www.gonoodle.com/>

**NEW: OT Toolbox – Occupational therapy resources**  
<https://www.theottoolbox.com/>



# Free theatre and drama



# Free theatre and drama



## Theatre

5 streaming services to watch Broadway and West End shows in the living room

<https://www.londontheatre.co.uk/theatre-news/west-end-features/theatre-streaming-services-west-end-broadway-musicals>



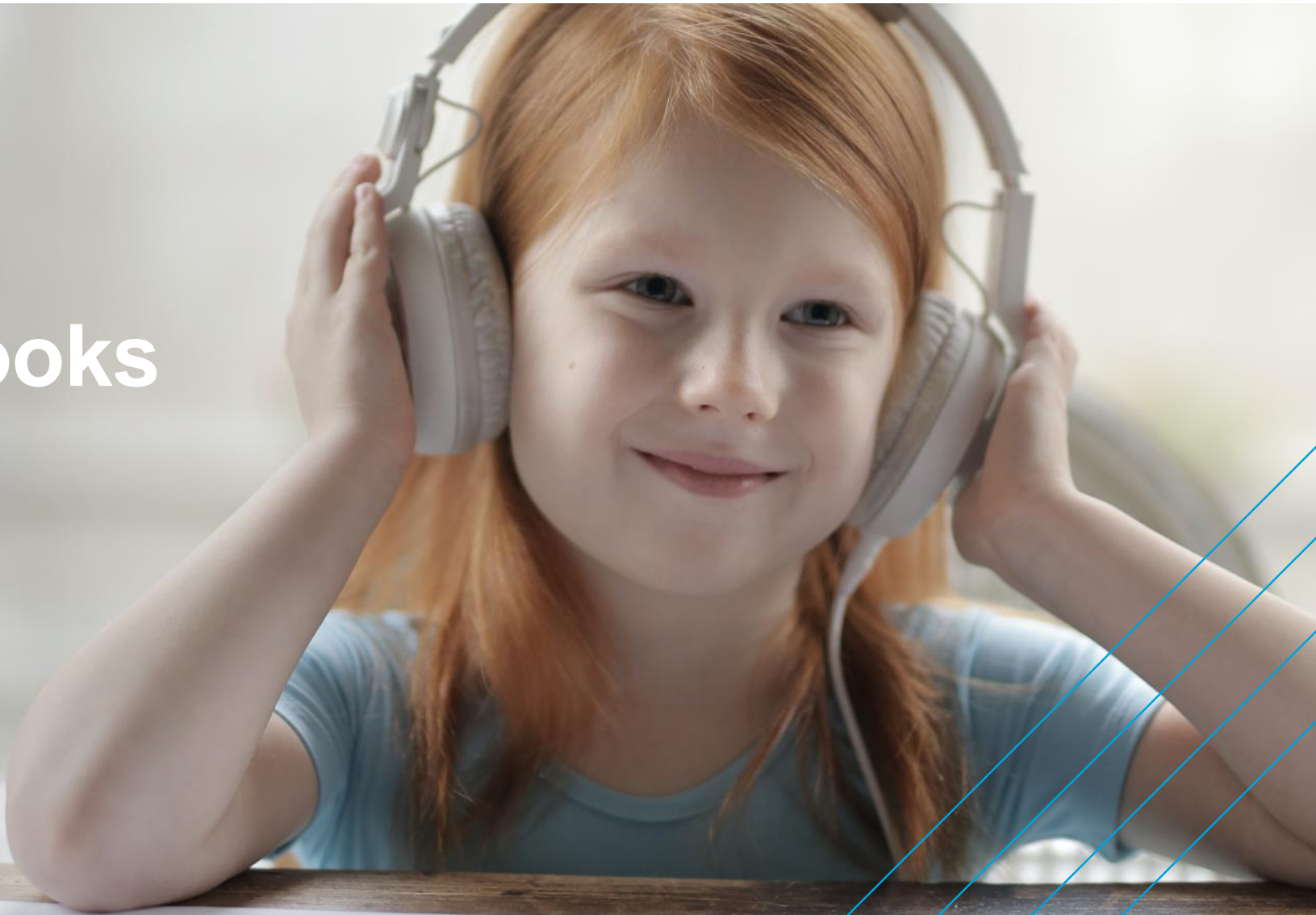
## Harry Potter

Expelliarmus boredom! JK Rowling launches 'Harry Potter at Home' hub for kids in lockdown

