



## Activity Examples

Here are some easy indoor activities to practice school skills and a way to entertain your children. Some of these activities can be taken outside if you have the space. They aim is to not be complicated or take hours to set up. Please use them to break your day up and provide children with some fun but educational experiences.

- 1) **Box Road** - Flatten out a box and draw a road in marker. Add blocks, trucks and other toys for children to build a city.
- 2) **Rubbish Art** - Find some recycled materials and let your children paint them. Children love painting random objects and making beautiful creations from them.
- 3) **Sticky Match-Up** - Draw shapes, letters, numbers, words or maths problems on sticky notes and hide them around the house for your child to find. Then have the child match them up on a "key" that hangs on the wall.
- 4) **Get out all those old-fashioned board games-** This would also be a great time to watch old family videos. Connecting with happier times is always good for our mental health.
- 5) **Sink or Float?** - Use Tupperware or other items around your house to make boats. Try to float these in a bath or large bucket. How many plastic objects can you put inside your boat before it sinks?
- 6) **Leaf Art-** Use your daily exercise slot or garden to collect some leaves. Make some artwork with these. You could draw around them or paint over them.
- 7) **Make a "Thankful Jar"**- Use a pot or jar around your house. Fill your jar with lots of little bits of paper. On each piece, write something you are thankful or grateful for.
- 8) **Write a family story-** Get everyone in your household involved in the story. Could each family member write a sentence then pass onto the next person?