fun with the family

Spring Activity Pack

welcome to brighter
Contents

This pack is primarily aimed at parents, but there are some great activities, tips, and links for all. It is not an exhaustive list, but it is designed to give you ideas over the coming weeks to keep the energies high and boredom low.
Managing stay in place orders, children and work

Tips

1. Be kind to yourself whether you have children or not.

2. Focus on your work/key tasks rather than the hours you are doing.

3. Plan your day.

4. Take the pressure off yourself.

5. For those with younger children, could you discuss with your manager to work half days/reduced days over this period? Give yourself a hard stop and don’t feel guilty about it.

6. If it’s possible – take holidays and put your laptop away.
# Amazing Attractions

A list of museums, zoos, and other attractions from around the world to visit from the comfort of our home while we self-isolate.

<table>
<thead>
<tr>
<th><strong>Museums</strong></th>
<th><strong>National Gallery of Arts, Washington DC</strong></th>
<th><strong>National Museum of US Air Forces</strong></th>
<th><strong>Palestine Museum</strong></th>
<th><strong>Picasso Museum, Barcelona</strong></th>
<th><strong>Rijksmuseum, Amsterdam, Netherlands</strong></th>
<th><strong>Salvatore Dali Museum, Figueres, Spain</strong></th>
<th><strong>Tate Britain, London</strong></th>
<th><strong>The J. Paul Getty Museum, Los Angeles, United States</strong></th>
<th><strong>The Museum of Flight—</strong></th>
<th><strong>The National Museum of Computing on Bletchley Park</strong></th>
<th><strong>Uffizi Gallery, Florence, Italy</strong></th>
<th><strong>US Holocaust Museum</strong></th>
<th><strong>Van Gogh Museum, Amsterdam, Netherlands</strong></th>
<th><strong>Virginia Living Museum</strong></th>
<th><strong>Women’s History Museum, Virginia, USA</strong></th>
<th><strong>Yale Centre For British Art</strong></th>
</tr>
</thead>
</table>

- National Gallery of Arts, Washington DC
  [https://www.nga.gov/](https://www.nga.gov/)
- National Gallery, London
  [https://www.nationalgallery.org.uk/visiting/virtual-tours](https://www.nationalgallery.org.uk/visiting/virtual-tours)
- National Museum of US Air Forces
  [https://www.nationalmuseum.af.mil/](https://www.nationalmuseum.af.mil/)
- Natural History Museum, London
  [https://artsandculture.google.com/streetview/the-natural-history-museum-hintzehall/yQHjHCmSOMKyhQ](https://artsandculture.google.com/streetview/the-natural-history-museum-hintzehall/yQHjHCmSOMKyhQ)
- Palestine Museum
  [https://www.palmuseum.org/exhibitions/virtual-exhibitions](https://www.palmuseum.org/exhibitions/virtual-exhibitions)
- Picasso Museum, Barcelona
- Rijksmuseum, Amsterdam, Netherlands
  [https://artsandculture.google.com/partner/rijksmuseum](https://artsandculture.google.com/partner/rijksmuseum)
- Royal Academy of Arts, London
  [https://britishart.yale.edu/](https://britishart.yale.edu/)
- Salvatore Dali Museum, Figueres, Spain
- Tate Britain, London
  [https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art](https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art)
- The J. Paul Getty Museum, Los Angeles, United States
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  [https://britishart.yale.edu/](https://britishart.yale.edu/)
- Uffizi Gallery, Florence, Italy
  [https://artsandculture.google.com/partner/uffizi-gallery](https://artsandculture.google.com/partner/uffizi-gallery)
- US Holocaust Museum
  [https://www.ushmm.org/information/exhibitions/online-exhibitions](https://www.ushmm.org/information/exhibitions/online-exhibitions)
- Van Gogh Museum, Amsterdam, Netherlands
  [https://artsandculture.google.com/partner/van-gogh-museum](https://artsandculture.google.com/partner/van-gogh-museum)
- Virginia Living Museum
- Women’s History Museum, Virginia, USA
  [https://www.womenshistory.org/womens-history/online-exhibits](https://www.womenshistory.org/womens-history/online-exhibits)
- Yale Centre For British Art
  [https://britishart.yale.edu/](https://britishart.yale.edu/)
## Amazing Attractions

A list of museums, zoos, and other attractions from around the world to visit from the comfort of our home while we self-isolate.

