

The ACTIVE AT HOME GUIDE

GAMES, IDEAS, CRAFT, ACTIVITIES, RESOURCES & MORE TO KEEP EVERYONE IN THE FAMILY –
OF ANY AGE – BUSY & HAPPY AT HOME.



Produced by the Inner and Eastern Sydney Child and Family Interagency

Thanks to Julie Katz from SDN for identifying and compiling the resources in this Guide

HOW TO USE THIS GUIDE

This guide is in **alphabetical order** by activity type, to help you find activities to suit your family.

There are also **codes** in the left-hand column so you can search by age group:

T = toddler, **PR** = preschooler, **PS** = primary aged, **HS** = high school aged (and older), **A** = all

Many of the activities can be adapted to suit different ages. You can also search by key words:

e.g. READING, TODDLERS, AGE, PARENTS, PLANTS, DRAW

Got any ideas of your own?

Please let us know! We'd love to share them!

This guide was produced and formatted by the JNC.

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	ACTIVITY TYPE	What to do, tips & links	For age
A	ACTION FIGURES	Create new environments for them with corn starch and water	PR
	ACTIVITIES GENERAL	<p>For toddlers: https://busytoddler.com/2020/03/indoor-activities/?fbclid=IwAR0MDJqF840iGgaG6nQZW3xdKmTqQ1n2ae0bbMjMZggSUaxX7YrKZ2UpqS4</p> <p>For all children - examples: rainbow activities, Simon Says, indoor activities: https://www.thebestideasforkids.com/category/kids-crafts-activities/activities/</p> <p>Travel games to use at home – e.g. https://www.thebestideasforkids.com/would-you-rather-questions-for-kids/</p> <p>Across age groups: Tint shaving cream with washable paint, paint the windows or glass doors (or the inside of the shower glass) then rinse it off</p> <p>Using butcher’s paper, trace a partner’s whole body. Now try to include as many body parts and organs as you can</p> <p>Play drawing games like Simon Says Drawing</p> <p>Put on a puppet show using toys, puppeteer is behind the couch</p>	<p>T</p> <p>PR, PS</p> <p>PR, PS</p> <p>PR, PS, HS</p> <p>PR, PS, HS</p> <p>PR, PS, HS, G</p> <p>T, PR</p>

	ACTIVITY TYPE	What to do, tips & links	For age
		<p>Make a marble run and play marble games</p> <p>Make a magic potion using aromatherapy oils, glitter, water, petals</p>	<p>PR, PS, HS, G PS</p>
	ACTIVITY BOOKS	<p>Dot to dot books (you can even create your own dot to dot pictures, or get older children to make them for younger ones)</p> <p>Puzzle books, word search etc – e.g. free printable puzzles at https://www.puzzles-to-print.com/</p>	<p>PR PS, HS</p>
	ANIMALS	<p>How to watch zoo animals in real time: https://www.youtube.com/watch?v=myehBj71VQc</p> <p>https://taronga.org.au/taronga-tv</p> <p>Zoo animals and stories based around San Diego Zoo:</p> <p>https://kids.sandiegozoo.org/</p> <p>Animal games and quizzes:</p> <p>https://switchzoo.com/?fbclid=IwAR16THpPAVeumWfGKWS7ReBRVeO4ICzXAw1vhunCj86N88yPUAhkRsNw7l</p>	<p>A</p>
	ART & CRAFT	<ul style="list-style-type: none"> • Try art with different things: sewing, beads, playdough, sand and glue • Draw self-portraits – give them the outline of a face and get them to fill it in 	<p>Variou s –</p>

	ACTIVITY TYPE	What to do, tips & links	For age
		<ul style="list-style-type: none"> • Pavement chalk • Paint with your feet • Make greeting cards • Draw the view from a window in your place • Draw the things from nature you see around your home and make a nature diary • Make 'rubber' stamps out of potatoes, pasta pieces, and make a picture with these • Create a sensory shaker bottle using an old bottle, glitter and water (and whatever else you'd like to put in there!) • Graffiti the garden fence with chalk • Make a small bowl, plate, egg cup or statue from air dry clay • Make Origami animals or paper ninja stars • Try shadow drawing, leaf rubbings, painting bark or stones • Thread pasta into jewellery • Make 3D paper rainbows • Make your own bubble blower • Try leaf threading and make a nature chandelier • Create an Alfoil river in the garden and float things down it 	check them out

