

Stay at home ideas for children #1

Brighter
Futures for
Children

Pick, choose and adapt to make age appropriate for your children



Hide a few items in a sock and ask your child to guess what they may be

Use an old sock to create a puppet, add eyes, tell funny stories and sing songs



Ask your child to help with food preparation such as spreading, pouring and spooning

Give your child a mixture of containers at bath time to fill and empty

Use torches on dark walls to create shapes or letters

Challenge your child to build a tower next to you. Who has built the biggest, how many bricks?

Can you make a pattern?



Use a small amount of icing sugar mixed with water and food colouring to create finger paints

Give your child washed items from your recycling box and tape to create a model

Add flour and baby oil to create 'moon sand'

Enjoy a picnic with a favourite toy

Show a tray of 3-5 objects, name what they are, cover and remove one. Can your child guess what has been taken?

Give your child a box and ask them to hunt their home for specific items i.e. blue, red, round, square, small, big..

Stay at home ideas for children #2

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Encourage your child to help you wash and dry items after a meal



Paint a rainbow and display it in your window for all to see

Take the time to encourage your child to choose their own clothes and to get dressed independently

Create a boat/car/rocket from a laundry basket and talk to your child about their adventures

Use hats, glasses and clothes and dress up

Fill a bowl with soapy water and wash dolls and superheroes



Draw a picture for someone special, take a photo and send it to them

Sit at a window and watch the world pass, talk to children about what they can see

Join in Jo Wicks PE workouts for children on youtube

Plant a sunflower seed and measure the growth every few days



Find an old note book or diary and encourage your child to make marks

Freeze cups of water and empty on to a tray or bowl and encourage your child to explore

Stay at home ideas for children #3

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Use a small box to create a house for a toy

Go on a number hunt with your child at home, can they find numbers and help them to recognise them

Provide a paper race track for cars in the first initial of your child's name and encourage them to follow the letter

Go on a letter hunt with your child at home, can they find any letters and help them to recognise them.



Make up a story, start the story and take it in turns with your child to add more details – the sillier the better!



Ask your child to help with laundry, folding, sorting and matching items

Create a stress ball, fill a balloon with flour or rice, tie and let your child s-q-u-e-e-z-e!

An indoor game of hide and seek – count aloud slowly and loudly for your child to hear

Help your child set out their toys in a way that is exciting and interesting.



Try out a few calming yoga moves



Use a blanket and chairs to build a den

Give your child magazines to cut with scissors or to rip using fingers