Contents

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

Amazing virtual attractions.
Managing the Easter holidays, children, and your workloads.

Music and drama.
Mindfulness and keeping active ideas and apps.

Fun and educational.
Books: links to free audio books.

Things to do indoors/in the garden.
Managing the holidays, children and your workloads

Tips

1. Be kind to yourself whether you have children or not.

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

3. Plan your day.

4. Take the pressure off yourself.

5. Speak to your People manager about working half days/reduced days over the Easter period?

6. If its possible - take holidays and put your laptop away.
Amazing attractions

A list of museums, zoos, and other attractions from around the world to visit from the comforts of our home while we self-isolate.

### Museums

- **Anne Franken Museum, Amsterdam, Netherlands**

- **British Museum, London**
  [https://britishmuseum.withgoogle.com/](https://britishmuseum.withgoogle.com/)

- **Guggenheim, Bilbao, Spain**

- **Hermitage Museum, St Petersburg, Russia**
  [https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be](https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be)

- **Louvre Museum Paris**

- **MASP, Sao Paolo, Brazil**
  [https://masp.org.br/en](https://masp.org.br/en)

- **Met Museum, New York**
  [https://www.metmuseum.org/art/online-features/met-360-project](https://www.metmuseum.org/art/online-features/met-360-project)

- **Musée d’Orsay, Paris**
  [https://m.musee-orsay.fr/en/home.html](https://m.musee-orsay.fr/en/home.html)

- **Musei Vaticani, Vatican City**

- **Museum Of London Docklands**

- **National Gallery Of Arts, Washington DC**
  [https://www.nga.gov/](https://www.nga.gov/)

- **National Gallery, London**
  [https://www.nationalgallery.org.uk/visiting/virtual-tours](https://www.nationalgallery.org.uk/visiting/virtual-tours)

- **National Museum Of US Air Forces**
  [https://www.nationalmuseum.af.mil/](https://www.nationalmuseum.af.mil/)

- **Natural History Museum, London**
  [https://artsandculture.google.com/streetview/thenatural-history-museum-hintze-hall/yQHjHCMsOMKHyQ](https://artsandculture.google.com/streetview/thenatural-history-museum-hintze-hall/yQHjHCMsOMKHyQ)

- **Palestine Museum**
  [https://www.palmuseum.org/exhibitions/virtual-exhibitions](https://www.palmuseum.org/exhibitions/virtual-exhibitions)

- **Picasso Museum, Barcelona**

- **Rijksmuseum, Amsterdam, Netherlands**
  [https://artsandculture.google.com/partner/rijksmuseum](https://artsandculture.google.com/partner/rijksmuseum)

- **Royal Academy Of Arts, London**
  [https://britishart.yale.edu/](https://britishart.yale.edu/)

- **Salvatore Dali Museum, Figueres, Spain**

- **Tate Britain, London**
  [https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art](https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art)

- **The Globe (Shakespeare's Globe)**
  [https://www.shakespearesglobe.com/](https://www.shakespearesglobe.com/)
  [https://www.youtube.com/channel/UCwN-jwNNQN-8sfKG-qg8uA](https://www.youtube.com/channel/UCwN-jwNNQN-8sfKG-qg8uA)

- **The J. Paul Getty Museum, Los Angeles, United States**

- **The Museum of Flight**

- **The National Museum of Computing on Bletchley Park**
  [https://britishart.yale.edu/](https://britishart.yale.edu/)

- **Uffizi Gallery, Florence, Italy**
  [https://artsandculture.google.com/partner/uffizi-gallery](https://artsandculture.google.com/partner/uffizi-gallery)

- **US Holocaust Museum**
  [https://www.ushmm.org/information/exhibitions/online-exhibitions](https://www.ushmm.org/information/exhibitions/online-exhibitions)

- **Van Gogh Museum, Amsterdam, Netherlands**
  [https://artsandculture.google.com/partner/van-gogh-museum](https://artsandculture.google.com/partner/van-gogh-museum)

- **Virginia Living Museum**

- **Women's History Museum, Virginia, USA**
  [https://www.womenshistory.org/womens-history/online-exhibits](https://www.womenshistory.org/womens-history/online-exhibits)

- **Yale Centre For British Art**
  [https://britishart.yale.edu/](https://britishart.yale.edu/)
# Amazing Attractions

A list of museums, zoos and other attractions from around the world to visit from the comforts of our home while we self-isolate

