

At Home Activities for Children

**Cosmic Kids Yoga-** interactive story telling for kids with yoga-

<https://www.youtube.com/user/CosmicKidsYoga>

**Just Dance-**

<https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ>

**Phonics lessons with Mr Thorne -**

<https://www.youtube.com/user/breakthruChris>



**Twinkl has many resources for teaching and playing** <https://www.twinkl.co.uk/resources/covid19-school-closures>



<https://www.hellowonderful.co/post/easy-indoor-activities-for-kids/>

**Cooking:** <https://www.bbcgoodfood.com/recipes/cooking-kids-chocolate-cornflake-cakes-0>

**Rainbow hunt:** <https://www.mykidstime.com/wp-content/uploads/2020/03/Mykidstime-Rainbow-Scavenger-Hunt.pdf> (this can also be done with shapes and letters)

**Experiments and science videos -**

<https://www.youtube.com/playlist?list=PLw2cuKNQvZ2fXJkngllaMsvVImhkcN8la>

**Handwriting practice-** <https://www.worksheetworks.com/english/writing/handwriting.html>

**Free colouring pages to print:**

<https://www.crayola.com/featured/free-coloring-pages/>

**Step by step drawing**

<https://www.wikihow.com/Draw-Mickey-Mouse>

**Arts and Crafts activities with Mister Maker -**

<https://www.youtube.com/user/mistmaker>





For learning and revision resources (up to age 16)

<https://www.bbc.co.uk/bitesize>

Games, stories and puzzles on cbeebies - <https://www.bbc.co.uk/cbeebies>

Virtual trips to the zoo with Edinburgh zoo animal cams- <https://www.edinburghzoo.org.uk/webcams/panda-cam/>

**Health and hygiene:**

Baby shark handwashing:

<https://resourcesforautism.org.uk/wp-content/uploads/2020/03/Baby-Shark-Hand-Washig-Lyrics.png>

Exercise videos - [https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)



### How to make your own playdough

You will need:

- 2 cups plain flour (all purpose),
- 2 tablespoons vegetable oil,
- ½ cup salt,
- up to 1.5 cups boiling water (adding bit by bit until it feels just right),
- food colouring (optional – this really can get messy!).



What to do:

- Mix the flour, salt and oil in a large bowl. If you're using food colouring, add it to the boiling water then pour into the flour mixture.
- Stir until it forms a sticky dough.
- Allow it to cool down then take out of the bowl and knead it for a couple of minutes until all of the stickiness has gone.
- Keep kneading until it's the perfect consistency! If it's still sticky add a little more flour until just right.

### Music:



#### **Shakers**

Find any old water bottles or other plastic containers with lids and make sure they are clean and dry.

Fill with dry goods from your kitchen cupboard – lentils, rice and pasta are particularly good – put the top on and sellotape shut. These can then be painted and decorated!

#### **Guitar**

Take an old clean tub and some elastic bands. Stretch the elastic bands over the tub and sellotape to the sides of the tub so they don't ping off.

Now strum along to your favourite tune and try twanging each 'string' separately.



### Using puzzles for sensory play-

- Hide the pieces in a pile of flour/lentils/rice

### At home obstacle courses:

Create an obstacle course out of sofa cushions, with your child having to cross the room by only stepping on the cushions. You can create “tunnels” by hanging a blanket up for them to crawl under.

### Balloons:

Fill balloon with a handful of lentils before blowing it up – it will then rattle when thrown around.

