

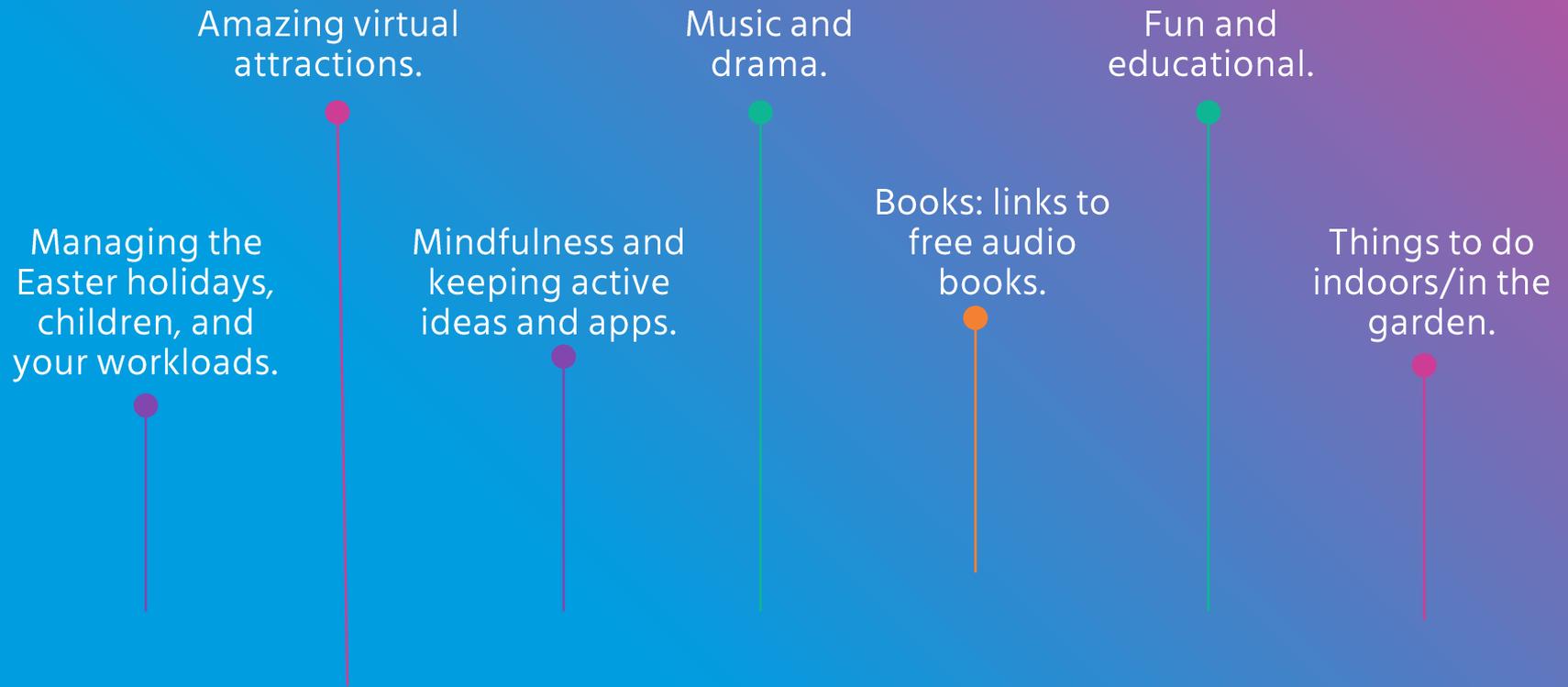
Activities pack

April 2020



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.



