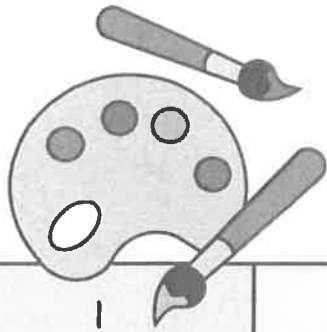


# 65 FUN THINGS TO DO WITH KIDS AT HOME

 teachstarter



<p>1</p> <p>Count all the light switches in your house. How many are on and how many are off?</p>	<p>2</p> <p>Learn a short passage from your favourite book off by heart. Perform it for the people in your house.</p>	<p>3</p> <p>Build a blanket cubbyhouse. Draw up a plan for your cubbyhouse and create a list of the items you will need.</p>	<p>4</p> <p>Write a letter to a friend or family member you haven't seen in a while.</p> 	<p>5</p> <p>Go on a nature scavenger hunt outside and sketch each item on paper.</p>
<p>6</p> <p>Build an outdoors obstacle course for your family. Draw up a plan and create a list of items you will need.</p>	<p>7</p> <p>Find different 3D objects around the house and draw them on paper.</p>	<p>8</p> <p>Play hide-and-seek as a family.</p>	<p>9</p> <p>Dress up and perform a play for your family.</p> 	<p>10</p> <p>Go on an alphabet scavenger hunt. Can you find an object that starts with every letter of the alphabet?</p>
<p>11</p> <p>Do some mindful colouring as a family.</p> 	<p>12</p> <p>Cut out letters from a magazine to make your name.</p>	<p>13</p> <p>Create a colour wheel by cutting out bits of coloured paper from a magazine.</p>	<p>14</p> <p>Using the food you have at home, create a dinner menu. Try to include descriptive language that will make your menu sound delicious!</p>	<p>15</p> <p>Use items found in your garden to make nature faces.</p>
<p>16</p> <p>Create a musical instrument from recycled items you find around the house.</p>	<p>17</p> <p>Draw a maze with a start and end point, and ask each family member to try to navigate it.</p>	<p>18</p> <p>Organise the books on your bookshelf into rainbow colours or alphabetical order.</p> 	<p>19</p> <p>Learn magic tricks and perform a magic show for your family.</p>	<p>20</p> <p>Teach your family how to create some origami.</p>
<p>21</p> <p>Start a gratitude journal. Every morning when you wake up, write about something you are grateful for.</p>	<p>22</p> <p>Interview members of your household, or your grandparents, other family, or friends on Skype and record what they are thinking.</p>	<p>23</p> <p>Play book bingo! Make a list of common words for each family member and see who can find them the fastest on the titles in your bookshelf.</p>	<p>24</p> <p>Create a Joy Jar. Each day, write a sentence on a piece of paper about what made you joyful that day</p>	<p>25</p> <p>Start a squiggle on a piece of paper and place it on the fridge. During the day, family members take turns to add a little more squiggle to the picture.</p>
<p>26</p> <p>Paint the driveway, fence or deck with water – or with paint if you are allowed.</p> 	<p>27</p> <p>Design a piece of furniture built from paper straws, masking tape, cardboard and a hole punch.</p>	<p>28</p> <p>Use sidewalk chalk on the driveway to create a hopscotch pattern or to draw an obstacle course.</p>	<p>29</p> <p>Have some messy fun, using shaving cream and food colouring on a tray.</p>	<p>30</p> <p>Create a dinosaur city from sticks, dirt, rocks and whatever you can find outside.</p>

31

Learn Morse code and use it to communicate to your family members.

32

Sit quietly and write about what you can hear, smell, see, touch and taste.

33

Graffiti your fence with uplifting messages or bright artwork in chalk.

34

Write a short story that includes a giraffe, a panda and a yoyo.

35

Have a paper-plane flying competition!



36

Stick masking tape to the floor to create a racetrack around the house!

