



Isolation Ideas!



Dough Disco!

Have your own dough disco! Here's a YouTube video you can follow or you could make up your own finger exercises to music!

<https://www.youtube.com/watch?v=i-lfzeG1aC4>

This is a good recipe if you don't already have some playdough...

<https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>

Making Lunch

Can you have a go at making your lunch? Can you make a picture with it? There are lots of ideas online and here a few of our favourites. The deal is whatever you make, you must eat it. We don't want grown-ups telling us you're not eating your food!



Roll A Tower



You need some dice and something to build a tower with for this activity – you could use lego, wooden blocks or any other construction you may have in your house. Roll the dice and build a tower using that number of construction pieces.

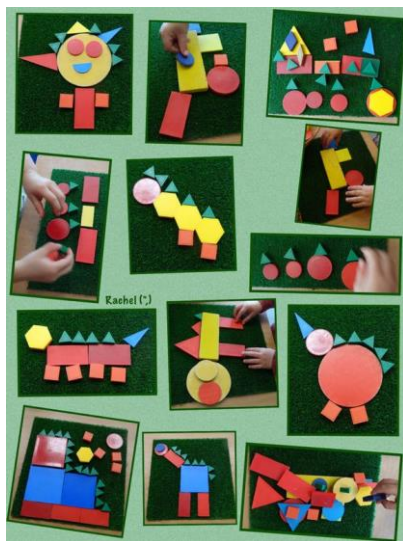
Make Your Own Paintbrushes

See what marks they make when you paint with them.



Shape Pictures

Can you make a picture using shapes? Cut the shapes out of paper and arrange them to make a picture. It can be a picture of anything you like – yourself, mummy, a dinosaur, a house etc. Here are some more ideas...



Den Building

Can you build a den? You could use sheets and pegs if your grown up has some or boxes and cushions or anything else you think might make a good den! Check with your grown up that what you want to use is ok first. Can you make a sign to tell people about your den?

Beans!

Have a game of 'Beans' with your grown up! Your grown up says the name of a bean and you have to perform the right action – see below for the different beans and actions.

Then can you swap over? You say the name of a bean and your grown up has to do the right action!

Can you think of any other types of beans that you could make up an action for? Let us know if you come up with any good ones that we could add to the list!

You could also play 'Guess the Bean' – you perform an action and your grown up has to guess which type of bean you are!

JUMPING BEAN	Jump around the room
RUNNER BEAN	Run around the room (or run on the spot)
BROAD BEAN	Stretch your arms and legs out as wide as you can and walk around the room taking as large strides as possible
BAKED BEAN	Fan yourself with your hands (like you are hot!)
BAKED BEANS ON TOAST	Lie flat on the floor, spreading arms and legs out as far as possible
JELLY BEAN	Move around the room wobbling like a jelly
CHILLI BEAN	Shiver and shake
FROZEN BEAN	Stand very still
STRING BEAN	Stand on tiptoes and make yourself as tall and thin as possible
FRENCH BEAN	Stand in one spot and do the can-can OR Strike a pose and shout "Bonjour!"
BUTTER BEANS	Slide around on your bottom
JELLY BELLY BEAN	Lie on the floor on your belly and wiggle
OLD BEAN	Walk round slowly like an old person
BEANSTALK	Start crouched on the floor and grow up slowly until you are straight and tall like the beanstalk in 'Jack and the Beanstalk'
MAGIC BEAN	Wave your magic wand or wiggle your fingers as if casting a spell

KIDNEY BEAN

You (a kid) hop around holding your knee (get it?!!)

Scavenger Hunt

Go on a scavenger hunt! Use the lists below and see how many of the items you can find! You can do an indoor or outdoor hunt (if you're not isolating), or both! Have fun!

Indoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- ☐ A TOY WITH WHEELS
- ☐ A BOOK WITH THE FIRST LETTER OF YOUR NAME IN THE TITLE
- ☐ A PAIR OF MATCHING SOCKS
- ☐ 4 THINGS THAT ARE GREEN
- ☐ SOMETHING VERY SOFT
- ☐ A TOY SMALLER THAN YOUR HAND
- ☐ SOMETHING ROUND
- ☐ A BOOK WITH NUMBERS IN IT
- ☐ 5 LEGOS THAT ARE ALL DIFFERENT
- ☐ A PHOTO OF SOMEONE YOU LOVE
- ☐ AN ITEM YOU CAN SEE YOURSELF IN
- ☐ AN ITEM THAT MAKES YOU FEEL COZY
- ☐ A TOY THAT HAS 3 DIFFERENT COLORS
- ☐ A MOVIE THAT HAS "S" IN THE TITLE
- ☐ YOUR SNUGGLIEST STUFFED ANIMAL

Ready for snack? Make sure everything gets put back where it belongs!

Outdoor Scavenger Hunt

COLLECT ALL OF THE FOLLOWING ITEMS IN A BAG OR BASKET. CHECK THE BOXES AS YOU FIND EACH ONE.

- ☐ 5 LEAVES THAT LOOK DIFFERENT
- ☐ A STICK THAT IS LONGER THAN YOUR HAND
- ☐ A ROCK WITH SPOTS ON IT
- ☐ A FLOWER
- ☐ A FLAT ROCK
- ☐ 10 BLADES OF GRASS
- ☐ SOMETHING YOU LOVE TO PLAY WITH
- ☐ A PIECE OF TRASH YOU CAN RECYCLE
- ☐ SOMETHING THAT IS BROWN
- ☐ SOMETHING THAT IS HEAVY
- ☐ SOMETHING THAT IS VERY LIGHT
- ☐ SOMETHING THAT NEEDS SUN TO LIVE
- ☐ AN ITEM SMALLER THAN YOUR THUMB
- ☐ SOMETHING THAT STARTS WITH "M"
- ☐ SOMETHING THAT SMELLS GOOD

Ready for snack? Make sure everything gets put back where it belongs!

Kitchen Roll Magic Patterns

Can you make a picture or a pattern using some kitchen roll? You will also need some water soluble felt tip pens and some water with a pipette or a syringe (from a Calpol bottle would work very well).

Draw the picture or pattern on the kitchen paper and add water drip by drip. Only put the water where you want the colour to spread, so if you do a flower, don't put water on the stem.



Do you notice what happens to some of the colours that spread? Can you see more than one colour when it spreads? This shows the different colours that have been used to make the original colour you started with. Try it with a black felt tip. How many colours can you see? It's called 'chromatography' which is a very big word. We like to call it good fun too!

Investigating Capacity

Fill a large bowl/sink/bath with water (or use a water tray if you're lucky enough to have one!) and find a selection of different sized containers. Can you fill the containers with different amounts of water – full, empty, half full, nearly full, nearly empty? Can you use those words to describe to your grown up how full each one is? Investigate the different containers. Which one holds the most water? Which one holds the least? Can you order them according to how much water they hold (i.e. their capacity)?

To make this even more exciting you could add a bit of food colouring or glitter to the water!