

25 TIPS & ACTIVITIES to make Quarantine Fun for Children

Big Life Journal

- 1 **CREATE POSITIVE MEMORIES** for your children to talk about in the future. Focus on connection, relationships, gratitude, and having fun.
- 2 **ESTABLISH A LEARNING ENVIRONMENT** that works best for your family. Don't replicate the classroom.
- 3 **GIVE YOUR CHILD SOME FREEDOM** to choose what they want to learn. Use My Learning Projects template inside the FREE [Stay-At-Home Care Package](#).
- 4 **ADD A WEEKLY TRADITION** to your family so everyone has something to look forward to.
- 5 **BEGIN THE DAY WITH "FAMILY TIME"**. Every day, a different person decides what the family does for the first hour of the day.
- 6 **FILL A HEALTHY SNACK BOX AT THE START OF THE DAY**. Your child can choose when they snack and how often. When the box is empty, that's it for the day.
- 7 **TAKE A SHORT BREAK WHEN THINGS GET DIFFICULT**. Do not think too far ahead. Take one step at a time.
- 8 **ENCOURAGE YOUR CHILDREN** to learn something new or try something they've never done before. For ideas, download the FREE [Stay-At-Home Care Package](#).
- 9 **LEARN A NEW SKILL YOURSELF!** For example, practice meditation, take a positive psychology course online, or learn origami.
- 10 **CREATE A MORNING ROUTINE** that works for your family by adding fun activities like family yoga or dance party.
- 11 **TEACH CHILDREN IMPORTANT LIFE SKILLS** such as doing laundry, cleaning bathrooms, fixing things around the house, and cooking. Have them plan and cook one meal at least once a week.
- 12 **MAKE A FORT AND HIDE THE BIG LIFE JOURNAL INSIDE!** Have a pretend camp-out, including a picnic, inside the fort.
- 13 **CREATE A QUARANTINE DIARY OR TIME CAPSULE**. Keep track of your daily activities and write them down.
- 14 **START A "LOOKING FORWARD TO" JAR**. Every time someone wishes they could do a specific thing, write it on a note and put it in the jar to do after the restrictions end.
- 15 **FILL A SMALL BOX** with things that make your children feel good (something soft or squishy to touch, lyrics or quotes from favorite songs or shows, a favorite book, a non-perishable snack they like, etc.).
- 16 **HAVE FAMILY MEETINGS TO TALK** about what's working and what needs to be adjusted.
- 17 **CREATE A LIST OF DAILY "CHALLENGES"**, which might include reading a certain number of pages, making an art project, working on a puzzle, calling a friend or relative, or building something.
- 18 **INVENT A GAME!** Here's an idea from a member in our community: get game dice and LEGO® bricks (or something similar). Roll the dice and the number you get is the number of pieces you have to build with. Keep rolling and create some amazing and imaginative projects!
- 19 **THROW A CHOOSE YOUR OWN ADVENTURE DANCE PARTY!** Roll a dice. If it's 1 or 4: freeze dance (dance until the music is paused). If it's a 2 or 5: keep it moving (you can't stop moving until the song is done). If you roll a 3 or 6: dress up dance (put on a mask, cape, costume, funny hat, etc.). Have fun!
- 20 **FIND WAYS TO HELP YOUR LOCAL COMMUNITY FROM HOME**. Donate to a local food bank, sew masks, drop off food for elderly neighbors, etc.
- 21 **TURN A HALLWAY INTO A BOWLING ALLEY** for rainy days or make one outdoors on sunny days. Use toilet paper rolls for bowling pins or design your own with cardstock paper. Get creative!
- 22 **EXERCISE DAILY!** Have children make a "PE video" for their friends. Designate Family Exercise time each day and go for walks, ride bikes, have a dance party, etc.
- 23 **START A GARDEN OR GROW INDOOR PLANTS** or herbs using recycled containers. Research which herbs, plants, vegetables, or fruits grow well in your area.
- 24 **MAKE A JAR OF FUN!** Brainstorm a list of activities and write them down on slips of paper. Place them in a jar. When someone gets bored, pick an activity from the jar to do alone or with someone in the family.
- 25 **GO ON A "TRIP" OR "HOLIDAY" FROM HOME**. Were your vacation plans canceled or postponed? Make pretend airplane or train tickets. Research the location, watch videos about the destination, cook meals, make postcards, make a funny video about your trip. Remember to take pictures!

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Early Intervention Family Worker Tips and Ideas

Yoga

This is great for all the family
Helps with relaxation and anxiety.
I find the best time to do this is during the bedtime routine, just before a bedtime story and 10 minutes is all you need!

Yoga Studio is a great app
Find Quick fix, beginner relaxation.



If you don't want to use an app try finding a session on Youtube
Make sure it is age appropriate before using with your children.

Technology Issues with children

Develop a reward system for all the family

For every two hours of playing in the garden, reading, doing chores, etc. the child can earn 30-min of media time.

Set a media free time each day

Possibly shut off all gadgets at a certain time so you can connect as a family. This could be going on a family walk and reconnecting with nature. Play I spy and enjoy this time out of your home, safely at a distance from others.

Determine a media-free day

Try one media-free day a week or one a month when you can have some fun together!

Early Intervention Family Worker

If you'd like more information about these tips and ideas or if you have other questions, please don't hesitate to contact me.

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