

Isolation Activity pack

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Indoors

Bingo

Bingo is not just for the older generation. Bingo is a brilliant way to boost fine motor skills as well as memory and problem solving.

Here are some online games that you can print off. Some require a dice which would be more engaging for older children and the other picture bingo is easier for the younger children and toddlers.

- 4th of July - [file:///C:/Users/caitp/Documents/twinkle/4th-of-July-Roll-and-Cover%20\(1\).pdf](file:///C:/Users/caitp/Documents/twinkle/4th-of-July-Roll-and-Cover%20(1).pdf)
- Arctic Animals - <file:///C:/Users/caitp/Documents/twinkle/Arctic-Animals-Bingo-Photos.pdf>
- Farm Animals - <file:///C:/Users/caitp/Documents/twinkle/Farm-Animals-Bingo.pdf>

You could also make up your own. You could make one involving family photos or items your children love. You could also get your children involved. Ask them to help you make one, get them to take or find pictures to put into a game.



Painting

Painting is an easy activity with very little prep work but here is a few ideas to change it up a little.

- Mixing yogurt and food colouring creates an edible sensory paint. You wouldn't paint on a page with this but on a babies high chair tray or on a baking tray, children can get messy with colour in a safe edible way.



- Children don't just have to use paint brushes to make masterpieces. Try changing it up by using, sponges, kitchen utensils or cut vegetables to make something new and exciting. You can also use toys like Lego or cars to mix it up.



- Children love frozen so why not take inspiration from the movie for this activity. By mixing ice and water and freezing it in ice trays, your children can paint picture as the ice melts on the page. Another way of using it would be painting on the ice.



- How about using a canvas? By using masking tape on the canvas to create lines and shapes and letting your baby or child to paint all over it, they will create some art you might not want to just put it on you fridge.

If you don't have a canvas and don't want to buy one, you can do the exact same thing with normal card or paper!



Hand print pictures

Using children's hands to paint is a brilliant way of creating different pictures and bringing their imagination to life!

Here are some ideas:



Fine motor activities

Fine motor skills are what children will use to hold pens, pencils, scissors etc and learn to write and cut.

These can be developed through simple activities such as:

- Unthreading a colander – This may sound bizarre but it's actually very effective. If you put pipe cleaners or thick ribbon through a colander your baby or toddler will have loads of fun trying to pull it all out.



- Pom pom whisk – Similar to the colander, filling a whisk with pom poms and letting your baby or toddler pull them all out will engage them for a long time.

- Pom pom drop – Another pom pom game would be to stick a toilet roll tube or kitchen roll tube to a wall, cupboard or anything flat and vertical, and show your baby or toddler that they can drop pom poms through it and they will come out the bottom.





- It may sound simple but creating a post box type item out of a box or bottle to let your babies post cards or picture through will also engage them immensely. For older children you could develop this activity and create a post box from recycled items and teach them about writing letters and giving them the stationary to try it themselves.

- Drop and dump – I am as confused by the name of this activity as you. This is basically just using two tubs or boxes and something your baby or toddler can move from box/tub to box/tub.



Playdough

Playdough is an easy activity that all children enjoy manipulating and playing with.

There is a play dough recipe on the next page, but here are some ways you can change it up:

Try adding these to make it smell:

- Lavender oil/Vanilla or peppermint essences
- Herbs and Spices (cinnamon, ginger, powder, paprika, rosemary)
- Soak flavoured tea bags in the hot water



Or add these to change the texture:

- Oats/beads/buttons
- Glitter and sequins



Playdough

You will need:

8 tbsp plain flour

2 tbsp table salt

60ml warm water

food colouring/Paint

1 tbsp vegetable oil



1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring/paint and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh. You can make a batch of colours and give away as kids' party bag favours or hold a playdough party for your child's next birthday.

Play dough accessories

You don't always have to change the play dough you could just change what you and your children make with it.

Here are some things to use or do:

- Use fabrics or items to print into the dough



- Pretend to make buns with cupcake cases, sprinkles, candles etc



- Use an upside-down bowl to create faces



Cornflour activities

Cloud dough -

This is a good easy alternative to playdough but very effective.

