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Activities Pack for Families



Contents

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.

Take the pressure off yourself.

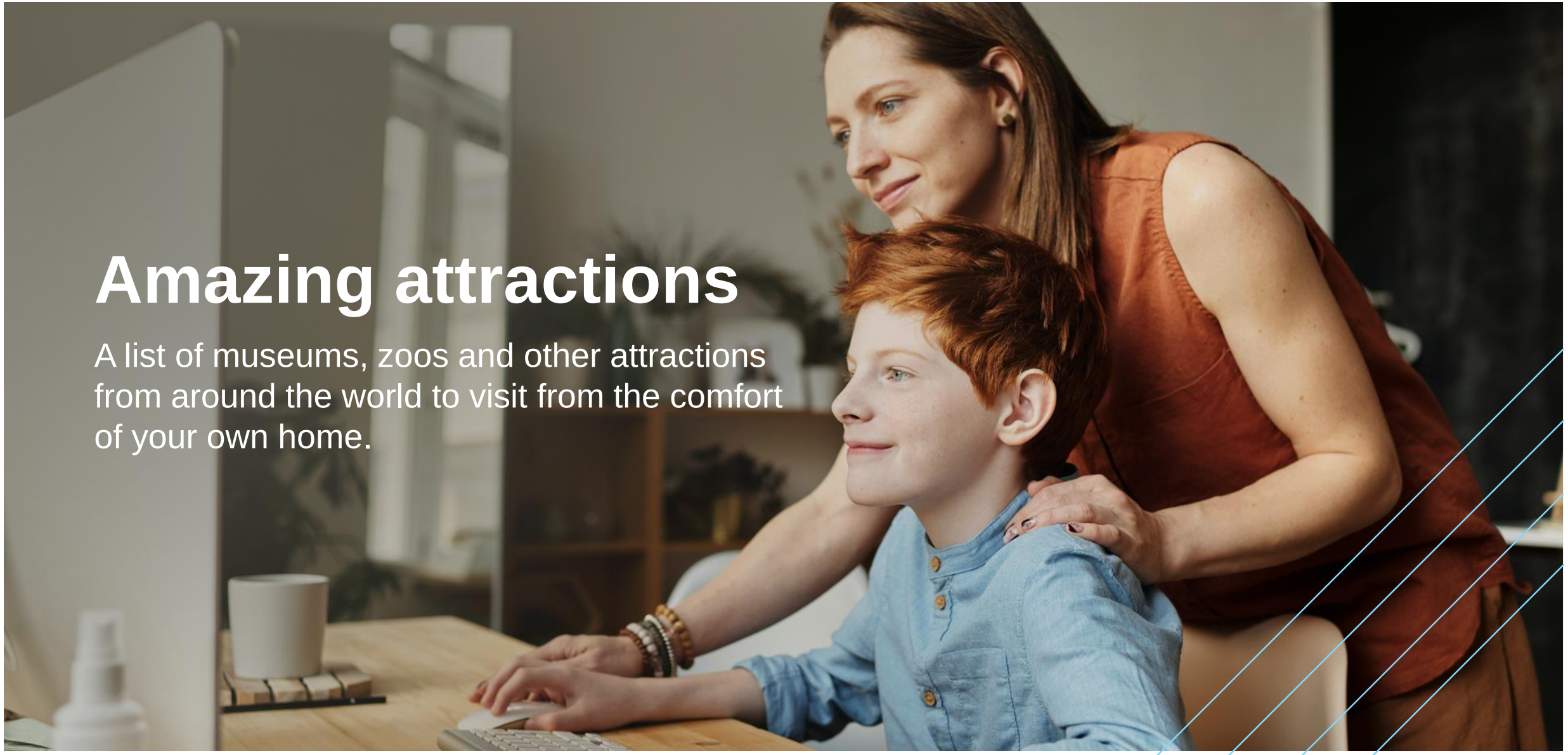
Focus on your work / key tasks rather than the hours you are doing.

Speak to your manager about working half days if needed.

Plan your day.

When possible, take breaks away from the screen.