	ACTIVITY TYPE	What to do, tips & links	For age
		<ul style="list-style-type: none"> • Make a paper chain to hang up in the dining room • Paint a family portrait to be framed and hung • Make a paper cut out family • Make a paper plate whale • Make a stained glass window using clear contact & cellophane • Choose an inspirational quote and create a poster for your room • Press flowers in a few heavy books • Sketch your dream red carpet look! • Craft for toddlers: • https://www.whattoexpect.com/toddler/playtime-tips/crafts-for-toddlers/ • Craft for age 1-5 and over: • https://www.learning4kids.net/2015/01/04/play-ideas-activities-crafts-play-age/ • https://www.thebestideasforkids.com/category/kids-crafts-activities/crafts/ • ABC Kids: • https://www.abc.net.au/abckids/make/ ideas like tissue box monsters, zoo animal craft, leaf suncatcher craft, handprint art 	

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		More: <ul style="list-style-type: none"> • https://www.workingmums.co.uk/activity-ideas-for-kids-during-self-isolation/ 	
B	BAKING	Cakes for special occasions, biscuits decorated to look like people in your family	PR, PS, HS, G
	BALL GAMES	Make a throwing game using laundry baskets to catch the ball	T, PR, PS
	BEACH PARTY	On rainy days, put on bathers, get out towels and hats, sit inside and make your own ocean noises	T, PR
	BIRDS	Watch the birds in your garden Use binoculars, and find out how binoculars work Look for bird calls on YouTube Have a guessing competition with recorded bird calls	A
	BLINDFOLD GAMES	Blindfold someone and get them to guess objects by feel, taste etc	A
	BOARD GAMES	Invent your own Have a board games day	PR, PS, HS, G

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	BOOK MAKING	Learn how to do simple book binding	
	BOWLING	With filled water bottles	PR, PS, HS, G
	BUGS	Catch them and keep in a clear plastic tub to observe. See garden games	T, PR, PS
	BUILDING	Use every toy in the house to build a giant structure	T, PR, PS
C	CAR CLEANUP	Clean out your car, prize for the people who find the most stuff under the seat	A
	CARD GAMES	Play games you've got, invent new ones	PR, PS, HS, G
	CARE FOR OTHERS	Day spa Massage Write notes of love, compliments or doodles and hide them around the house for family to find	PR, PS, HS, G
	CARD MAKING	Make cards for each other Celebrate funny occasions e.g. make a card for the person who had the longest sleep	PS, HS, G

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	CHILD'S CHOICE	Each child picks a topic they'd like to learn about and spend 30 mins each day on that topic Someone chooses the letter of the day and looks for activities under that letter	PR, PS
	CODE WRITING	Learn about codes using websites like https://kidsactivitiesblog.com/27282/secret-codes-to-write-a-coded-letter/ Write something in code and get the others at home to decipher it Have a competition to see who's quickest	PS, HS
	COOKING ACTIVITY	Write instructions for making a sandwich and get someone to follow them exactly	
	CORONAVIRUS INFO FOR CHILDREN	Book for children aged 6-11 in these languages: Burmese, English, Italian, Greek, Sinhala, Ukrainian, Bahasa Malay, Arabic, Spanish, German, Turkish, Danish, French, Chinese, Portuguese, Russian: https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you Picture book online explaining coronavirus to children: https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf	PR, PS
	CRAFT	See art & craft	
	CUBBY HOUSES	Make indoor tents and reading caves	T, PR

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D	DANCING	Look for dance videos on YouTube e.g. Zumba	A
	DRESS UPS		A
E	EDUCATIONAL RESOURCES	<p>Free resources and games – some suggestions</p> <p>NSW education department resources: https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-fromhome/teaching-and-learning-resources/early-childhood-resources</p> <p>From Randwick Council, free, for children of all ages: https://www.randwick.nsw.gov.au/about-council/news/news-items/2020/march/schooling-from-home</p> <p>WORKBOOKS (paid): https://lumsdeneducation.com/collections/all</p> <p>ABC Kids educational resources: https://www.abc.net.au/abckids/early-education/</p> <p>https://www.northshoremums.com.au/home-learning-amazing-online-education-websites</p>	PR, PS
	EXERCISE	<p>Statues</p> <p>Circuit training indoors</p> <p>Hopping competitions</p>	A