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 Franke Museum, Amsterdam, Netherlands**
<https://www.annefrank.org/en/museum/web-and-digital/>
- **British Museum, London**
<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, Brazil**
<https://masp.org.br/en>
- **Met Museum, New York**
<https://www.metmuseum.org/art/online-features/met-360-project>
- **Musée d'Orsay, Paris**
<https://m.musee-orsay.fr/en/home.html>
- **Musei Vaticani, Vatican City**
<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/ehxhibitions/virtual-exhibitions>
- **Picasso Museum, Barcelona**
<http://www.bcn.cat/museupicasso/en/museum/presentation.html>
- **Rijksmuseum, Amsterdam, Netherlands**
<https://artsandculture.google.com/partner/rijksmuseum>
- **Royal Academy Of Arts, London**
<https://britishart.yale.edu/>
- **Salvatore 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 (Shakespeare's Globe)**
<https://www.shakespearesglobe.com/>
<https://www.youtube.com/channel/UCwN-jwNNNQN-8sfKG-qg8uA>
- **The J. Paul Getty Museum, Los Angeles, United States**
<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 on Bletchley Park**
<https://britishart.yale.edu/>
- **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, Netherlands**
<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, USA**
<https://www.womenshistory.org/womens-history/online-exhibits>
- **Yale Centre For British Art**
<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>
- **Colosseum, Rome**
<https://tinyurl.com/thrprzf>
- **Machu Picchu**
<https://www.youvisit.com/tour/mac hupicchu?pl=f>
- **Northern Lights**
<https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam>
- **Pyramids**
<https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200>
- **Stonehenge**
<https://tinyurl.com/wz3xgz7>
- **Street Art with Google**
<https://streetart.withgoogle.com/en/>
- **Taj Mahal, Agra, 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>

General Sites

- **AirPano**
<https://www.airpano.com/>
- **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>

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 Zoo
<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/mo vie>
- International Wolf Centre
<https://wolf.org/wolf-cams2/>
- Kansas City Zoo
<https://www.kansascityzoo.org/our-animals/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, California, Zoo
<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

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](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

BBC Supermovers

Interactive videos to support with KS1 Maths, literacy and PSHE and PE learning. Great for times tables too

www.bbc.co.uk/teach/supermovers

Go Noodle – YouTube

Brainercise, dancing, strength and mindfulness videos – as well as videos that are “just for fun”

www.youtube.com/user/GoNoodleGames/featured

Premier League Stars

Videos and activities to support Maths, Literacy, PSHE and PE

www.plprimarystars.com

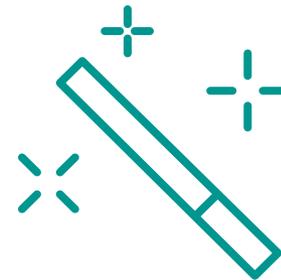
Free Theatre and Drama



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>



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>

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/>

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

Fun and Educational



BBC website – 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](#)

100+ things to do in Doors/in the Garden.

Please view in presentation mode to be able to use the hyperlinks

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
- Make a [Sensory Bag](#)
- [Paint Leaves](#)
- Make a Time Capsule
- Make [Button Art](#)
- Paint with Watercolors
- Color in a Coloring Book
- Make Paper Crafts: Make [paper butterflies](#), [paper sailboat](#), or [paper flowers](#)
- Build a Cardboard Castle
- Our recycled crafts for kids book has a step-by-step tutorial to make your own cardboard castle. See the book [here](#).
- Make [Tissue Box Monsters](#)
- Make a [Toilet Paper Roll Butterfly](#). More toilet paper roll crafts: [paper roll flower and butterfly](#), [toilet paper roll flowers](#), [toilet paper roll monsters](#)
- Stamp with Celery: Make [celery flowers](#) with the stumps of your celery.
- Draw a Self Portrait
- Do [Scrape Painting](#)
- Paint a Recycled Jar
- Make Your Own Superhero Costume

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.

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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
- 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](#)

EDUCATIONAL

- Read Books
- Do a [Science Project](#)
- Learn Origami
- Learn About a New Animal
- Learn a New Card Game
- Learn to Sew
- Learn to Knit
- Do Brain Teasers
- Learn About a Country

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
<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 in doors / 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
- Find 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





welcome to brighter