



## MAKING FORCED FAMILY FUN MEMORABLE!

### Ideas for pre school kids

Our awesome friends at Playgroup Victoria have put together 20 days of at home play! See it at this link ... Check out our page here (this will be updated regularly):

<https://www.playgroup.org.au/news/20-days-of-play-at-home/>

### For kids at Primary School – try these ideas:

- » Make and play with finger puppets
- » Finger painting! Let them make some mess



- » Learn yoga together using youtube
- » Dancing – learn a new dance together ... just google simple dance moves for kids
- » Baking cup cakes, cookies, muffins
- » Make a child sized obstacle course



- » Science experiments  
<https://sciencebob.com/category/experiments/>
- » Start an online book club or a movie club in your neighbourhood
- » Movie night with popcorn as a family
- » Play video games together (yes, it's time the grown ups learnt!)
- » Bring out the board games!!! Make your own? Invent some challenges and draw your own board game, you can include physical challenges and dares
- » Teach kids some card games, an essential life skill  
<https://playingcarddecks.com/blogs/all-in/40-great-card-games-for-all-ocasions>
- » Learn a new creative skill like collage for kids  
<https://www.playfullearning.net/resource/introducing-collage-young-children/>
- » Practice guided meditation with Smiling Minds for Kids  
<https://www.youtube.com/watch?v=8NB3ihqPQGw>
- » If they don't like quiet time try a relaxing book – *The Very Quiet Cricket* is about a young cricket who finally finds his voice.  
(You tube clip taken from *The Very Hungry Caterpillar*, Eric Carle's picture book  
<https://www.youtube.com/watch?v=YdiGEjz5b0Q>
- » Video call relatives and friends and play a quiz game with them
- » Backyard games gives them some fresh air – like basketball, cricket, rounders and soccer
- » Invent your own SPECIAL family recipe and do a coking class on video then send it to friends to try
- » Play good old hide and seek – after dark give each person a torch
- » Try the Cook by numbers game  
<https://www.whatdowedoallday.com/cooking-by-numbers>
- » Make easy beer bread  
<https://anitalianinmykitchen.com/beer-bread/> (goes very well with a lamb stew or lentil casserole)
- » Scavenger Hunt – we have one to download on our website [www.ds.org.au](http://www.ds.org.au)
- » Get out the skipping rope
- » Put on a family talent show – everyone must do a small act or skit
- » Make homemade pizza together – if dough is too difficult use pita bread, and allow each family member to construct their own from chopped up ingredients on the bench
- » Make your own bowling alley with plastic bottles with a little water in the bottom and a tennis ball
- » Set up a bath station for dolls and toys – they can all have a good wash and your child can be the supervisor in charge
- » Make a picture book together about your child, what they love to do and include some friends and family as characters
- » Film a home movie – keep it simple, a day in the life of Dad or the dog can be fun