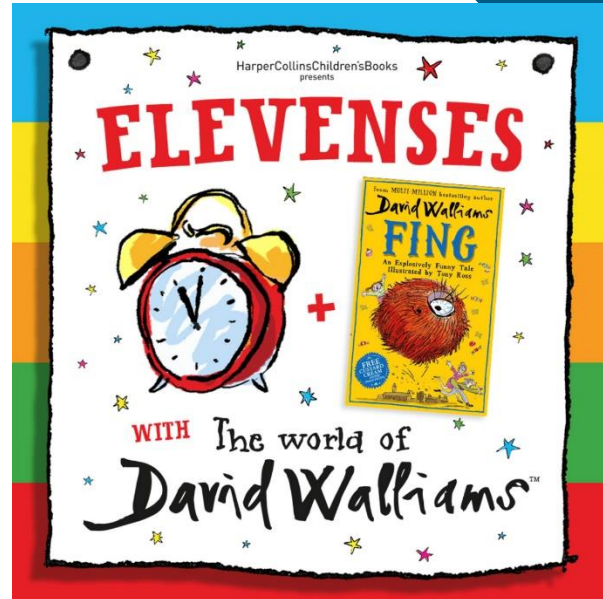
<https://www.cnn.com/2020/04/01/world/harry-potter-at-home-hub-jk-rowling-scli-intl-gbr/index.html>



# Free audio books



# Free audio books



## The world of David Williams

<https://www.worldofdavidwalliams.com/elevenses/>

## Storynory

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

## Free audio books for kids

[https://www.audible.co.uk/search?keywords=free+children+books&ref=a\\_hp\\_t1\\_header\\_search](https://www.audible.co.uk/search?keywords=free+children+books&ref=a_hp_t1_header_search)

