



# fun with the family

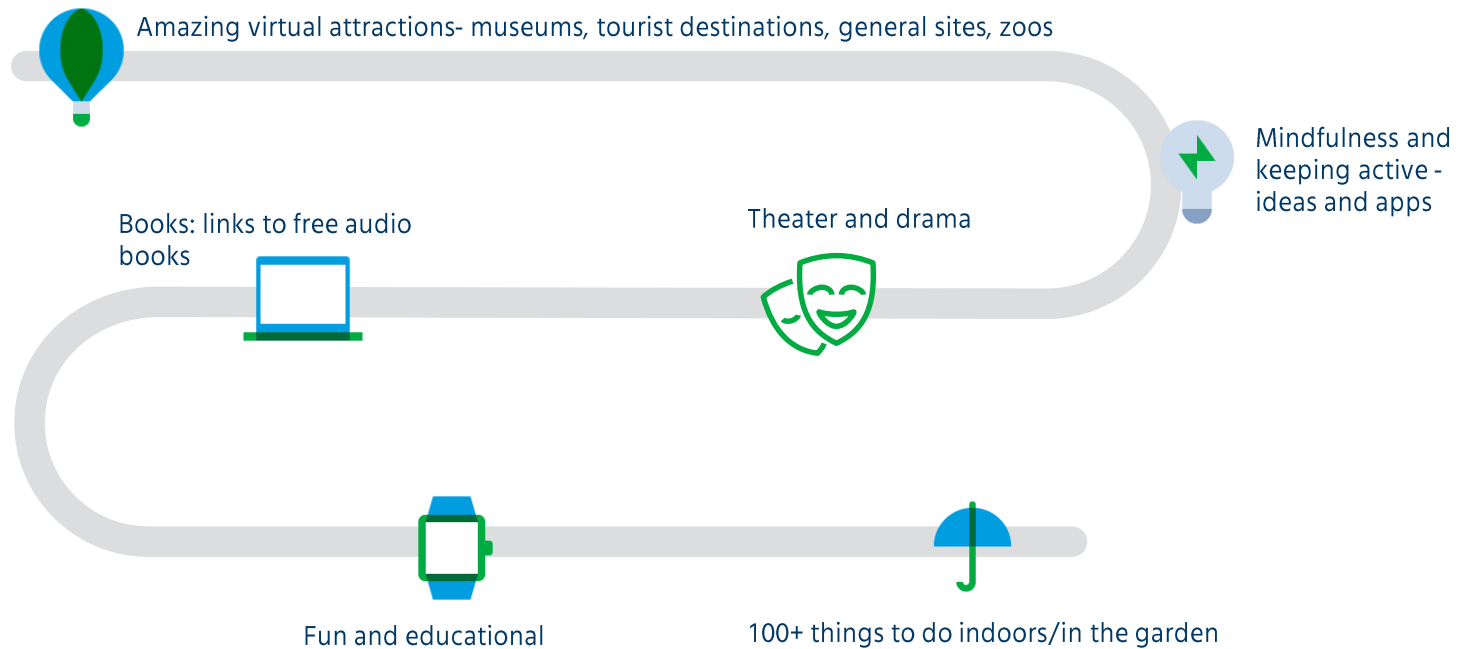
Family Activity Pack

welcome to brighter



# 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 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	General Sites	Zoos	
<ul style="list-style-type: none"><li>• <b>Northern Lights</b> <a href="https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam">https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam</a></li><li>• <b>Street Art with Google</b> <a href="https://streetart.withgoogle.com/en/">https://streetart.withgoogle.com/en/</a></li></ul>	<ul style="list-style-type: none"><li>• <b>AirPano</b> <a href="https://www.airpano.com/">https://www.airpano.com/</a></li><li>• <b>ExoPlanets NASA</b> <a href="https://exoplanets.nasa.gov/">https://exoplanets.nasa.gov/</a></li><li>• <b>Legoland</b> <a href="https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/">https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/</a></li><li>• <b>NASA, Langley Research Centre</b> <a href="https://oh.larc.nasa.gov/oh/">https://oh.larc.nasa.gov/oh/</a></li><li>• <b>The Kennedy Centre</b> <a href="https://www.kennedy-center.org/digitalstage/">https://www.kennedy-center.org/digitalstage/</a></li><li>• <b>Walt Disney Parks</b> <a href="https://tinyurl.com/v7qano5">https://tinyurl.com/v7qano5</a></li><li>• <b>Wellcome Collection</b> <a href="https://my.matterport.com/show/?m=rMGsprcVCAR">https://my.matterport.com/show/?m=rMGsprcVCAR</a></li></ul>	<ul style="list-style-type: none"><li>• <b>African Animals</b> <a href="https://explore.org/livecams/african-wildlife/african-animal-lookout-camera">https://explore.org/livecams/african-wildlife/african-animal-lookout-camera</a></li><li>• <b>Atlanta Zoo</b> <a href="https://zooatlanta.org/panda-cam/">https://zooatlanta.org/panda-cam/</a></li><li>• <b>Cincinnati Zoo</b> <a href="https://www.facebook.com/events/2915534028492292/">https://www.facebook.com/events/2915534028492292/</a></li><li>• <b>Explore.org Live Cams</b> <a href="https://explore.org/livecams">https://explore.org/livecams</a></li><li>• <b>Florida Aquarium</b> <a href="http://www.flaquarium.org/seaspan">http://www.flaquarium.org/seaspan</a></li></ul>	<ul style="list-style-type: none"><li>• <b>International Wolf Centre</b> <a href="https://wolf.org/wolf-cams2/">https://wolf.org/wolf-cams2/</a></li><li>• <b>Kansas City Zoo</b> <a href="https://www.kansascityzoo.org/our-animals/list-of-animals/king-penguin/">https://www.kansascityzoo.org/our-animals/list-of-animals/king-penguin/</a></li><li>• <b>National Aquarium, USA</b> <a href="https://www.aqua.org/Experience/Live">https://www.aqua.org/Experience/Live</a></li><li>• <b>National Zoo, Washington DC</b> <a href="https://nationalzoo.si.edu/webcams">https://nationalzoo.si.edu/webcams</a></li><li>• <b>San Diego, California, Zoo</b> <a href="https://zoo.sandiegozoo.org/livecams">https://zoo.sandiegozoo.org/livecams</a></li><li>• <b>Smithsonian, Washington DC</b> <a href="https://nationalzoo.si.edu/webcams">https://nationalzoo.si.edu/webcams</a></li><li>• <b>Yellowstone National Park</b> <a href="https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm">https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm</a></li></ul>