	ACTIVITY TYPE	What to do, tips & links	For age
		<p>Living room disco</p> <p>Exercise schedules for the day with descriptions of activities https://www.healthpromotion.com.au/wp-content/uploads/2018/07/Get-active-today.pdf</p> <p>Exercise pack for families with children aged 5-12 to get active together https://www.healthpromotion.com.au/wp-content/uploads/2020/03/Q4-Family-ACTIVation-Pack.pdf</p> <p>'Body coach' for kids https://www.youtube.com/watch?v=SbFqQarDM50</p> <p>Sport challenge cards with ideas for all ages, spaces & equipment https://www.sportaus.gov.au/findyour30/challenge/cards</p> <p>Shows on exercise and health with animation for young children: https://www.youtube.com/playlist?list=PLpXDJ5In7QhRygkcwvxSzpDu6uJ_Bjnd3</p> <p>Movement skills for pre-schoolers https://www.healthykids.nsw.gov.au/campaigns-programs/munch-move-resources/fun-moves-videos.aspx</p> <p>Movement games for primary aged children to sign up to https://www.gonoodle.com/</p> <p>Also see tai chi</p>	
F	FAMILY TREE	Make a family tree, stick on photos, interview relatives and people in your home – video the interviews	PS, HS

	ACTIVITY TYPE	What to do, tips & links	For age
	GAMES	See activities, exercise Play hide and seek	A
G	GARDEN GAMES	Inventory the plants and wildlife (from bugs upward) in your back yard/on your balcony/footpath	PR, PS
	GARDEN WORK	Help with working in the garden – weeding, planting seeds, mowing	A
	GLOW STICKS	Hold a glow sticks party Wave to your neighbours with glow sticks at night	T, PR, PS
	GRAND-PARENT CONNECTION	Facetime grandparents, write them letters, draw them pictures and photograph	T, PR, PS, HS
	GRATITUDE LIST	Keep a list of things to be happy about, and add to it as things come up	
H	HAND WASHING	Wash hands! Give each other instructions on how to do it. Watch all the hand washing videos & vote on your favourite. Discuss why each is good, helpful, funny. https://www.youtube.com/watch?v=oiAOS92bjeQ See Vietnam Tiktok for choreography Pick your favourite song with a 20 second refrain or verse perfect for hand washing length of time.	PR, PS

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I	INTERVIEW	A relative, someone over the phone,	PS, HS
	INVENT SOMETHING	A new gadget to keep your room tidy?	PS, HS, G
J	JOKE BOOK	Collect jokes and make a book Get your friends and family to contribute	PS
K	KINDNESS ACT	Do something kind for someone Make a list of ways to be kind to the people in your home and in your neighbourhood	PR, PS, HS
	KITCHEN CHEMISTRY	Slime, bicarb & vinegar mixtures	
L	LANGUAGE LEARNING	Learn a new language/learn to say something in seven languages Invent your own language and label items around the house with words from your language	PS, HS
	LEGO	Make a maze from Lego Invent a new piece of furniture with your Lego	
	LETTER WRITING	Write to your neighbour, sister, grandparent, friend, teacher etc. Write a letter to your parents advising them on how to avoid boredom during COVID-19	PR, PS, HS, G

	ACTIVITY TYPE	What to do, tips & links	For age
		Write a letter to yourself in a year's time – get help from an older person if you can't do it all yourself	
M	MAGIC TRICKS	Learn one and show others Teach a younger person in your home how to do a magic trick	PR, PS, HS
	MAPS	Get a picture of a map and colour code places person in the house would like to visit. Get them to research/help them to research what would be special to them in those places Make maps of places in your house and the next street etc, get others to follow the map and see where they land up	PS, HS
	MEASURE	Measure things in your house – rooms, yourself, your bed, your books, things in the kitchen, your phone – and make a list of the items on one side and the size on the other. Get other people in the house to match the right size to the right object	PS, HS
	MEDITATION & MINDFULNESS	https://www.abc.net.au/abckids/shows/play-school/mindfully-me/12120994 Guided meditation: https://www.youtube.com/watch?v=DWOHcGF1Tmc Mindfulness app to sign up to: https://www.gonoodle.com/	PR, PS, HS
	MOVIE MAKING	Do stop motion animation using Playdough, small toys etc	PS, HS, G