Ingredients:

- 2 cups of cornflour
- 1 cup of conditioner

Put the flour and conditioner into a bowl and mix until it forms a dough.

You can change the smell of the conditioner but the strongest smelling ones work the best.



Slime –

This slime is a brilliant science experiment. It becomes solid when you play with it but turns to liquid when it is left still.

- A cup of cornflour
- UPTO one cup of water
- food colouring (optional)

Make your Oobleck Slime:

1. Place your cornflour and some food colouring into a bowl.
2. Gradually add your water and start mixing.. until you have a slime/ solid consistency.
3. If need be add a little water or cornflour depending on which you need!

DONE. Play.



Sensory bottles and bags

Making sensory bottles and bags can be easy.

- Put water and oil into a zip lock bag or bottle and add whatever glitter, buttons paint or any items.



- You can make a rain bottle by putting cut up straws and rice into a plastic bottle.



Role Play activities

Pizza restaurant –

Using a cardboard box, you and your child/toddler could make a pizza oven.

All you would need to do is cut a semi-circle on the side of the box, this will become the entrance to the oven. Inside the box paint a fire to cook the pizzas. On the outside of the oven you can paint bricks on it like in the picture below, to paint a bit differently you could use rectangle sponges.



Using paper plates, you can get the children to make their own pizzas. (Red paint or card as the sauce and then here's a link to pizza toppings that can be printed and used. <file:///C:/Users/caitp/Documents/twinkle/Pizza-I-Spy.pdf>)

Beautician –

A very clever activity I found is nail painting.

- Draw around your hands and you child's hands, and cut them out. Draw on the nails on both sets.
- If you don't want to use your good nail polish the children could use paint.

This is another brilliant activity to develop fine motor skills, pen holding and control.

Another brilliant activity you could do if you owned some make up which wasn't precious to you.

- Print out a sketch of a woman or man's face (not gender stereotyping)
- Print out some pictures of dramatic make up ideas for the children to gain inspiration from.
- Give the children some eye shadows and lipsticks or glosses for them to become a beautician for the day.



Shape activities

Shape sorting –

- Find objects which are circles, squares and triangles.
- Using masking tape form basic shapes on the floor.
- Children and toddlers will have fun sorting the objects.



Shape matching –

Using a big piece of paper draw around some blocks or other objects.

Once finished the child or toddler can put the blocks and objects one the correct shape.

This develops their problem-solving skills as well as encouraging mathematics and shape recognition.