## Tourist Destinations

- Buckingham Palace, London  
  [https://www.royal.uk/virtual-tours-buckingham-palace](https://www.royal.uk/virtual-tours-buckingham-palace)
- Colosseum, Rome  
  [https://tinyurl.com/thrprzf](https://tinyurl.com/thrprzf)
- Machu Picchu  
- Northern Lights  
- Pyramids  
- Stonehenge  
  [https://tinyurl.com/wz3xgz7](https://tinyurl.com/wz3xgz7)
- Street Art with Google  
- Taj Mahal, Agra, India  
  [https://tinyurl.com/qpq7vmt](https://tinyurl.com/qpq7vmt)
- The Great Wall Of China  
  [https://www.thechinaguide.com/destination/great-wall-of-china](https://www.thechinaguide.com/destination/great-wall-of-china)
- Tour of Rome, Italy  
  [https://tinyurl.com/s5vlzbc](https://tinyurl.com/s5vlzbc)

## General Sites

- AirPano  
  [https://www.airpano.com/](https://www.airpano.com/)
- Berliner Philharmoniker  
- ExoPlanets NASA  
  [https://exoplanets.nasa.gov/](https://exoplanets.nasa.gov/)
- Legoland  
- NASA, Langley Research Centre  
  [https://oh.larc.nasa.gov/oh/](https://oh.larc.nasa.gov/oh/)
- The Kennedy Centre  
  [https://www.kennedy-center.org/digitalstage/](https://www.kennedy-center.org/digitalstage/)
- Walt Disney Parks  
  [https://tinyurl.com/v7qano5](https://tinyurl.com/v7qano5)
- Wellcome Collection  
  [https://my.matterport.com/show/?m=rMGsprcVCAR](https://my.matterport.com/show/?m=rMGsprcVCAR)

## Zoos

- African Animals  
- Atlanta Zoo  
  [https://zooatlanta.org/pandacam/](https://zooatlanta.org/pandacam/)
- Cincinnati Zoo  
  [https://www.facebook.com/events/2915534026492292/](https://www.facebook.com/events/2915534026492292/)
- Dublin Zoo  
  [https://www.dublinzoo.ie/animals/animal-webcams/elephants/](https://www.dublinzoo.ie/animals/animal-webcams/elephants/)
- Edinburgh Zoo  
  [https://www.edinburghzoo.org.uk/webcams/panda-cam/](https://www.edinburghzoo.org.uk/webcams/panda-cam/)
- Explore.org Live Cams  
  [https://explore.org/livecams](https://explore.org/livecams)
- Flamingo Land  
  [https://www.flamingoland.co.uk/virtual-tour/](https://www.flamingoland.co.uk/virtual-tour/)
- Florida Aquarium  
  [http://www.flaquarium.org/seaspan](http://www.flaquarium.org/seaspan)
- Hirakawa Zoo, Japan  
  [https://hirakawazoo.jp/animal/movie](https://hirakawazoo.jp/animal/movie)
- International Wolf Centre  
  [https://wolf.org/wolf-cams2/](https://wolf.org/wolf-cams2/)
- Kansas City Zoo  
  [https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/](https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/)
- Melbourne Zoo  
- National Aquarium, USA  
  [https://www.aqua.org/ExperienceLive](https://www.aqua.org/ExperienceLive)
- National Zoo, Washington DC  
  [https://nationalzoo.si.edu/webcams](https://nationalzoo.si.edu/webcams)
- Osaka Zoo  
- San Diego, California, Zoo  
  [https://zoo.sandiegozoo.org/livecams](https://zoo.sandiegozoo.org/livecams)
- Smithsonian, Washington DC  
  [https://nationalzoo.si.edu/webcams](https://nationalzoo.si.edu/webcams)
- Yellowstone National Park  
  [https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm](https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm)
Mindfulness and Keeping Active Ideas and Apps
These are all available as apps too

Joe Wicks on YouTube or BBC iPlayer
https://www.bbc.co.uk/iplayer/episode/m000h1z9/blue-peter-were-staying-home?xtor=CS8-1000-[Discovery_Cards]-[Multi_Site]-[SL07]-[PS_IPLAYER~C~~P_BuePeter:JoeWicks

Smiling Mind
Short audio session to help with mindfulness
https://app.smilingmind.co.au/

LGN sessions
Core Strength
Strength Session
Living Room Interval Training
Dynamic drills
HIIT training

Cosmic Yoga – YouTube
Yoga videos designed for kids aged 3+
www.youtube.com/user/cosmickidsyoga

MIND
MIND.org covers practical advice for staying at home and how to take care of your mental health and wellbeing

Mental wellbeing
NHS: Every Mind Matters
Good Thinking - Tools to help your mental health
Mindfulness and Keeping Active Ideas and Apps
These are all available as apps too

<table>
<thead>
<tr>
<th>BBC Supermovers</th>
<th>Go Noodle – YouTube</th>
<th>Premier League Stars</th>
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<tbody>
<tr>
<td>Interactive videos to support with KS1 Maths, literacy and PSHE and PE learning. Great for times tables too.</td>
<td>Brainercise, dancing, strength and mindfulness videos – as well as videos that are “just for fun”. <a href="http://www.youtube.com/user/GoNoodleGames/featured">www.youtube.com/user/GoNoodleGames/featured</a></td>
<td>Videos and activities to support Maths, Literacy, PSHE and PE <a href="http://www.plprimarystars.com">www.plprimarystars.com</a></td>
</tr>
</tbody>
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Free Theatre and Drama

**Theatre**
5 streaming services to watch Broadway and West End shows in your living room

[https://www.londontheatre.co.uk/theatre-news/west-end-features/theatre-streaming-services-west-end-broadway-musicals](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.

