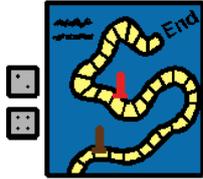
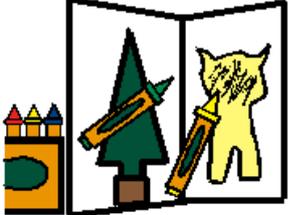
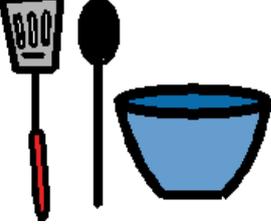
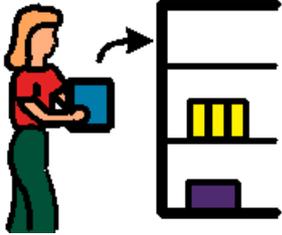


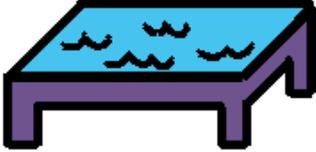
Home activity ideas

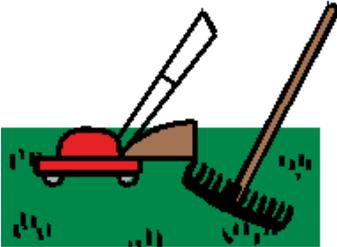
Activity	What to do
<p data-bbox="204 488 451 524">Arts & Crafts</p> 	<ul data-bbox="767 488 1209 667" style="list-style-type: none">• Stickers• Junk modelling• Painting• Cutting out and sticking
<p data-bbox="204 734 464 770">Board games</p> 	
<p data-bbox="204 981 496 1016">Jigsaw puzzles</p> 	
<p data-bbox="204 1249 405 1285">Home spa</p> 	<ul data-bbox="767 1249 1225 1429" style="list-style-type: none">• Nail painting• Self-massage with lotion• Face-masks• Doing hair
<p data-bbox="204 1563 389 1599">Colouring</p> 	<ul data-bbox="767 1608 1321 1697" style="list-style-type: none">• You could find things to colour online and print them off

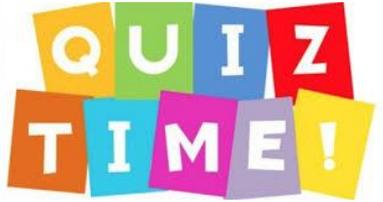
Activity	What to do
<p>Word searches and crosswords</p> 	<ul style="list-style-type: none"> You could find these on the internet and print them off
<p>Sewing and knitting</p> 	<ul style="list-style-type: none"> Ideas for what to do can be found on the internet
<p>Play-doh, clay or plasticine</p> 	
<p>Going on the computer or tablet</p> 	
<p>Watching DVDs</p> 	

Activity	What to do
<p>Treasure hunt</p> 	<ul style="list-style-type: none"> • Hide items around the house like toys or sweets • You could make a list and tick things off when you have found them
<p>Drama/play acting</p> 	<ul style="list-style-type: none"> • You could make things to wear for the show in arts and crafts
<p>Musical instruments</p> 	<ul style="list-style-type: none"> • You could make instruments at home • You could put rice or pasta in a bottle to make a shaker
<p>Have a picnic indoors or in the garden</p> 	<ul style="list-style-type: none"> • You could help to make the sandwiches and snacks for the picnic
<p>Cooking and baking</p> 	<ul style="list-style-type: none"> • Ideas for things to cook can be found on the internet

Activity	What to do
<p>Tidying your room or house</p> 	<ul style="list-style-type: none"> • Help out with jobs in the house • Tidy your bedroom • Fold clothes
<p>Dancing to music</p> 	
<p>Home exercise</p> 	<ul style="list-style-type: none"> • Please see exercise resources attached
<p>Yoga</p> 	<ul style="list-style-type: none"> • You can watch videos for what to do on YouTube
<p>Listening to music</p> 	

Activity	What to do
<p>Water play</p> 	<ul style="list-style-type: none"> • Put some water in a big tray or box • You could use cups or bottles in the water
<p>Sensory/sand play</p> 	<ul style="list-style-type: none"> • You could put sand, pasta or rice in a big box • Put different items in to explore
<p>Feelie game</p> 	<ul style="list-style-type: none"> • You could use a cardboard box or a bag • Put things inside from around the house • Try to guess what is in there without looking
<p>Sensory bottles</p> 	<ul style="list-style-type: none"> • Fill a plastic bottle with water and add glitter or sequins • Tip the bottle up and down and watch the glitter move around

Activity	What to do
<p>Making salt dough</p> 	<ul style="list-style-type: none"> • You can find a recipe on the internet • You can knead the dough and make it into different shapes
<p>Gardening</p> 	<ul style="list-style-type: none"> • Digging • Weeding • Planting seeds • Watering plants
<p>Go for a drive</p> 	<ul style="list-style-type: none"> • If there is someone that can drive you
<p>Chat with safe and known friends with support</p> 	<ul style="list-style-type: none"> • You could text them, email them or use Skype or FaceTime
<p>Play on apps with support</p> 	

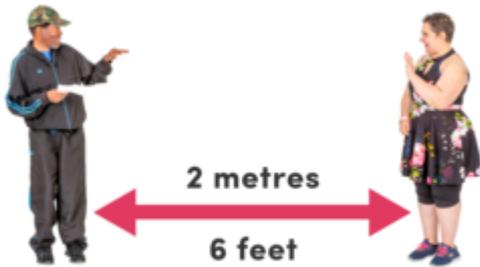
Activity	What to do
<p>Take photos</p> 	<ul style="list-style-type: none"> You could take pictures of birds or wildlife in the garden
<p>Do a quiz</p> 	<ul style="list-style-type: none"> You could find a quiz to do on the internet
<p>Read a book or magazine</p> 	<ul style="list-style-type: none"> You could read a book to yourself You could read a book aloud with other people
<p>Floor games</p> 	<ul style="list-style-type: none"> Indoor skittles Ring toss Human noughts and crosses Giant Jenga
<p>Play cards</p> 	<ul style="list-style-type: none"> Snap You could find other ideas for card games online

Going outside



You could also go for a walk or a jog

If you go for a walk outside your house you can only go once a day



If you go for a walk you must stay 2 metres from other people