37

Do some cloud-spotting! Write about or draw the different shapes you can see.

38

Have an online playdate with a friend, using Skype, Zoom, Google Hangouts or Facetime.

39

Transform an empty shoebox into a setting from one of your favourite storybooks.

40

Draw a floor plan of your bedroom and show the outlines of all of your furniture.

41

Design your 'dream house' floor plan, complete with measurements.

42

Collect 10 different leaves on an afternoon walk and put them in order from darkest to lightest.

43

Use bark or leaves to create a rub picture.



44

Choose a famous person to research.

45

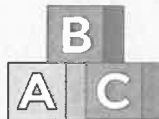
Play a board game.

46

Sort your toys into groups. Get people to guess which sorting rule you used.

47

Learn to say the alphabet backwards.



48

Play a game of charades with your family.

49

Make up a dance routine to go with your favourite song.

50

See who can build the largest structure using a deck of cards.

51

Pick an exercise move for each number on a dice. Take turns rolling the dice for some movement fun!

52

Paint some rocks and create a kindness garden in your backyard.

53

List all the different colours you can see outside, and tally how many items you can see in each colour.

54

Using recyclable items, design and create a boat that can float on water.

55

Learn how to read a map.



56

Hide some 'treasure' and create a treasure map for someone in your family to follow.



57

Make your own pet rock.

58

Play a game of I Spy.



59

Go on a bug scavenger hunt around the yard. Take photos of interesting bugs you see.

60

Explore the world with Google Earth.

61

Learn about a famous artist and use their art as inspiration for your own creation.

62

Construct your own sundial.

63

Learn the alphabet in sign language.

64

Learn how to say hello in 5 different languages.

65

Make some homemade playdough.

## K-6 PHYS. ED – Mr Allan

### 3 Week Daily Exercise Program

Minimum 30 mins each day 😊

**\*\*Students are encouraged to work together with siblings and/or parents/carers and have as much fun as possible!!**

<b>K/PP</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Week 1	FMS – High knees, kangaroo jumps, heel flicks, hopping on one leg, side gallop, jogging.	Jump on Trampoline for 15 mins.	FMS – High knees, kangaroo jumps, heel flicks, hopping on one leg, side gallop, jogging.	Catch and Throw – use different sized balls. Hands together-fingers spread out.	Game – Ten pin bowling/Bocce. Rolling a ball at a stationary target to knock as many over as possible.
Week 2	Builders and Bulldozers – get 10-20 coloured objects and spread them out on lawn. Turn as many over as you can the right way or upside down. Try beat your partner. Swap roles.	Play Indians and Tee-pees with family.	Snowball Tag – tag someone else by touching them softly with ball. They become the tagger.	FMS – High knees, kangaroo jumps, heel flicks, hopping on one leg, side gallop, jogging.	Musical statues/bobs.
Week 3	Play Heads, shoulders, knees and Toes or Simon Says.	FMS – High knees, kangaroo jumps, heel flicks, hopping on one leg, side gallop, jogging.	Play Scarecrow with family.	Kick ball at a target for 15 mins. Round ball on ground – soccer kick.	Bombardment – put a big ball in the middle and use smaller balls to try and knock it over the other persons line. Can u/arm throw or roll.

<b>Yr 1/2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>	Play Indians and Tee-pees with family.	FMS – High knees, kangaroo jumps, heel flicks, hopping on one leg, side gallop, jogging.	Jump on the trampoline for 15 mins or skipping with a rope moving forwards.	Traffic Lights Green = jog Orange= walk Red= stop (Can play elimination if playing as a family for more fun)	Musical statues/bobs.
<b>Week 2</b>	Snowball Tag – tag someone else by touching them softly with ball. They become the tagger.	Game – Ten pin bowling/Bocce. Rolling a ball at a stationary target.	FMS – High knees, kangaroo jumps, heel flicks, hopping on one leg, side gallop, jogging.	Beep Test – 20 metres (Take note of level when you stopped)	Game – Ten pin bowling/Bocce. Rolling a ball at a stationary target.
<b>Week 3</b>	Play Scarecrow with family.	Catch and Throw – use different sized balls. Hands together-fingers spread out.	Bombardment – put a big ball in the middle and use smaller balls to try and knock it over the other persons line. Can u/arm throw or roll.	Soccer kick – Kick a round ball between two markers from 4 metres away - 100 times. Count how many you got in.	Protect the castle- person on the inside defends their object from being knocked over by the outside person. Only kicking, no hands.