Books: Links to free audio books

- https://www.worldofdavidwalliams.com/elevenses/
- https://www.audible.co.uk/search?keywords=free+children+books&ref=a_hp_t1_header_search (free audible books for kids)
- https://www.storynory.com/
Fun and Educational

BBC website – Bitesize
• [https://www.bbc.co.uk/bitesize](https://www.bbc.co.uk/bitesize) (by age groupings)
• Bitesize app available for both iOs and Android users

FUN
Meet a tiger up close and personal
• Type in your phones Google browser “tiger” and scroll down to view in 3D.
• Try with different animals
Sensory Play
Please view in presentation mode to be able to use the hyperlinks

Make Homemade Playdough

Make Rainbow Rice

Make Homemade Slime, Fluffy Slime, Rainbow Slime, or Clear Slime

Make Fake Snow

Make Play Mud

Make a Sensory Bin
### CRAFTS
- Make **Paper Airplanes**
- Salt Painting: We have a snowflake or firework template
- Make Suncatchers
- Make handprint or leaf suncatchers
- Make **Salt Dough**
- Make Sponge Stamps
- Make a **Cereal Box Aquarium**
- Make **Scratch Art**
- Make Your Own Bookmarks: We have templates to make Minion, Olaf, Trolls or Toy Story Bookmarks
- Paint **Pet Rocks**
- Make **Recycled Crayons**
- Make Paper Boats
- Finger Paint
- Make Friendship Bracelets
- Make a Bird Feeder
- Make Paper Bag Puppets
- Make **Handprint Art**
- Make a Scrapbook
- Decorate T-Shirts
- Make a Thankful Jar

### GAMES
- Learn to Draw
- Put on a Play
- Make Indoor Hopscotch. Use masking tape to make your own hopscotch on tiles in your own
- Do a Family Chore Together
- Have a Dance Party
- Have a Tea Party
- Play with Water In a Bin With Toys
- Set up a Play Store. Grab a shopping basket and set up the merchandise. We like this play cash register too!
- 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
100+ things to do in Doors/in the Garden.
Please view in presentation mode to be able to use the hyperlinks

**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: You can even make your own travel lego case!
- 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

**EDUCATIONAL**
- Learn to Draw
- Put on a Play
- Make Indoor Hopscotch. Use masking tape to make your own hopscotch on tiles in your own
- Do a Family Chore Together
- Have a Dance Party
- Have a Tea Party
- Play with Water In a Bin With Toys
- Set up a Play Store. Grab a shopping basket and set up the merchandise. We like this play cash register too!
- 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

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100+ things to do in Doors/in the Garden

- 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 [Link](https://www.facebook.com/groups/141368677202953/?fref=mentions)
- Tic toc video
- Create your own NHS dedication (lego, chalk, draw, paint, collage)
- Create a den you can sleep in – have sleep overs in sibling’s bedroom
100+ things to do indoors / in the garden

**Indoor Scavenger Hunt – List items to find around your house or garden.**

- Find a fork
- Find something that is red
- Find a tissue box
- Find 3 things that have wheels
- Find an orange crayon
- Find something that is very soft
- Find a key
- Find 2 socks that match
- Find something round
- Fins a sticker
- Find a rubber band
- Find a pair of glasses
100+ things to do in doors / in the garden

Rainbow Scavenger hunt - List colourful items to find around your house or garden.

- Find something red
- Find something orange
- Find something yellow
- Find something green
- Find something blue
- Find something purple
- Name a fruit that is red
- Name an animal that is yellow
- Name a plant that is green
- Name a flower that is purple
- Name something outside that is blue
100+ things to do in doors / in the garden

**Book Scavenger Hunt - List books to find around your house or garden.**

- Find an animal in a book
- Find the word “spring” in a book
- Find someone helping someone in a book
- Find a picture of a sun in a book
- Find a book that makes you laugh
- Find a bug in a book
- Find someone sleeping in a book
- Find a character eating in a book
- Find a pet in a book
- Find a cat in a book
- Find a superhero in a book
- Find a bike in a book

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