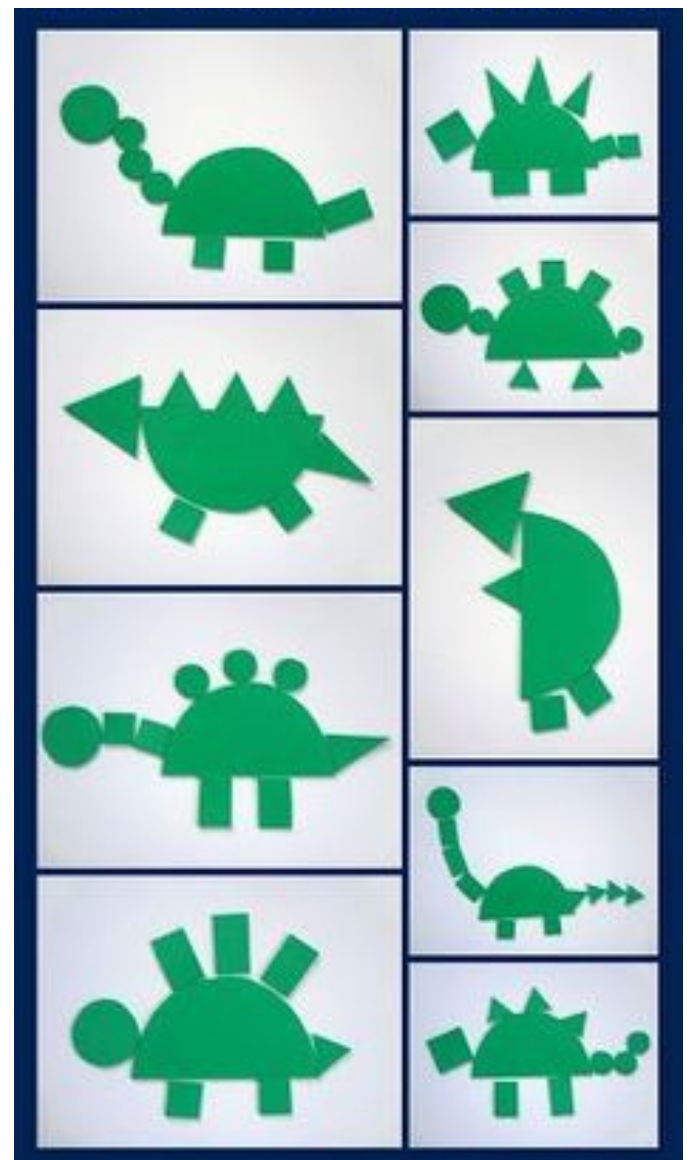


Shape pictures –

You can also use different shapes to make different pictures.

All you need is coloured paper or card cut into shapes, glue and pens.

Here are examples:



Obstacle course

Here are a few ways to get the children tired out indoors.

Hallway Laser Maze -

By sticking ribbon or string at different angles down a hallway in your home, you create an exciting obstacle course.



Chair tunnel -

Moving your dinning room chairs into a line and draping them with a blanket you are creating an make shift tunnel.

Children gravitate towards small places so by doing this you are allowing you baby or toddler to explore those places safely.



Forts

Like I said on the previous page, children gravitate towards small spaces and creating forts in your house will not only enable them to explore that interest but also develop their imagination, problem solving skills and gross motor skills.

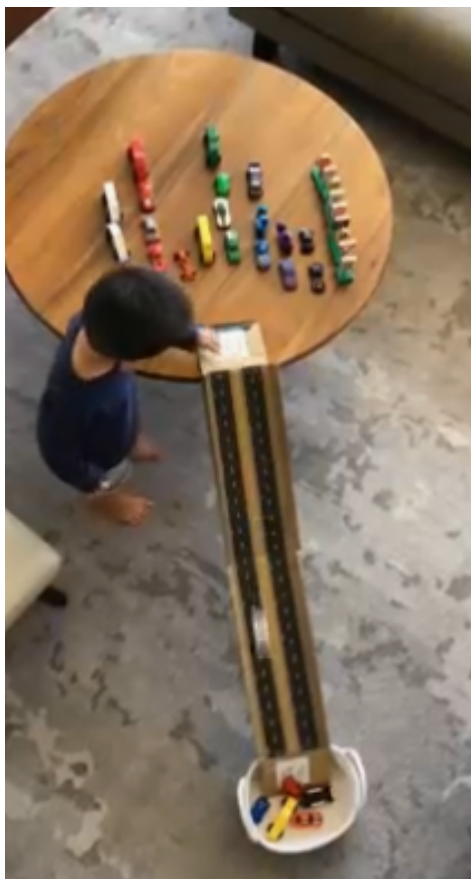
Here are a few diagrams and pictures to inspire:



Cars

Everyone loves a good car game. Here are two care DIYs to change up car play at home.

By drawing car parking spaces and numbering them you are creating a new garage that will also help develop number recognition and counting.



Children love slides and sliding other things down slides. Use a piece of card to create a car ramp (or slide) to add some fun to the garage.

Sensory fun

Here are two more sensory ideas to do with your little ones to help them explore the world around them without having to leave the house.

Elsa's hands –

Frozen is very big at the minute so this one would go down a treat.

All you would need to do it fill plastic gloves up with water, glitter and any small objects you feel fit (for example, buttons, gems, beads). Tie and freeze the gloves.

Once frozen take the ice sculpture out and let your children explore the ice.

This will teach them about how melting works and gives them a cool activity to use their fine motor to try get the objects from the inside of the ice.



Jelly dig -

This is basically got the same concept as Elsa's hands but just using a softer substance than ice.