<http://www.audiobooktreasury.com/free-audiobooks/childrens/>

## NEW: Storyline Online

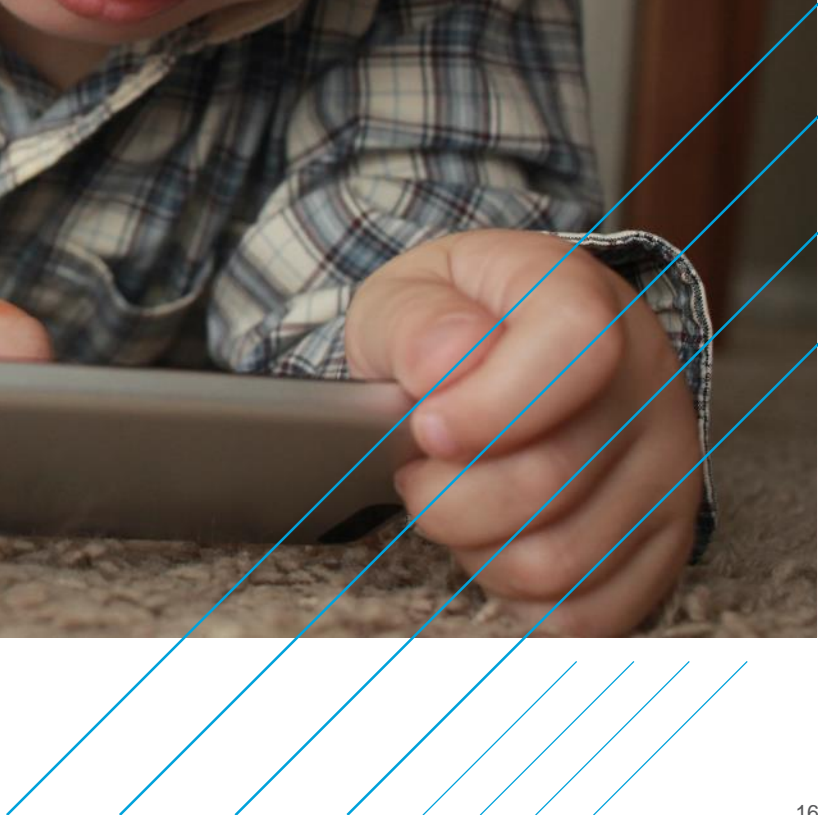
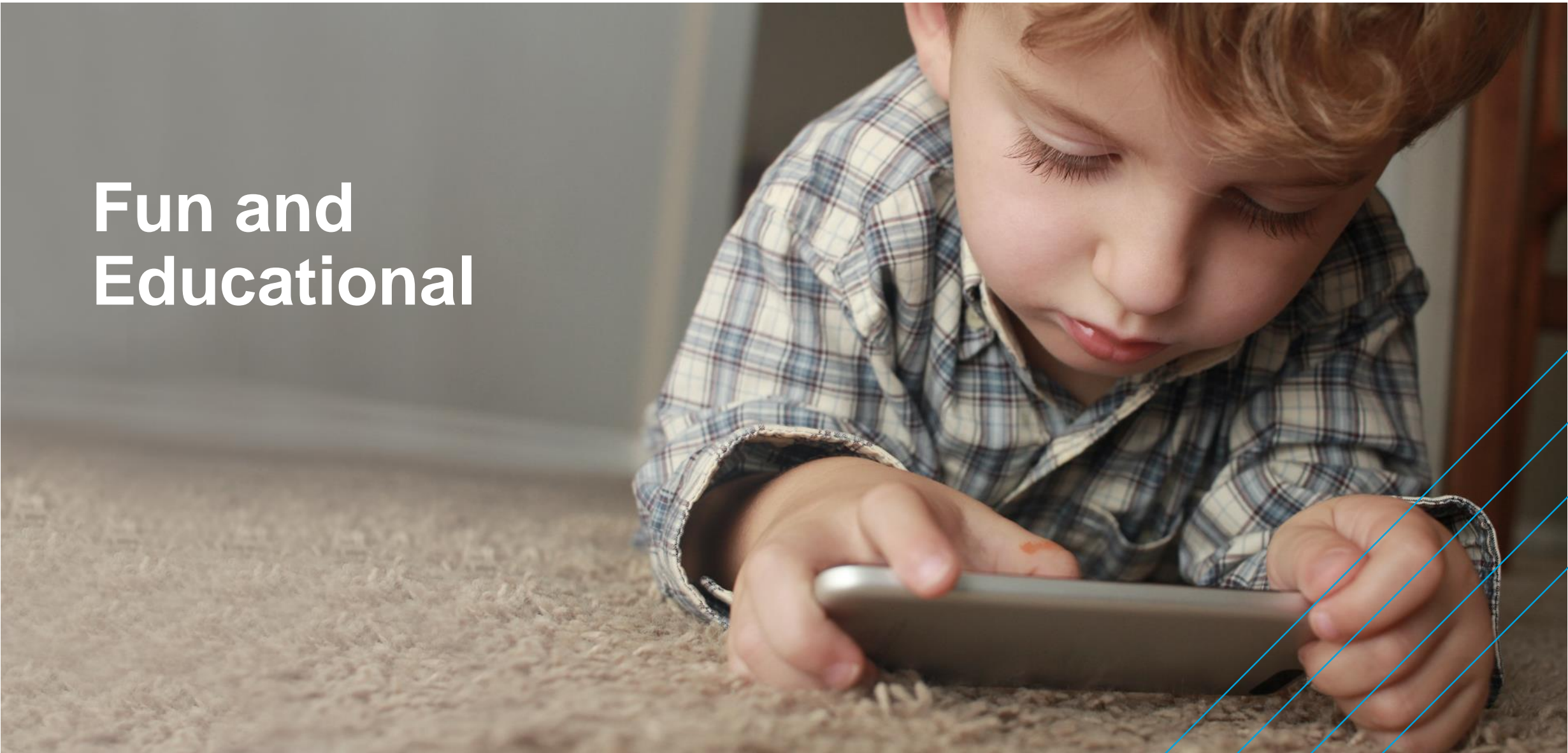
<https://www.storylineonline.net/>



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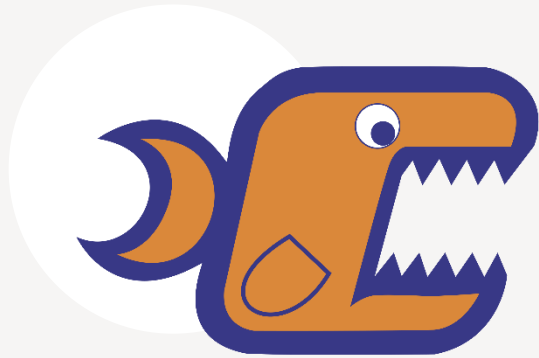


# Fun and Educational





# Fun and educational



## BBC website - Bitesize

Bitesize app available for both iOS and Android.