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Amazing attractions

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

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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=49YeFsx1rIw&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

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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/

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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

Northern Lights
https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam

Pyramids, Egypt
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/

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Amazing attractions: Tourist destinations

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

Berliner Philharominker
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

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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.dublinzoo.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

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Mindfulness and keeping active

Ideas and apps



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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

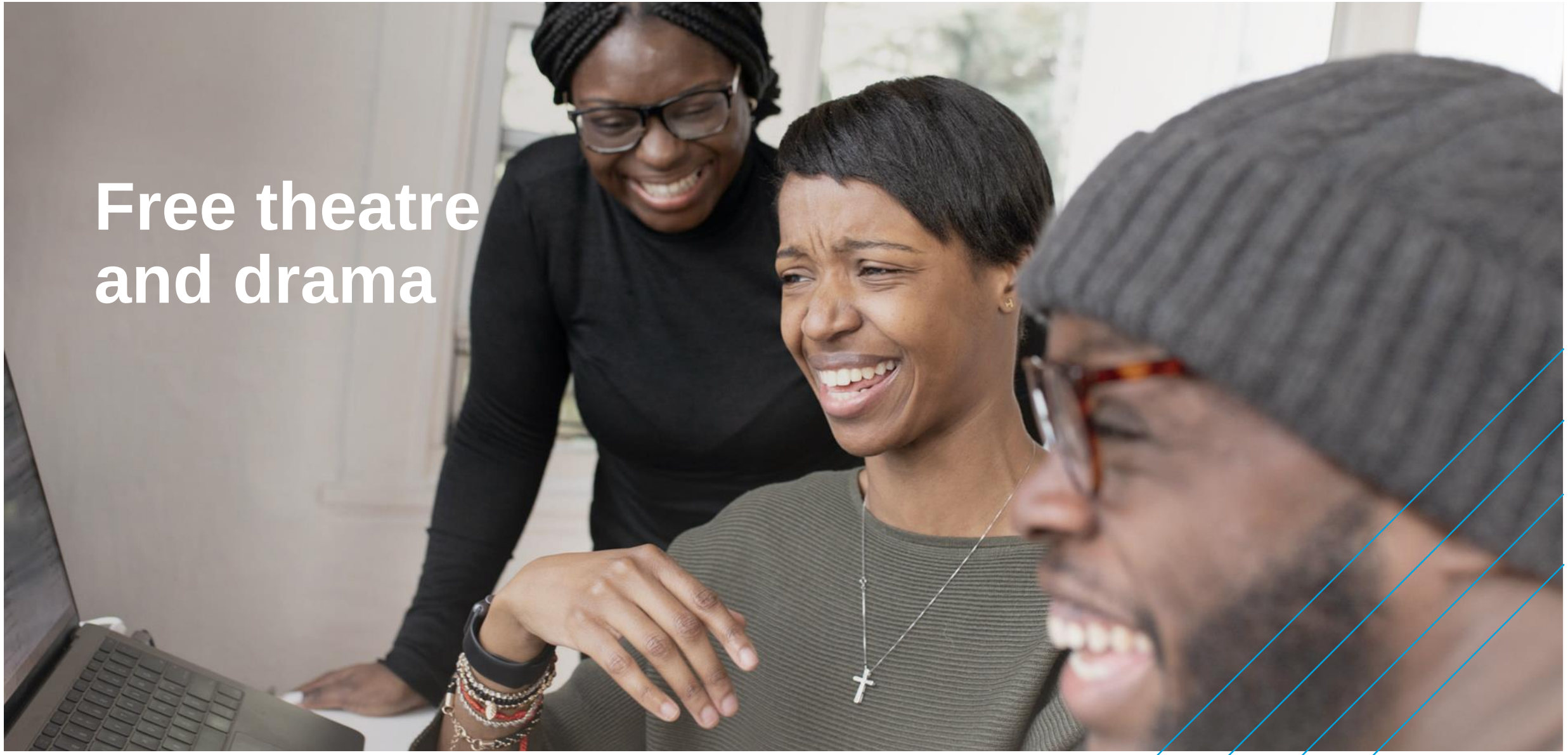
HIIT Training

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

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

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Free theatre and drama



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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