# Mindfulness and keeping active

## Ideas and Apps

### Go Noodle – YouTube

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

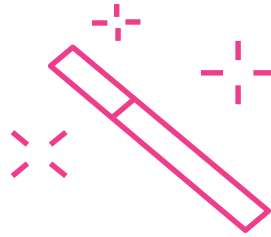
[www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)

### Cosmic Yoga – YouTube

Yoga videos designed for kids aged 3+

[www.youtube.com/user/cosmickidsyoga](http://www.youtube.com/user/cosmickidsyoga)

# Free Theatre & Drama



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>

# Free Audio Books

<https://www.worldofdavidwalliams.com/elevenses/>



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

<https://www.storynory.com/>

# Fun and Educational Ideas



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

# 100+ things to do indoors/in the garden

View in presentation mode to enable the hyperlinks

Make [Homemade Playdough](#)

Make [Rainbow Rice](#)

Make [Homemade Slime](#). You may want to try some of our other fun slime recipes too like [Fluffy Slime](#), [Rainbow Slime](#), or [Clear Slime](#)

Make [Fake Snow](#)

Make [Play Mud](#)

Make a [Sensory Bin](#)

# 100+ things to do indoors/in the garden

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## 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 indoors/in the garden

View in presentation mode to enable the hyperlinks

Activities	Educational	
<ul style="list-style-type: none"><li>• Build a Fort</li><li>• Have a Pillow Fight</li><li>• Write a Story</li><li>• Make <a href="#">Ice Cream in a Bag</a></li><li>• Make <a href="#">Homemade Gummy Bears</a></li><li>• Make <a href="#">Fruit Roll-Ups</a></li><li>• Have a Movie Day</li><li>• Put on a Fashion Show</li><li>• Bake Cupcakes or Muffins</li><li>• Do Yoga</li><li>• Build an Obstacle Course</li><li>• Make Dinner Together</li><li>• Play with <a href="#">Magnetic Tiles</a></li><li>• Build Something With Lego: You can even make your own <a href="#">travel lego case!</a></li><li>• Build a Stack of Cards</li><li>• Put on a Puppet Show</li><li>• Make a Treasure Hunt</li><li>• Make Your Own Indoor Bowling. Use paper towel rolls as your bowling pins and use a ball to bowl</li></ul>	<ul style="list-style-type: none"><li>• Learn to Draw</li><li>• Put on a Play</li><li>• Make Indoor Hopscotch. Use masking tape to make your own hopscotch on tiles in your own</li><li>• Do a Family Chore Together</li><li>• Have a Dance Party</li><li>• Have a Tea Party</li><li>• Play with Water In a Bin With Toys</li><li>• Set up a Play Store. Grab a shopping basket and set up the merchandise. We like this <a href="#">play cash register</a> too!</li><li>• 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.</li><li>• Make <a href="#">Perler Bead Art</a></li><li>• Write in a Journal</li><li>• <a href="#">Use Dot Markers</a></li></ul>	<ul style="list-style-type: none"><li>• Read Books</li><li>• Do a <a href="#">Science Project</a></li><li>• Learn Origami</li><li>• Learn About a New Animal</li><li>• Learn a New Card Game</li><li>• Learn to Sew</li><li>• Learn to Knit</li><li>• Do Brain Teasers</li><li>• Learn About a Country</li></ul>

# 100+ things to do indoors/in the garden

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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 Workhours for Lockdown

<https://www.facebook.com/groups/141368677202953/?fref=mentions>


Tik tok 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

# Scavenger Hunts

## Examples



**Book hunt –**  
shout out  
specific books  
for them to find

**Indoor hunt –**  
shout out  
household items  
for them to find

**Rainbow hunt –**  
shout out  
specific colour  
items for them  
to find



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