By age group:

<https://www.bbc.co.uk/bitesize>



## Meet the tiger!

- Type “tiger” in your phone’s Google browser and scroll down to view in 3D
- Try with different animals



# Sensory play

## Make homemade dough

<https://www.thebestideasforkids.com/playdough-recipe/>

## Make fake snow

<https://www.thebestideasforkids.com/fake-snow/>

## Free rainbow rice

<https://www.thebestideasforkids.com/rainbow-rice/>

## Make play mud

<https://www.thebestideasforkids.com/make-play-mud/>

## Make slime

<https://www.thebestideasforkids.com/how-to-make-slime-with-contact-solution/>

## Make a sensory bin

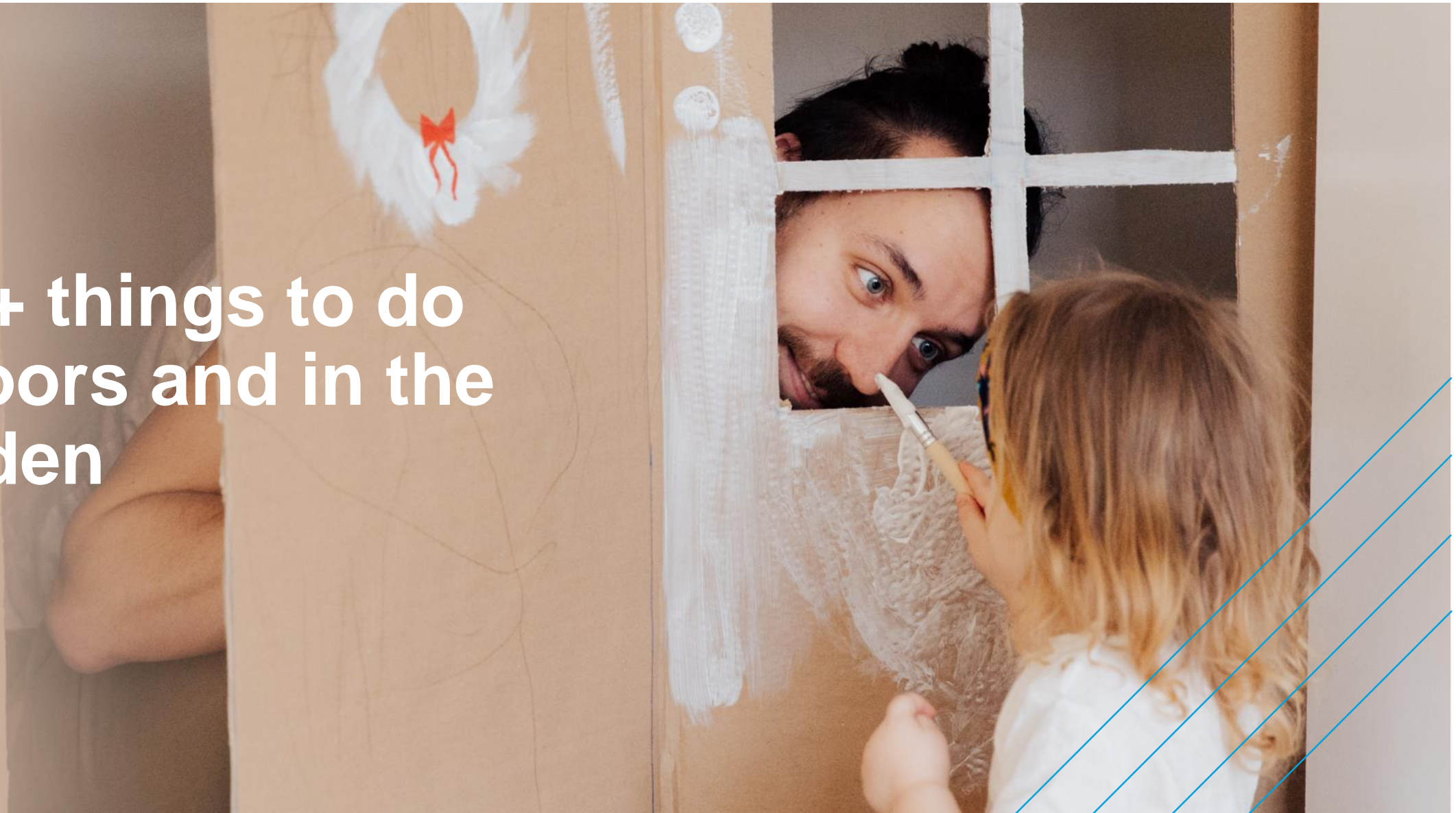
<https://www.thebestideasforkids.com/bug-sensory-bin/>