All you need to do is make a big tray or bowl of jelly, adding in different shapes and rings. Once solidified the babies and children can go to town digging and play with the jelly until they find all the objects.

Outdoors

Using nature

Children enjoy making and creating so why not use your unlimited supply of craft items from outside?

Painting rocks –

Rocks can seem boring but with a bit of paint they can be whatever your children want them to be.

Here's some inspiration:



Leaf printing –

Children love using other things to paint, just like we did indoors, why not use nature to paint.

Here is some inspiration:



Making a nature mobile –

Hanging mobiles are normally used for babies but why don't you get creative with your child and create a nature inspired one for outside?

All you need is some natural objects, like sticks, leaves, shells, pebbles etc, and string. You could also use some paint and glitter to add some colour!

Here is some inspiration:



Making potions –

Not gonna lie to you, I loved making potions when I was younger. Finding different smells and colours in the garden, experimenting and mixing was my favourite game. Why not have a try with you children?

This is a good way to teach them about what's in your garden and get them interested in conservation and gardening.



Building a bug hotel -

Bugs need beds too. Why don't you and your children create some bug hotels and use the time in isolation to explore what creatures appear to the hotel.

All you would need is a box or large plastic bottle and then add some natural things to create holes and crevasses for the bugs to hid in.



Gross motor skills

Target practice –

Throwing things is something a child loves doing. Here are some ideas of how you can let them get out all that energy while helping them develop some gross motor skills. All of which would be fun and engaging to make even before playing.

By painting toilet roll tubes, kitchen roll tubes or even pringle tubes and sticking them together you can make this point-based target-game. You would need a smaller ball to use this with.



Stacking plastic cups and adding some prizes, for example: sweets, toys etc, that your children could win.

You can use big plastic bottles or cardboard boxes to make these funny monster target games.

This will allow the child to use their imagination to make the monster then 'feed' it with whatever balls or 'food' they think of. (This example uses tin foil balls.)



This one uses egg boxes. Again you would probably need smaller balls like the ping pong balls or like the example above with tin foil balls.

Place the egg boxes at one side of whatever length of table you or your child desire and then aim from the other side.

The easiest option is to draw with chalk your very own game. This way you can adjust it to whatever age group you want as well as to their ability.

The picture suggested to do it in circles like a dart board but you could do it in a line or just get the child to throw and make markers of where they got it to.



Throwing and catching –

For this idea you would just need to cut the top off bottles, decorate them and use them to throw and catch.



This example uses the bottle lids of other bottles and ties it to the bottle top that you've cut. This means you won't lose the 'ball' and the child can play it by themselves if you need a break.