<b>Yr 3/4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week 1</b>	Traffic Lights Green = jog Orange= walk Red= stop (Can play elimination if playing as a family for more fun)	Snowball Tag – tag someone else by touching them softly with ball. They become the tagger.	Jump on the trampoline for 15 mins or skipping with a rope moving forwards and backwards.	Football – practise handballing and short kicking with a partner or aim at a stationary object.	Beep Test – 20 metres (Take note of level when you stopped)
<b>Week 2</b>	12 laps of the back or front yard alternating between running and walking each lap.	Soccer kick – Kick a round ball between two markers from 7 metres away - 100 times. Count how many you got in.	Circuit Training 25 tuck jumps, 25 star jumps, 25 sit ups, 25 scissor jumps. Do 3 rotations.	Protect the castle- person on the inside defends their object from being knocked over by the outside person. Only kicking, no hands.	Kick the can – choose a small obstacle each and try and protect it from being knocked over by the ball. Only kicking, no hands!

Week 3	Circuit Training – 25 tuck jumps, 25 star jumps, 25 sit ups, 25 scissor jumps. Do 3 times.	Musical Statues/Bobs.	FMS – High knees, kangaroo jumps, heel flicks, hopping on one leg, side gallop, jogging.	Basketball- practice dribbling ball around an object. Try get faster and maintain control of the ball.	Beep Test – 20 metres (Improve on Week 1 score)
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<b>Yr 5/6</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Week 1	Circuit Training – 25 tuck jumps, 25 star jumps, 25 sit ups, 25 scissor jumps. Do 3 times.	Skipping with a rope – forwards, backwards, criss-cross.	Game – Target ball. Aim to try and hit ball off opponents object. Use soft ball.	Hop Rock – paper, scissors, rock on markers and play off each time!	Beep Test – 20 metres
Week 2	FMS – High knees, kangaroo jumps, heel flicks, hopping on one leg, side gallop, jogging.	Traffic Lights Green = jog Orange= walk Red= stop (Can play elimination if playing as a family for more fun)	Football – practise handballing and short kicking with a partner or aim at a stationary object.	Kick the can – choose a small obstacle each and try and protect it from being knocked over by the ball. Only kicking, no hands!	20 laps of the back or front yard alternating between running and walking each lap.
Week 3	Protect the castle- person on the inside defends their object from being knocked over by the outside person. Only kicking, no hands.	Basketball- practice dribbling ball around an object. Try get faster and maintain control of the ball. Add shooting if have a hoop or net.	Circuit Training 25 tuck jumps, 25 star jumps, 25 sit ups, 25 scissor jumps. Do 3 rotations.	Target Ball – put a ball on an object and aim to knock it off as quick as possible. Can play on own or with a partner/team.	Beep Test – 20 metres (Improve on Week 1 score)

FMS = Fundamental Movement Skills

\*Beep Test – Can be played on Youtube over phone or iPad.

**Here are some websites to use in conjunction with these exercises/games for extra activities or as an alternative;**

**KIDDO – GAMES AND EXERCISES**

**COSMIC YOGA – STRETCHING AND STORYTELLING VIDEOS**

**JIGGLE JAM – DANCING AND STRETCHING VIDEOS**

**JOE WICKS – STRETCHING AND MOVEMENT VIDEOS**

**The Home of PE – ft Mr H (Youtube subscription)**