

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.

Amazing virtual attractions

Music and drama

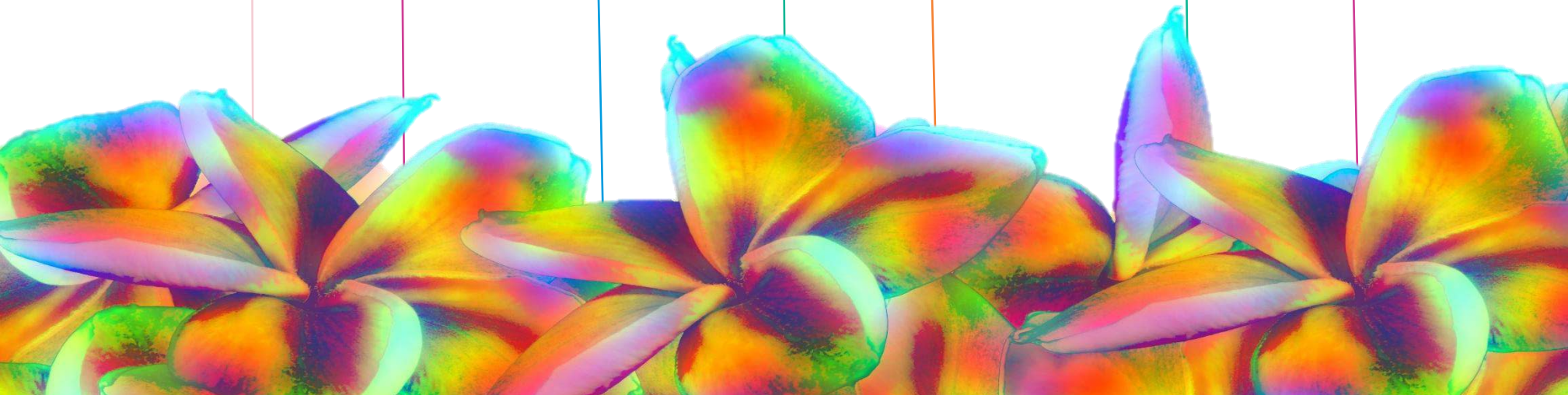
Fun and educational

Managing through stay in place orders, the children, and your workloads

Mindfulness and keeping active ideas and apps

Books: links to free audio books

Things to do indoors/in the garden



Managing stay in place orders, children and work

Tips



Be kind to yourself whether you have children or not.



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



Plan your day.



Take the pressure off yourself.



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.



If its 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.

Museums

- **Anne Franke Museum, Amsterdam, Netherlands**
<https://www.annefrank.org/en/museum/web-and-digital/>
- **British Museum, London**
<https://britishmuseum.withgoogle.com/>
- **Guggenheim, Bilbao, Spain**
<https://www.guggenheim-bilbao.eus/en>
- **Hermitage Museum, St Petersburg, Russia**
<https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be>
- **Louvre Museum Paris**
<https://www.louvre.fr/en/visites-en-ligne>
- **MASP, Sao Paolo, Brazil**
<https://masp.org.br/en>
- **Met Museum, New York**
<https://www.metmuseum.org/art/online-features/met-360-project>
- **Musée d'Orsay, Paris**
<https://m.musee-orsay.fr/en/home.html>
- **Musei Vaticani, Vatican City**
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- **Museum of London Docklands**
<https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>
- **National Gallery of Arts, Washington DC**
<https://www.nga.gov/>
- **National Gallery, London**
<https://www.nationalgallery.org.uk/visiting/virtual-tours>
- **National Museum of US Air Forces**
<https://www.nationalmuseum.af.mil/>
- **Natural History Museum, London**
<https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ>
- **Palestine Museum**
<https://www.palmuseum.org/ehxhibitions/virtual-exhibitions>
- **Picasso Museum, Barcelona**
<http://www.bcn.cat/museupicasso/en/museum/presentation.html>
- **Rijksmuseum, Amsterdam, Netherlands**
<https://artsandculture.google.com/partner/rijksmuseum>
- **Royal Academy of Arts, London**
<https://britishart.yale.edu/>
- **Salvatore Dali Museum, Figueres, Spain**
<https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#>
- **Tate Britain, London**
<https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>
- **The J. Paul Getty Museum, Los Angeles, United States**
<https://artsandculture.google.com/partner/the-j-paul-getty-museum>
- **The Museum of Flight -**
<https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online>
- **The National Museum of Computing on Bletchley Park**
<https://britishart.yale.edu/>
- **Uffizi Gallery, Florence, Italy**
<https://artsandculture.google.com/partner/uffizi-gallery>
- **US Holocaust Museum**
<https://www.ushmm.org/information/exhibitions/online-exhibitions>
- **Van Gogh Museum, Amsterdam, Netherlands**
<https://artsandculture.google.com/partner/van-gogh-museum>
- **Virginia Living Museum**
<https://thevlm.org/visit/about-us/covid-19-update/natural-education/>
- **Women's History Museum, Virginia, USA**
<https://www.womenshistory.org/womens-history/online-exhibits>
- **Yale Centre For British Art**
<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.