## **NEW:** Nomster Chef – Illustrated recipe picture books

<https://www.nomsterchef.com/nomster-recipe-library>



# 100+ things to do indoors and in the garden



# Things to do indoors and in the garden

## Crafts

- [Make paper airplanes](#)
- [Salt painting](#)
- [Make a suncatcher](#)
- [Cereal box aquarium](#)
- [Scratch art for kids](#)
- [Make your own bookmark](#)
- [Pet rocks](#)
- [Make recycled crayons](#)
- Make paper boats
- Finger painting
- Make friendship bracelets
- Make a bird feeder
- Make paper bag puppets
- Make a bird feeder
- Make paper bag puppets
- [Make hand print art](#)
- Make a scrapbook
- Decorate t-shirts
- Make a thankful jar
- [Make a sensory bag](#)
- [Paint leaves](#)
- Make a time capsule
- [Make button art](#)
- Paint with watercolours
- Colour in a colouring book
- [Make paper crafts](#)
- Build a cardboard castle
- [Make tissue box monsters](#)
- [Toilet roll craft](#)
- [Celery flower stamps](#)
- Draw a self portrait
- [Do a scrap painting](#)
- Paint a recycled jar
- Make your own superhero
- [NEW: Maker Stations – Simple craft challenges](#)
- [NEW: Artsology – Art games for kids](#)



# Things to do indoors and in the garden

## Games

- **Make indoor hopscotch.**  
Use masking tape to make your own hopscotch on your kitchen floor.
- **Do a family chore**
- **Have a dance party**
- **Have a tea party**
- **Play with water in a container with toys**
- **Set up a play store.**  
Grab a shopping basket and set up the merchandise.
- **Make a sock toss game.**  
Use mismatched socks and fill them with beans or rice. Then try to see how many you can 'score in a laundry basket.
- **Make Perler bead art**
- **Write in a journal**
- **Use dot markers**
- **Read books**
- **Do a science project**

## Educational

- **Learn Origami**
- **Learn about a new animal**
- **Learn a new card game**
- **Learn to sew**
- **Learn to knit**
- **Learn about a country**
- **NEW: Switch Zoo – Animal Games**
- **NEW: FunBrain – Online educational games**
- **NEW: 123 Homeschool 4 Me – Free worksheets and activities**
- **NEW: National Geographic Kids – Facts, games and competitions**
- **NEW: Bunk – Online history archive**
- **NEW: Mission US – Interactive American history**
- **NEW: Biodigital Human – Explore the human body**
- **NEW: Inner body: Learn about the human body**
- **NEW: NASA Climate Kids: Learn about weather, climate etc.**



# Things to do indoors and in the garden

## Activities

- Build a fort
- Have a pillow fight
- Write a story
- [Make ice-cream in a bag](#)
- [Make homemade gummy bears](#)
- [Make fruit roll ups](#)
- Have a movie day
- Put on a fashion show
- Bake cupcakes or muffins
- Do yoga
- Build an obstacle course
- Make dinner together
- [Play with magnetic tiles](#)
- [Build something with lego](#)
- Build a stack of cards
- Put on a puppet show
- Make a treasure hunt
- **Make your own indoor bowling.**  
Use paper towel rolls as your bowling pins and use a ball to bowl
- Learn to draw
- Put on a play
- Do a family chore together
- Have a dance or tea party
- Indoor obstacle race
- Fill a jam jar of things you want to do when you're out of lockdown
- Paint a fence outside with water
- Put old wallpaper on a fence and let them do outdoor painting
- Hand / foot print animals
- [Home workouts for lockdown](#)
- Tik Tik videos
- Create your own NHS dedication using Lego, chalk, draw, paint or collage
- Create a den
- [NEW: 40+ indoor activities for toddlers](#)
- [NEW: All Kids Network – 1000s of fun kids activities](#)
- [NEW: Highlights Kids – Games and activities](#)
- [NEW: Club SciKidz – Daily science experiments](#)
- [NEW: EveryDay Earth – Interactive Earth science lessons](#)



# Indoor scavenger hunt

Things to find around your house or garden

## Find...

- a fork
- something that's red
- a tissue box
- 3 things that have wheels
- an orange crayon
- something that is very soft
- a key
- 2 socks that match
- something round a sticker
- a rubber band a pair of glasses



# Rainbow scavenger hunt

Colourful items to find around your house or garden

## Find...

- red
- orange
- yellow
- green
- blue
- purple
- a fruit that is red
- an animal that is yellow
- a plant that is green
- a flower that is purple
- something outside that is blue





# Book scavenger hunt

Things to find around your house or garden

## Find...

- an animal
- the word "spring"
- someone helping someone
- a picture of a sun
- a bug
- someone sleeping
- a character eating
- a pet
- a cat
- a superhero
- a bike
- something that makes you laugh