	ACTIVITY TYPE	What to do, tips & links	For age
	MOVIES	Have a popcorn and movie 'outing' Watch everything on Disney+ and vote for the best movie	PR, PS, HS
	MUSIC	Make and play your own instrument Lullabies/songs (Disney) https://www.youtube.com/watch?v=r32wheq4HAc	PR, PS, HS
N	NOUGHTS AND CROSSES	Life size noughts and crosses – move yourselves/big books or household objects around, e.g use saucers for noughts, toothbrushes for crosses	PS, HS
O	OBSTACLE COURSE	Build one with household objects	
	OLYMPICS	Cleaning, balancing a book on your head, hopping etc	A
P	PAINT YOUR FENCE	With washable paints	A
	PAPER MAKING	Make paper (from your old mail!)	Ps, HS, G
	PAPER PLANES	Make planes, decorate them, give each other instructions for making them and follow the instructions, have a competition	PR, PS, HS
	PHOTOGRAPHY	Photograph ten living things	PS, HS, G

	ACTIVITY TYPE	What to do, tips & links	For age
		Take some artistic photos in black and white. Play around with filters and see what you can create.	
	PETS	Play with pets Walk the dog Invent new names for your pets Invent new pets, give them names, places to sleep, make a shopping list for their food Bath or brush pets	A
	PICNIC	In your loungeroom/garden	T, PR, PS
	PICTURE BOOKS	Picture book day: Spend one day reading every single picture book you have in the house See reading	T, PR
	PINTEREST IDEAS	Look for activities and games. At home ideas: https://www.pinterest.co.uk/search/pins/?q=at%20home&rs=typed ----	PS, HS, G
	PLANETS	Learn about them, make models of them, create your own planet, make a vehicle out of household things/toys/Lego to get you there Do a virtual tour of Mars:	PS, HS

	ACTIVITY TYPE	What to do, tips & links	For age
		https://accessmars.withgoogle.com/?fbclid=IwAR0La0MOEwViSb8Tt0gUqPIPJ-kCL7c4BkmZIGbGEhDNSn9fkFfAtPQIUYw	
	PLANT LEARNING	Learn the parts of plants/flowers & how they function (bonus if you learn the Latin names!)	PS, HS
	PLAYDOUGH	Make it: https://www.thebestideasforkids.com/playdough-recipe/ https://www.brisbanekids.com.au/smelly-jelly-play-dough See movie making	PS
	POEMS	Write a poem, have a poetry show	PS, HS, G
	PODCASTS	https://www.storypirates.com/podcast ABC news podcasts for young children https://www.abc.net.au/kidslisten/news-time/top-5-funny/12119126	PR, PS
	PUPPETS	Make puppets out of a paper bag standing on a paddle pop stick Get the PuppetMaster app to animate your own puppets Have a puppet show	PR, PS
	PUZZLES	Buy a big puzzle and make it together as a family.	A

	ACTIVITY TYPE	What to do, tips & links	For age
		Puzzle races: put several puzzles (20+ piece puzzles) in a paper bag and shake it up. Pour pieces out and give each person the puzzle box they are to put together. Go! (Cooperation tends to be a result as pieces are traded)	
Q	QUIZZES	https://www.natgeokids.com/au/ https://parade.com/944584/parade/trivia-questions-for-kids/ http://www.sciencefun.org/kidszone/trivia/	PS, HS, G
R	RACES	Hopping, crabwalking, walking backwards, sack race	A
	READING	See picture book day Virtual storytime: https://www.abc.net.au/news/2020-03-30/12102524 Accessing storytime sessions: https://www.youtube.com/watch?v=qElqDCt8pC0&t= Storytime sessions with Randwick City Library: https://www.facebook.com/watch/RandwickCityLibrary/2512587119007065/	T, PR, PS

	ACTIVITY TYPE	What to do, tips & links	For age
		<p>Playschool Storytime: https://iview.abc.net.au/show/play-school-story-time</p> <p>Read a story aloud to someone with as much expression as possible Read a book and tell other people about it, getting them to guess the ending</p> <p>eBooks: check out Audible. https://www.audible.com.au/ep/free-audiobook?ds_lpt_end=&gclid=Cj0KCQjwm9D0BRCMARIsAIfvfiYHznmuTaJVAMNQ5xfKcRUhzeA17XrNnPQSer7FJRPnRtJksw8zSAaAgD8EALw_wcB&ds_lpt_param0=audible+app&ds_rl=1252226&source_code=M2MOR0001SH022414&ds_lpt_start=&gclidsrc=aw.ds&ipRedirectOverride=true</p> <p>Learning to read: Activities from the ABC https://readingeggs.com.au/ https://www.starfall.com/h/ltr-classic/</p> <p>In My Heart: A Book of Feelings https://www.youtube.com/watch?v=xlfLgHBwYx4</p> <p>Read aloud books: https://www.youtube.com/watch?v=ZJvYERuWWmg</p>	