Tourist Destinations	General Sites	Zoos	
<ul style="list-style-type: none">• Buckingham Palace, London https://www.royal.uk/virtual-tours-buckingham-palace• Colosseum, Rome https://tinyurl.com/thrprzf• Machu Picchu https://www.youvisit.com/tour/machupicchu?pl=f• Northern Lights https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam• Pyramids https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200• Stonehenge https://tinyurl.com/wz3xgz7• Street Art with Google https://streetart.withgoogle.com/en/• Taj Mahal, Agra, India https://tinyurl.com/qpz7vmt• The Great Wall of China https://www.thechinaguide.com/destination/great-wall-of-china• Tour of Rome, Italy https://tinyurl.com/s5vlzbc	<ul style="list-style-type: none">• AirPano https://www.airpano.com/• Berliner Philharmoniker https://www.digitalconcerthall.com/en/home• ExoPlanets NASA https://exoplanets.nasa.gov/• Legoland https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/• NASA, Langley Research Centre https://oh.larc.nasa.gov/oh/• The Kennedy Centre https://www.kennedy-center.org/digitalstage/• Walt Disney Parks https://tinyurl.com/v7qano5• Wellcome Collection https://my.matterport.com/show/?m=rMGsprcVCAR	<ul style="list-style-type: none">• African Animals https://explore.org/livecams/african-wildlife/african-animal-lookout-camera• Atlanta Zoo https://zooatlanta.org/panda-cam/• Cincinnati Zoo https://www.facebook.com/events/2915534028492292/• Dublin Zoo https://www.dublinzoo.ie/animals/animal-webcams/elephants/• Edinburgh Zoo https://www.edinburghzoo.org.uk/webcams/panda-cam/• Explore.org Live Cams https://explore.org/livecams• Flamingo Land https://www.flamingoland.co.uk/virtual-tour/• Florida Aquarium http://www.flaquarium.org/sea-span• Hirakawa Zoo, Japan https://hirakawazoo.jp/animal/mo vie	<ul style="list-style-type: none">• International Wolf Centre https://wolf.org/wolf-cams2/• Kansas City Zoo https://www.kansascityzoo.org/our-animals/list-of-animals/king-penguin/• Melbourne Zoo https://www.zoo.org.au/animal-house• National Aquarium, USA https://www.aqua.org/Experience/live• National Zoo, Washington DC https://nationalzoo.si.edu/webcams• Osaka Zoo http://www.wombat-tv.com/• San Diego, California, Zoo https://zoo.sandiegozoo.org/live-cams• Smithsonian, Washington DC https://nationalzoo.si.edu/webcams• Yellowstone National Park https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm

Mindfulness and keeping active

Ideas and Apps

Joe Wicks – YouTube or BBC iPlayer

[https://www.bbc.co.uk/iplayer/episode/m000h1z9/blue-peter-were-staying-home?xtor=CS8-1000-\[Discovery_Cards\]-\[Multi_Site\]-\[SL07\]-\[PS_IPLAYER~C~~P_BuePeter:JoeWicks](https://www.bbc.co.uk/iplayer/episode/m000h1z9/blue-peter-were-staying-home?xtor=CS8-1000-[Discovery_Cards]-[Multi_Site]-[SL07]-[PS_IPLAYER~C~~P_BuePeter:JoeWicks)

Smiling Mind

Short audio session to help with mindfulness

<https://app.smilingmind.co.au/>

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

Go Noodle – YouTube

Brainercise, dancing, strength and mindfulness videos – as well as videos that are “just for fun”

www.youtube.com/user/GoNoodleGames/featured

Premier League Stars

Videos and activities to support Maths, Literacy, PSHE and PE

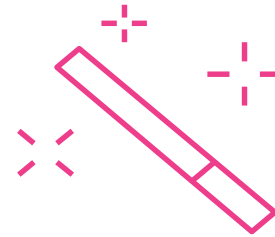
www.plprimarystars.com

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

<https://www.cnn.com/2020/04/01/world/harry-potter-at-home-hub-jk-rowling-scli-intl-gbr/index.html>

Free Audio Books

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

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



<https://www.storynory.com/>

<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> (by age groupings)
- Bitesize app available for both iOS and Android users

