

Activity Ideas

Activities of daily living

Food preparation by the individual may need to be for individual consumption during social distancing

Food and Drink

- making drinks / smoothies
- sandwich making
- making dips / salads
- puddings
- pizza
- bread making
- baking
- Peeling and washing and preparing food
- Fruit/vegetable salad
- Sandwiches and toasties
- Ice-lollies
- Fruit smoothies with blender
- Soda stream for fizzy drinks
- Chocolate crispies
- Non-cook recipes (like fruit kebabs, lots of recipes online)
- Baking bread or biscuits – use packet or raw ingredients
- Popcorn
- Angel delight
- Crumble
- taking part in meal preparation
- laying table for themselves,
- washing up

- filling dishwasher / emptying dishwasher
- Making tea (you could use a teapot and a tray and sit down for tea-time together)

Domestic Tasks

- doing laundry
- sweeping / mopping
- Gardening, digging , planting , watering plants
- Making bed,
- Cleaning room
 - Hoovering/vacuuming
 - Dusting and polishing
 - Spring cleaning -organising drawers and wardrobes
 - Emptying the bins
 - Checking the cupboards and writing a shopping list
 - Ordering shopping online and putting things away
 - Laundry (putting things in the washer, hanging things up with pegs to dry, folding and sorting, putting away in drawers)
 - Handwashing clothes
 - Putting things you don't need in a bag for charity
 - Looking after plants (watering and re-potting and planting, removing the dead leaves/flowers)
 - Changing your bed sheets
 - Washing and drying up (use lots of soap and bubbles and different types of scrubbers and sponges)
 - Wiping down counters and tables
 - Polishing shoes
 - Mending things (holes in clothes, or things that need gluing)
 - Ironing

- Washing windows

The AutoNoMe App currently has one hundred + free instructions videos for completing these tasks (see separate document on hub)

Personal Care / Self Care Tasks

- Have a shower – use different sponges and scrubs and different soaps
- Teethbrushing and flossing
- Hairbrushing – trying different hairdos, plaits, ponytails (ideas online!)
- Have a shave, use a brush and shaving foam
- Massage (head, shoulder, feet, hands)
- Bubble bath
- Paint your finger nails
- Moisturising/creaming
- Aromatherapy activities
- Essential oils on hot/cool flannel
- Footspa
- Hot water bottle (not too hot) and wheat microwavable pillows (there are scented versions)
- Do some meditation classes, there are different kinds you can find and try online (guided imagery, progressive muscle relaxation, mindfulness)

Exercise / movement

- Dancing - make up your own, take it in turn to copy each others or learn a new dance
- Stretching , yoga type moves
- Following exercise videos (see separate resource on keeping fit & active)
- Obstacle course
- Trampoline or Swing
- Bean bag target
- Running races

- Running, jumping, stomping,
- Stretches, wall pushes
- Treasure hunt
- Skittles
- Football and other ball games – throwing and catching
- Balloon volley ball

Outdoors

- Circuits in garden (eg, target games with bean bags, going through hula hoops, running back to point etc, sports day like activities)
- Nature / bird spotting / cloud watching (see later link for wildlife watching checklist)
- Potting plants
- Weeding
- Sitting in swing chair
- Ball or racket games
- Frisbee
- Touching and smelling plants and herbs and flowers
- BBQ
- Looking after bird table or feeder – you can make your own birdfeeder with old plastic bottle (instructions online)
- Sowing seeds (can also be done inside)
- Growing vegetables
- Watering the garden
- Caring for hanging baskets and window boxes
- Looking after compost

Creative / Arts & Crafts

- Making pictures for room / door name plate
- Painting, hand, finger, brush or object

- Colouring – free or guided
- Card making
- Junk modelling
- Collage
- Paper mache
- Play dough modelling (can mix and make own – not to be shared or kept)

- Cards and letters – make your own, send to your friends and family
- Scrap-books related to personal interests ie trains, popstars
- Keep a diary, make a story about what you did when you had to stay at home
- Taking selfies and family photos – have fun with filters!
- Making a collage
- Hand painting/printing
- Sewing/embroidery/knitting
- Making jewellery, beadwork
- Making models
- Modelling with papier-mache
- Printing with stencils
- Painting by numbers
- Magic (water) painting
- Using online apps to do art work
- T-shirt decorating
- Sticker books
- Drawing or painting
- Pottery with air drying clay
- Making salt dough (make the dough at home from flour and water and salt, mould it in to shapes, bake and paint, recipes online)
- Block printing (or use a potato-stamp!)
- Reading or looking at magazines/newspapers/old photo albums
- Acting and role play
- Have a fashion show, dress up!
- Make a 'smelly box' with different scents (ie body lotion, coffee beans, washing powder, mint mouthwash, marmite, star

anise, cinnamon, perfume, essential oils etc)

Music

- Singing, record it and make an album
- Karaoke
- Making up songs,
- Singing and playing instruments along to music
- Making a playlist of favourite songs
- Dancing
- Make your own musical instruments

Games and puzzles

- Word games (crosswords, hangman)
- Board games (ludo, connect 4, snakes and ladders, pairs etc)
- Card games (snap, play your cards right to more complex games)
- Dominoes
- Quizzes
- Picture matching
- Memory games ('Kim's game')
- Jigsaw puzzles
- Word search
- Find items (eg where's Wally)

- Velcro dartboard
- Balloon volleyball (bat this backwards and forwards between you, or balloon tennis - try to get it over something a line of tape on the floor)
- Clapping games
- Rhymes and tongue twisters
- Jenga and connect 4

- Water play with colenders, funnels, pots and pans, paintbrushes
- Blow bubbles – catch and pop these

Social Interaction

- Phone calls
- Making an album of who / what is important to me
- Making cards including thinking of you cards, notes and postcards
- Debates /discussions about topics
- Writing about your day
- Story making
- Reading together
- Emails, Skype, social networks
- Explore places on virtual tour, find out about a place you are interested in
- Watch tv programmes, films, previous sporting events – talk about what you like and don't like

There is an increasing wide range of resources online including exercise / dance videos, singing, art / creative, activities and virtual tours (see links below and in separate online resources document)

Websites for more ideas

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

<https://familyguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>

<https://www.lifehack.org/articles/lifestyle/30-fun-things-home.html>

<https://www.toucanbox.com/activities/fun-things-to-do-at-home-with-your-kids>

Activity Packs

<https://www.activityvillage.co.uk/school-closures>

Wildlife Watching Checklists

<https://www.wildlifewatch.org.uk/spotting-sheets?fbclid=IwAR3JkpYF8xBcHjUf0VX4v2MLUKeilRUEBHZFTgz-W6LWIPo8bs2xt0bf9Y8>

Sensory Stories

<https://sensorystoriespodcast.com/free-special-stories/?fbclid=IwAR3JkpYF8xBcHjUf0VX4v2MLUKeilRUEBHZFTgz-W6LWIPo8bs2xt0bf9Y8>

Accessible Cooking

https://www.unitedresponse.org.uk/cookability?fbclid=IwAR2PQT9MDMqJWgWkzaHvGG8-V6j6YvcHYDUrzQKgsXVcgqcz8eiUqG_HhT4