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<th>Tourist Destinations</th>
<th>General Sites</th>
<th>Zoos</th>
</tr>
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</table>
| Buckingham Palace, London  
[Link](https://www.royal.uk/virtual-tours-buckingham-palace) | AirPano  
[Link](https://www.airpano.com/)  
Berliner Philharomiker  
[Link](https://www.digitalconcerthall.com/en/home)  
Exoplanets NASA  
[Link](https://exoplanets.nasa.gov/)  
Legoland  
[Link](https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/)  
NASA, Langley Research Centre  
[Link](https://oh.larc.nasa.gov/oh/)  
The Kennedy Centre  
[Link](https://www.kennedy-center.org/digitalstage/)  
Walt Disney Parks  
[Link](https://tinyurl.com/v7qano5)  
Wellcome Collection  
[Link](https://my.matterport.com/show/?m=rMGsprcVCAR) | African Animals  
[Link](https://explore.org/livecams/african-wildlife/african-animal-lookout-camera)  
Atlanta Zoo  
[Link](https://zooatlanta.org/pandacam/)  
Cincinnati Zoo  
[Link](https://www.facebook.com/events/29155340284922292/)  
Dublin Zoo  
[Link](https://www.dublinzoo.ie/animals/animal-webcams/elephants/)  
Edinburgh Zoo  
[Link](https://www.edinburghzoo.org.uk/webcams/panda-cam/)  
Explore.org Live Cams  
[Link](https://explore.org/livecams)  
Flamingo Land  
[Link](https://www.flamingoland.co.uk/virtual-tour/)  
Florida Aquarium  
[Link](http://www.flaquarium.org/sea-span)  
HirakawaZoo, Japan  
[Link](https://hirakawazoo.jp/animal/movie) | International Wolf Centre  
[Link](https://wolf.org/wolf-cams2/)  
Kansas City Zoo  
[Link](https://www.kansascityzoo.org/our-animals/list-of-animals/king-penguin/)  
Melbourne Zoo  
[Link](https://www.zoo.org.au/animal-house)  
National Aquarium, USA  
[Link](https://www.aqua.org/Experience/live)  
National Zoo, Washington DC  
[Link](https://nationalzoo.si.edu/webcams)  
Osaka Zoo  
[Link](http://www.wombat-tv.com/)  
San Diego, California, Zoo  
[Link](https://zoo.sandiegozoo.org/live-cams)  
Smithsonian, Washington DC  
[Link](https://nationalzoo.si.edu/webcams)  
Yellowstone National Park  
[Link](https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm) |
| Colosseum Rome  
[Link](https://tinyurl.com/thrprzf)  
Machu Picchu  
[Link](https://www.youvisit.com/tour/machupicchu?pl=f)  
Northern Lights  
[Link](https://explore.org/livecams/aurora-borealis/northern-lights/northern-lights-cam)  
Pyramids  
[Link](https://tinyurl.com/wz3xgz7)  
Street Art with Google  
[Link](https://streetart.withgoogle.com/en/)  
Taj Mahal, Agra, India  
[Link](https://tinyurl.com/gpq7vmt)  
The Great Wallof China  
[Link](https://www.thechinaguide.com/destination/great-wall-of-china)  
Tour of Rome, Italy  
[Link](https://tinyurl.com/s5vlzbc) |  |  |
Mindfulness and keeping active
Ideas and Apps

Joe Wicks – YouTube or BBC iPlayer
https://www.bbc.co.uk/episode/m000h1z9/blue-peter-were-staying-home?xtor=CS8-1000-[Discovery_Cards]-[Multi_Site]-[SLO71]-[PS_IPAYER~C~~P_BuePeter:JoeWicks

Smiling Mind
Short audio session to help with mindfulness
https://app.smilingmind.co.au/

Go Noodle – YouTube
Brainercise, dancing, strength and mindfulness videos – as well as videos that are “just for fun”
www.youtube.com/user/GoNoodleGames/featured

Cosmic Yoga – YouTube
Yoga videos designed for kids aged 3+
www.youtube.com/user/cosmickidsyoga

BBC Supermovers
Interactive videos to support with KS1 Maths, literacy and PSHE and PE learning. Great for times tables too
www.bbc.co.uk/teach/supermovers

Premier League Stars
Videos and activities to support Maths, Literacy, PSHE and PE
www.plprimarystars.com
Free Theatre & Drama

5 streaming services to watch Broadway and West End shows in your living room
https://www.londontheatre.co.uk/theatre-news/west-end-features/theatre-streaming-services-west-end-broadway-musicals

Expelliarmus boredom! JK Rowling launches 'Harry Potter at Home' hub for kids in lockdown
Free Audio Books

https://www.worldofdavidwalliams.com/elevenses/

https://www.audible.co.uk/search?keywords=free+children+books&ref=a_hp_t1_header_search

http://www.audiobooktreasury.com/free-audiobooks/childrens/
Fun and Educational Ideas

Meet a tiger up close and personal
- Type in your phones Google browser “tiger” and scroll down to view in 3D.
- Try with different animals

BBC website – Bitesize
- [https://www.bbc.co.uk/bitesize](https://www.bbc.co.uk/bitesize) (by age groupings)
- Bitesize app available for both iOS and Android users
100+ things to do indoors/in the garden