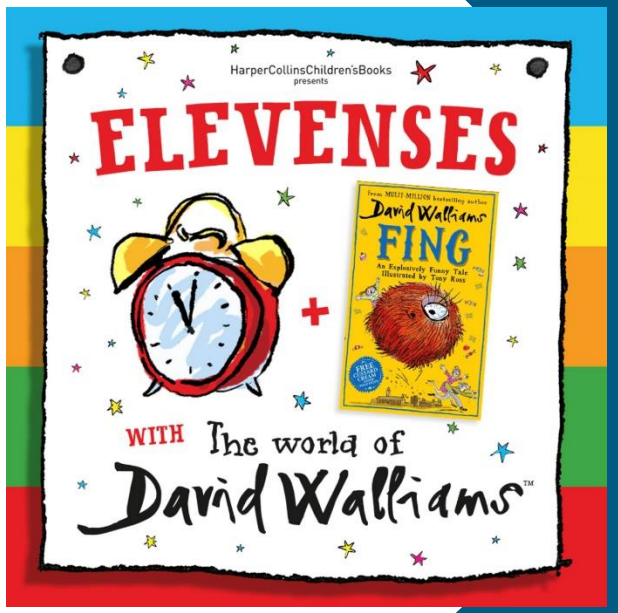
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Free audio books



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Free **audio books**



The world of David Williams
https://www.worldofdavidwalliams.com/elevenses/

Storynory
https://www.storynory.com/

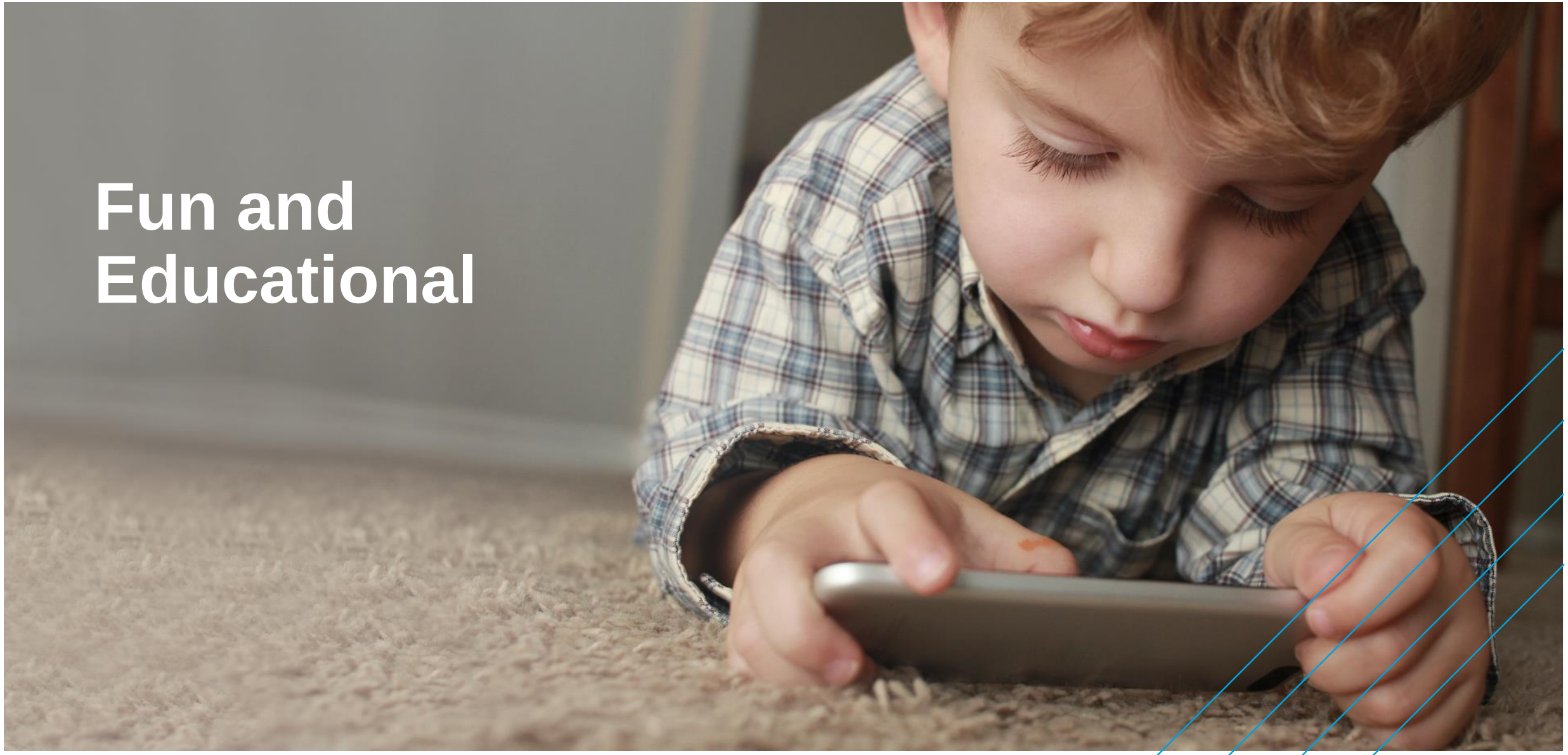
Free audio books for kids
https://www.audible.co.uk/search?keywords=free+children+books&ref=a_hp_t1_header_search