Bottle bowling –

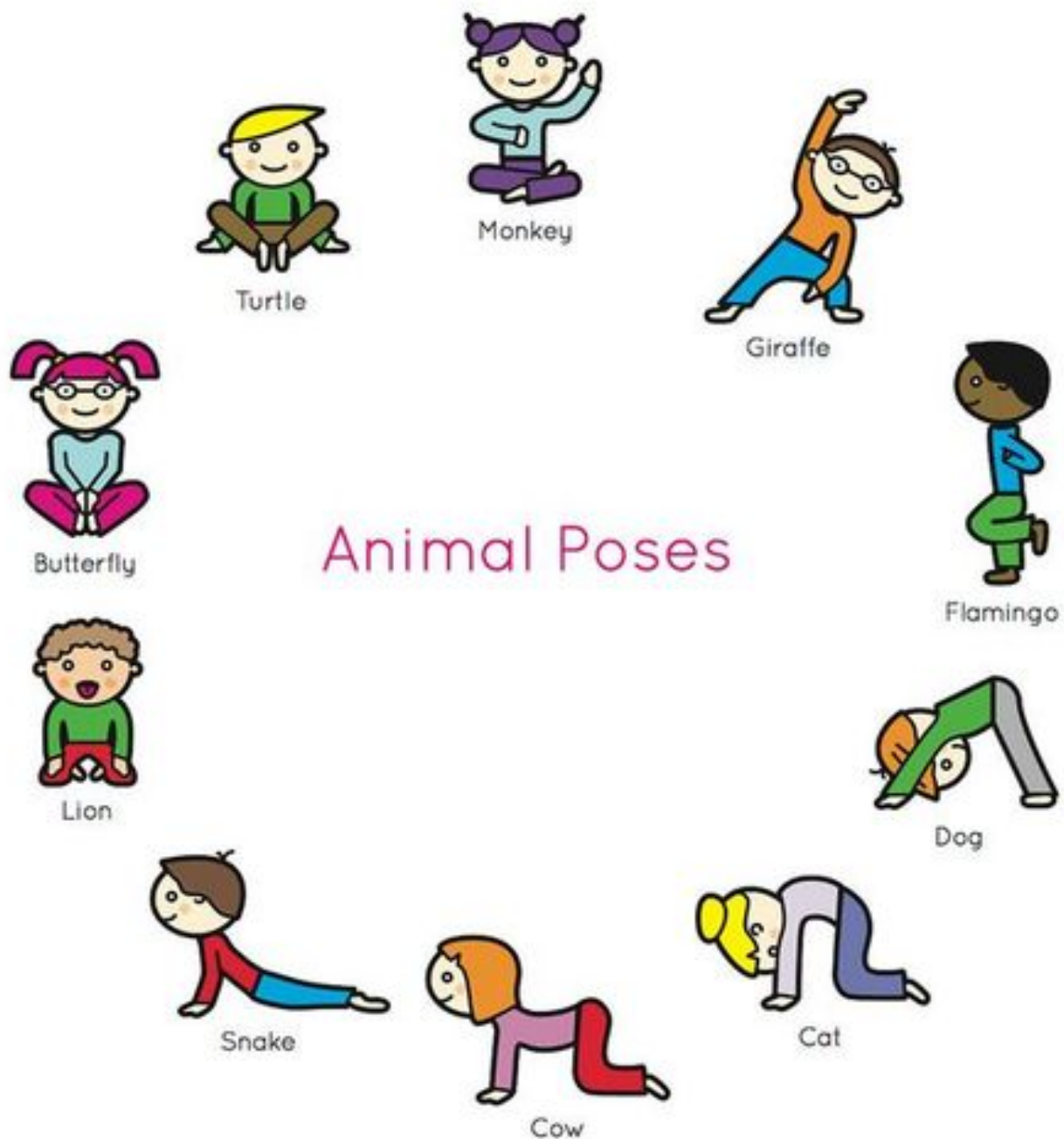
Everyone loves bowling, here's an idea for bringing the bowling alley to you.

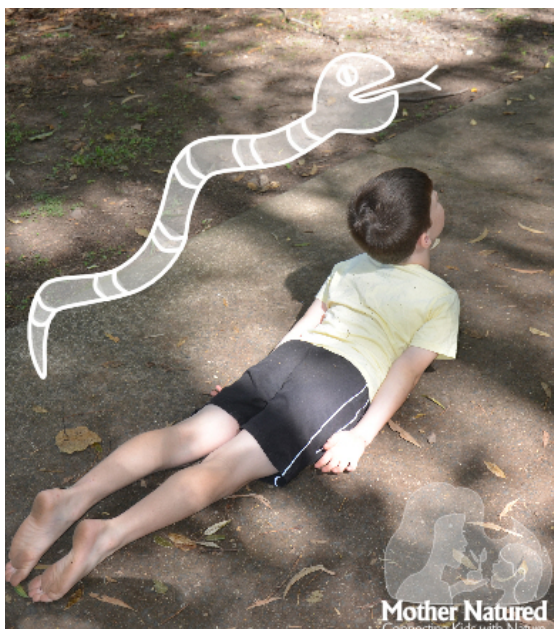
Find some used empty plastic bottles and fill them with paper, or something to make them weighted. You could also decorate them like the picture you can let your children's imaginations go wild. Once finished then they can play bowling outside or inside.



Animal yoga

Here's a good idea to help the children wind down a bit. Again, this could be done inside or outside but I thought because the poses are animal based it would be brilliant to do it outside in nature. Also allows a different atmosphere without having to go out of your property.