100+ things to do indoors/in the garden

Make **Homemade Playdough**

Make **Rainbow Rice**

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 **Fake Snow**

Make **Play Mud**

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](#)
- 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](#)

Games

- [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	Educational	
<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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

Fill a jam jar of things you want to do when you're out of lockdown

Paint a fence outside with water

Put old wallpaper on a fence and let them do outdoor painting

Hand/foot print animals

Home Workouts for Lockdown
<https://www.facebook.com/groups/141368677202953/?fref=mentions>

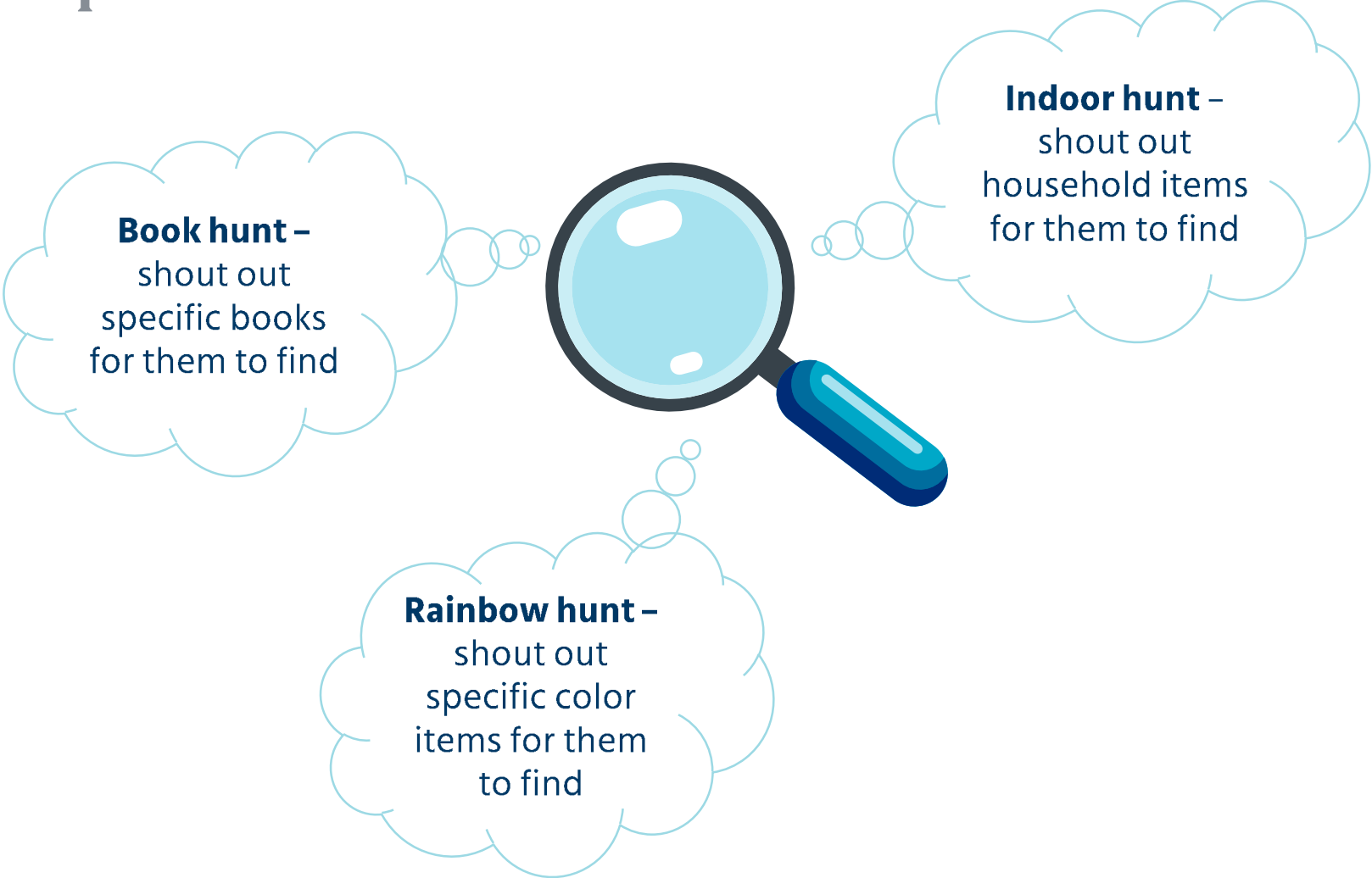
Tik tok video

Create your own NHS dedication (Lego, chalk, draw, paint, collage)

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



welcome to brighter