Make **Homemade Playdough**

Make **Homemade Slime**. You may want to try some of our other fun slime recipes too like **Fluffy Slime**, **Rainbow Slime**, or **Clear Slime**

Make **Play Mud**

Make **Rainbow Rice**

Make **Fake Snow**

Make a **Sensory Bin**
# 100+ Things to Do Indoors/In the Garden

## Crafts
- Make **Paper Airplanes**
- Salt Painting: We have a snowflake or firework template
- Make Suncatchers
- Make handprint or leaf suncatchers
- Make **Salt Dough**
- Make **Sponge Stamps**
- Make a **Cereal Box Aquarium**
- Make **Scratch Art**
- Make Your Own Bookmarks: We have templates to make Minion, Olaf, Trolls or Toy Story Bookmarks
- Paint **Pet Rocks**
- Make **Recycled Crayons**
- Make **Paper Boats**
- Finger Paint
- Make Friendship Bracelets
- Make a **Bird Feeder**
- Make **Paper Bag Puppets**
- Make **Handprint Art**
- Make a **Scrapbook**
- Decorate T-Shirts
- Make a Thankful Jar

## Games
- Make a **Sensory Bag**
- **Paint Leaves**
- Make a **Time Capsule**
- Make **Button Art**
- Paint with Watercolors
- Color in a Coloring Book
- Make **Paper Crafts**: Make paper butterflies, paper sailboat, or paper flowers
- Build a Cardboard Castle
- Our recycled crafts for kids book has a step-by-step tutorial to make your own cardboard castle. See the book [here](#).
- Make **Tissue Box Monsters**
- Make a **Toilet Paper Roll Butterfly**. More toilet paper roll crafts: [paper roll flower and butterfly](#), [toilet paper roll flowers](#), [toilet paper roll monsters](#)
- Stamp with Celery: Make celery flowers with the stumps of your celery.
- Draw a Self Portrait
- Do **Scrape Painting**
- Paint a Recycled Jar
- Make Your Own Superhero Costume
- Learn to Draw
- Put on a Play
- Make Indoor Hopscotch. Use masking tape to make your own hopscotch on tiles in your own
- Do a Family Chore Together
- Have a Dance Party
- Have a **Tea Party**
- Play with Water In a Bin With Toys
- Set up a Play Store. Grab a shopping basket and set up the merchandise. We like this [play cash register](#) too!
- Make a Sock Toss Game. Use mismatched socks and fill them with beans or rice. Then try to see how many you can ‘score’ in a laundry basket.
- Make **Perler Bead Art**
- Write in a Journal
- Use **Dot Markers**
# 100+ things to do indoors/in the garden

## Activities
- Build a Fort
- Have a Pillow Fight
- Write a Story
- Make Ice Cream in a Bag
- Make Homemade Gummy Bears
- Make Fruit Roll-Ups
- Have a Movie Day
- Put on a Fashion Show
- Bake Cupcakes or Muffins
- Do Yoga
- Build an Obstacle Course
- Make Dinner Together
- Play with Magnetic Tiles
- Build Something With Lego: You can even make your own travel lego case!
- Build a Stack of Cards
- Put on a Puppet Show
- Make a Treasure Hunt
- Make Your Own Indoor Bowling. Use paper towel rolls as your bowling pins and use a ball to bowl

## Educational
- Learn to Draw
- Put on a Play
- Make Indoor Hopscotch. Use masking tape to make your own hopscotch on tiles in your own
- Do a Family Chore Together
- Have a Dance Party
- Have a Tea Party
- Play with Water In a Bin With Toys
- Set up a Play Store. Grab a shopping basket and set up the merchandise. We like this play cash register too!
- Make a Sock Toss Game. Use mismatched socks and fill them with beans or rice. Then try to see how many you can ‘score’ in a laundry basket.
- Make Perler Bead Art
- Write in a Journal
- Use Dot Markers
- Read Books
- Do a Science Project
- Learn Origami
- Learn About a New Animal
- Learn a New Card Game
- Learn to Sew
- Learn to Knit
- Do Brain Teasers
- Learn About a Country
100+ things to do indoors/in the garden

Indoor obstacle race
Put old wallpaper on a fence and let them do outdoor painting
Tik tok video

Fill a jam jar of things you want to do when you’re out of lockdown
Hand/foot print animals
Create your own NHS dedication (Lego, chalk, draw, paint, collage)

Paint a fence outside with water
Home Workouts for Lockdown
https://www.facebook.com/groups/141368677202953/?fref=mentions
Create a den you can sleep in – have sleep overs in sibling’s bedroom
Scavenger Hunts
Examples

**Book hunt** – shout out specific books for them to find

**Indoor hunt** – shout out household items for them to find

**Rainbow hunt** – shout out specific color items for them to find
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