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		<p>Snuggle Bug story time: https://www.youtube.com/channel/UCWmY5z5VC_5xABaPX-2gODg</p> <p>Link to Audible App for free stories o listen to: https://stories.audible.com/start-listen</p> <p>Books online being read aloud from a not for profit foundation: https://www.storylineonline.net/about-us/</p>	
	RECIPES	<p>Recipe for chocolate nests https://www.taste.com.au/recipes/cornflake-chocolate-nests/byujftg7</p> <p>https://www.kidspot.com.au/kitchen/recipes/collections/cooking-with-kids</p> <p>Recipe invention: Checkout what's in the pantry and set a challenge to create inventive recipes.</p> <p>Create funny recipe names with the ingredients you find e. g. Orange Bean Coffee Noodles</p>	PR, PS, HS, G
	RESTAURANT GAME	Turn your house into a restaurant, make a menu, serve dinner	PR, PS, HS
	RIDDLES	https://parade.com/947956/parade/riddles/	PS
	ROCK PAINTING	Paint stones/rocks with encouraging words	PS, HS

	ACTIVITY TYPE	What to do, tips & links	For age
S	SCAVENGER HUNT	List items to find in the house/garden	A
	SCIENCE ACTIVITIES	All ages https://sciencebob.com/ http://www.sciencefun.org/kidszone/experiments/	PR, PS, HS
	SCRAPBOOKING	Collect 'staying at home' things, such as food labels, photos of people studying at home and playing at home	PS, HS
	SEWING	Learn to sew using what's on hand	PS, HS
	SHADOW SHOWS	Have a shadow show using torches Also play this in cubby houses	T, PR, PS
	SHOPKEEPER	Set up a shop indoors and sell things – including your family members. Make signs, price tags etc	
	SONG WRITING	Write a song or a rap about staying at home/something you love	PS, HS, G
	SPORT	Write and deliver a commentary on a sports match you enjoyed watching. Have a straw-blowing competition to race ping pong balls see ball games, exercise, races	PS, HS

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	STORY WRITING	<p>Write a short story & illustrate it.</p> <p>Write a story cooperatively. One person picks a character and the other picks a setting.</p> <p>Folding picture story: one person draws a small picture across the top of a paper the next person writes a sentence that describes that picture and folds over the paper top of the paper to cover the picture. The 3rd person only sees a sentence and they have to draw a picture. They fold over the sentence.</p>	PS, HS
	TAI CHI	<p>Session demonstrating exercises and explaining about tai chi</p> <p>https://www.youtube.com/watch?v=57wJIArLT9Y&t=</p>	
T	TALENT SHOW	<p>Have a talent show</p> <p>Video it.</p> <p>Include unusual talents, like the loudest sneeze</p>	A
	TIDY UP	<p>organize each child's space, making a donation box for each. Parents are included. Have a Tidy Team for each person so they don't need to do it alone</p>	A
	TIME CAPSULE	<p>Make a time capsules for 2040. Imagine what will have changed by then</p>	

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	TREASURE HUNT	See scavenger hunt	A
	TOYS	See Lego, building	T, PR, PS
	TV	ABC Kids' Shows https://www.abc.net.au/abckids/shows/ https://www.abc.net.au/abckids/watch-abc-kids-shows-online/11181376	T, PR, PS
W	WASTE STUDY	Keep track of the waste generated when a meal is made and eaten	PS, HS
	WATER PLAY		A
	WEATHER RECORD KEEPING	Keep track of the weather every day, and at different times of the day	PS, HS
	WORD GAMES	How many words can you make from the letters in a sentence? e.g. 'School is now at home, and learning is different'.	PS, HS, G
Y	YOGA	Yoga with your child: https://www.youtube.com/watch?v=S2owM2ogGb8	T, A

OTHER LINKS & APPS (some paid)

Activities for toddlers to primary school age children (paid) <https://www.leapfrog.com/en-au/home>

Yoga & mindfulness (paid): <https://app.cosmickids.com/>

A group to join to exchange ideas: <https://www.facebook.com/groups/214708792935275/>

'Body coach' for all age groups: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Ideas for creative activities: <https://raisingwonder.com/>