Treasure hunt or nature hunt

This is a great way of getting your little one exploring the outdoors and you can do it in many ways.

You could use pictures and tick them off when you go along (like to the right) or you could do it a bingo game (like below) and the first to get them all gets a prize.



You could also hide things around your garden for them to find. Like chocolates or little characters.

If you have older children you could develop this and make clues for them to find around the garden.

Painting with water

Painting doesn't always have to be with paint. Using water on concrete or the outdoor walls allows children to paint and re paint masterpieces.

By just giving them paint brushes and a tub of water they can create whatever they want without ruining your walls and paths.



Another similar activity would be to draw some flames on the ground or walls with chalk and let the child use a spray bottle or a hose to 'put out the fire'. The chalk will come off so again would not ruin your walls or paths but would give the children an engaging fire fighter game.



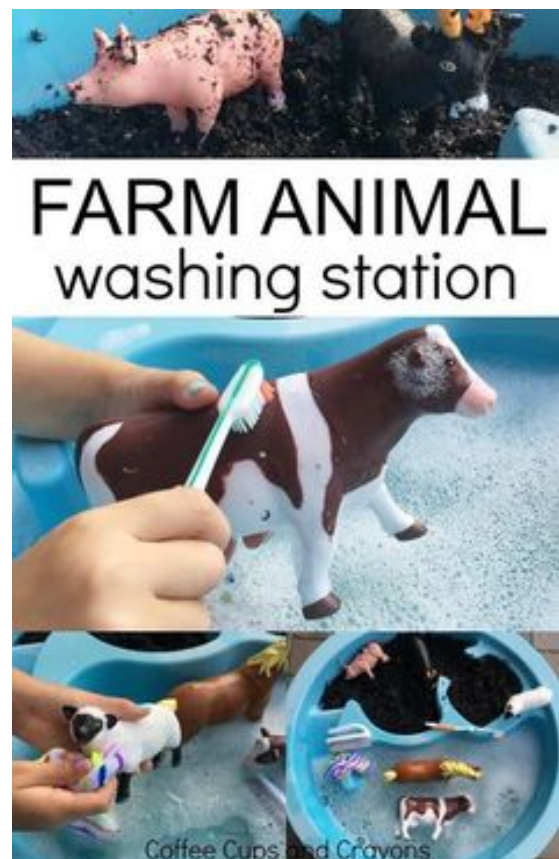
Cleaning toys

This is a fun way of using water and the soil to play.

If you set a tray up with mud and soil and rub some of your child's animals or cars in it. Then set up a box full of warm soapy water.

This allows the children to have fun getting their toys messy and cleaning them up again.

In placements I have seen this being done with baby dolls. Teaching children how to wash and care for a baby.



Foil River

Found this online and thought this was a brilliant idea!

It is basically a long piece of aluminium foil with the sides folded up and water flowing down it to make a river.

In this picture they have added stones, leaves and bits to float down it.



You could add boats or ducks



Podcasts

Here are some podcasts I found for children which might break up the silence and give a break from the Tv.

I haven't listened to them myself but they were the ones best rated online.

Name	Where to find them
Brains On	www.brainson.org
Wow In The World	Spotify or apple pod casts
Circle Round	apple podcasts
Good Night Stories for Rebel Girls	www.rebelgirls.com
Fierce Girls	apple podcasts
Story Pirates	www.storypirates.com
But Why?	apple podcast
Smash Boom Best	Spotify and apple podcasts
Ear snacks	iTunes www.andrewandpolly.com

Songs

Here are some action songs that you and your children can dance along and worship to.

- Counting on god - by Shout Praises Kids
- Shine – by Elevation Kids
- Alive – Hillsong Young
- Pharaoh pharaoh
- I wanna jump up and down
- Every move I make
- One way – Hillsong Kids
- Rainbow – Hillsong Kids
- Creator god – Nick and Becky Drake
- You are everywhere – Elevation Kids
- My Lighthouse
- King of the jungle
- I am a C.H.R.I.S.T.I.A.N.

Rend collective “Sparkle. Pop. Rampage.” Album