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

NEW: Storyline Online
https://www.storylineonline.net/

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Fun and Educational



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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

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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/

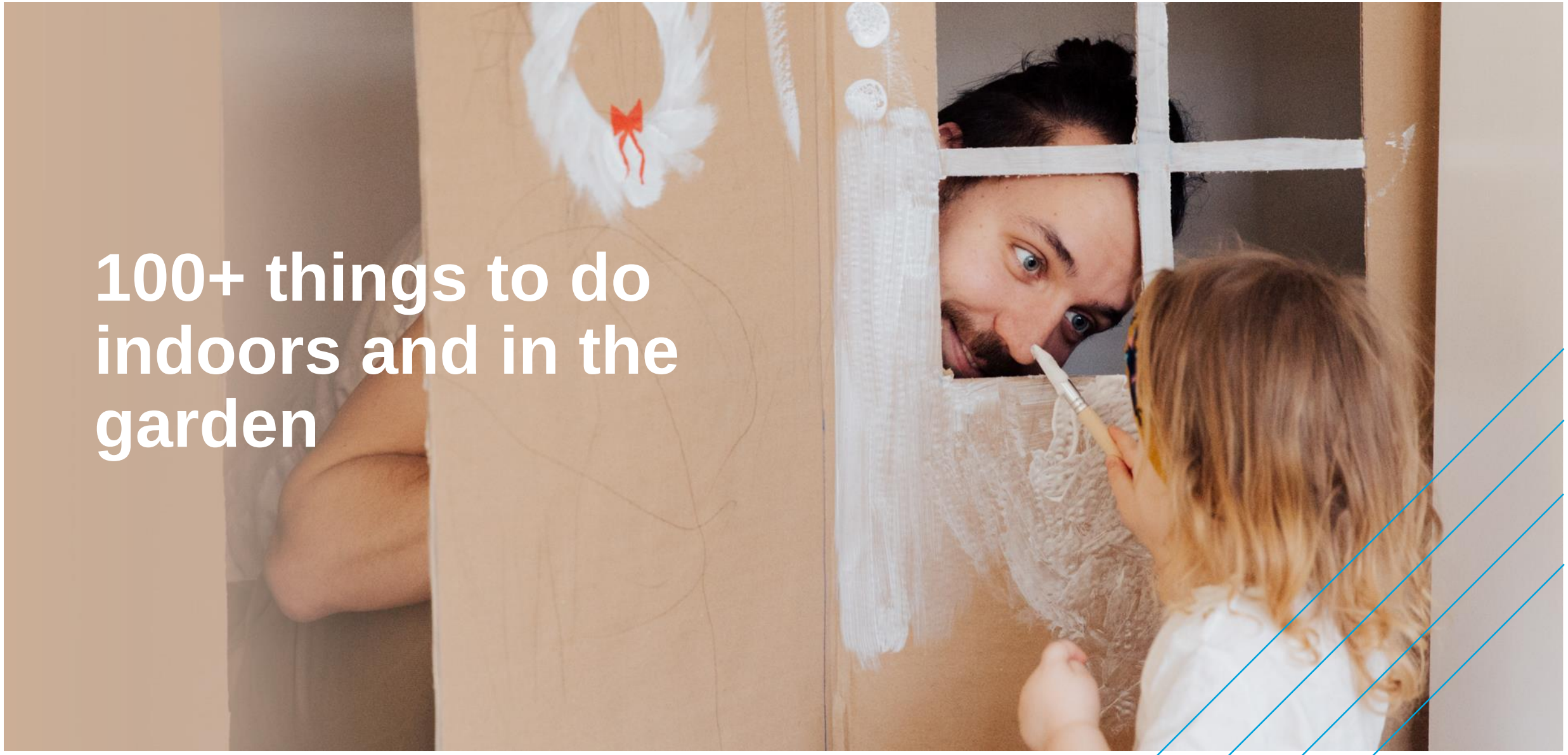
Make slime
https://www.thebestideasforkids.com/how-to-make-slime-with-contact-solution/

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

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100+ things to do indoors and in the garden



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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

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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.**

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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 college
- 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

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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



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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



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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



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