Activities Pack

April 2020
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.

Mindfulness and keeping active ideas and apps.

Books: links to free audio books.

Things to do indoors/in the garden.
Amazing Attractions

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

<table>
<thead>
<tr>
<th>Museums</th>
<th>Websites</th>
</tr>
</thead>
<tbody>
<tr>
<td>• British Museum, London</td>
<td><a href="https://britishmuseum.withgoogle.com/">https://britishmuseum.withgoogle.com/</a></td>
</tr>
<tr>
<td>• Guggenheim, Bilbao, Spain</td>
<td><a href="https://www.guggenheim-bilbao.eus/en">https://www.guggenheim-bilbao.eus/en</a></td>
</tr>
<tr>
<td>• Hermitage Museum, St Petersburg, Russia</td>
<td><a href="https://www.youtube.com/watch?v=49YeFsx1rlw&amp;feature=youtu.be">https://www.youtube.com/watch?v=49YeFsx1rlw&amp;feature=youtu.be</a></td>
</tr>
<tr>
<td>• MASP, Sao Paolo, Brazil</td>
<td><a href="https://masp.org.br/en">https://masp.org.br/en</a></td>
</tr>
<tr>
<td>• Met Museum, New York</td>
<td><a href="https://www.metmuseum.org/art/online-features/met-360-project">https://www.metmuseum.org/art/online-features/met-360-project</a></td>
</tr>
<tr>
<td>• Musée d’Orsay, Paris</td>
<td><a href="https://m.musee-orsay.fr/en/home.html">https://m.musee-orsay.fr/en/home.html</a></td>
</tr>
<tr>
<td>• Musei Vaticani, Vatican City</td>
<td><a href="http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html">http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html</a></td>
</tr>
<tr>
<td>• National Gallery Of Arts, Washington DC</td>
<td><a href="https://www.nga.gov/">https://www.nga.gov/</a></td>
</tr>
<tr>
<td>• National Gallery, London</td>
<td><a href="https://www.nationalgallery.org.uk/visiting/virtual-tours">https://www.nationalgallery.org.uk/visiting/virtual-tours</a></td>
</tr>
<tr>
<td>• Natural History Museum, London</td>
<td><a href="https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHJHCMsOMKyhQ">https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHJHCMsOMKyhQ</a></td>
</tr>
<tr>
<td>• Palestine Museum</td>
<td><a href="https://www.palmuseum.org/exhibitions/virtual-exhibitions">https://www.palmuseum.org/exhibitions/virtual-exhibitions</a></td>
</tr>
<tr>
<td>• Rijksmuseum, Amsterdam, Netherlands</td>
<td><a href="https://artsandculture.google.com/partner/rijksmuseum">https://artsandculture.google.com/partner/rijksmuseum</a></td>
</tr>
<tr>
<td>• Royal Academy Of Arts, London</td>
<td><a href="https://britishart.yale.edu/">https://britishart.yale.edu/</a></td>
</tr>
<tr>
<td>• Tate Britain, London</td>
<td><a href="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</a></td>
</tr>
<tr>
<td>• The J. Paul Getty Museum, Los Angeles, United States</td>
<td><a href="https://artsandculture.google.com/partner/the-j-paul-getty-museum">https://artsandculture.google.com/partner/the-j-paul-getty-museum</a></td>
</tr>
<tr>
<td>• The National Museum of Computing on Bletchley Park</td>
<td><a href="https://britishart.yale.edu/">https://britishart.yale.edu/</a></td>
</tr>
<tr>
<td>• Uffizi Gallery, Florence, Italy</td>
<td><a href="https://artsandculture.google.com/partner/uffizi-gallery">https://artsandculture.google.com/partner/uffizi-gallery</a></td>
</tr>
<tr>
<td>• Van Gogh Museum, Amsterdam, Netherlands</td>
<td><a href="https://artsandculture.google.com/partner/van-gogh-museum">https://artsandculture.google.com/partner/van-gogh-museum</a></td>
</tr>
<tr>
<td>• Women’s History Museum, Virginia, USA</td>
<td><a href="https://www.womenshistory.org/womens-history/online-exhibits">https://www.womenshistory.org/womens-history/online-exhibits</a></td>
</tr>
<tr>
<td>• Yale Centre For British Art</td>
<td><a href="https://britishart.yale.edu/">https://britishart.yale.edu/</a></td>
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</table>
Amazing Attractions

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

### Tourist Destinations

- **Buckingham Palace, London**
  [https://www.royal.uk/virtual-tours-buckingham-palace](https://www.royal.uk/virtual-tours-buckingham-palace)
- **Colosseum, Rome**
  [https://tinyurl.com/thrprzf](https://tinyurl.com/thrprzf)
- **Machu Picchu**
  [https://www.youvisit.com/tour/machupicchu/?pl=f](https://www.youvisit.com/tour/machupicchu/?pl=f)
- **Northern Lights**
- **Pyramids**
- **Stonehenge**
  [https://tinyurl.com/wz3xg27](https://tinyurl.com/wz3xg27)
- **Street Art with Google**
- **Taj Mahal, Agra, India**
  [https://tinyurl.com/qpz7vmt](https://tinyurl.com/qpz7vmt)
- **The Great Wall Of China**
  [https://www.thechinaguide.com/destination/great-wall-of-china](https://www.thechinaguide.com/destination/great-wall-of-china)
- **Tour of Rome, Italy**
  [https://tinyurl.com/s5vlzbc](https://tinyurl.com/s5vlzbc)

### General Sites

- **AirPano**
  [https://www.airpano.com/](https://www.airpano.com/)
- **Berlin Philharominker**
- **ExoPlanets NASA**
  [https://exoplanets.nasa.gov/](https://exoplanets.nasa.gov/)
- **Legoland**
- **NASA, Langley Research Centre**
  [https://oh.larc.nasa.gov/oh/](https://oh.larc.nasa.gov/oh/)
- **The Kennedy Centre**
  [https://www.kennedy-center.org/digitalstage/](https://www.kennedy-center.org/digitalstage/)
- **Walt Disney Parks**
  [https://tinyurl.com/v7qano5](https://tinyurl.com/v7qano5)
- **Wellcome Collection**
  [https://my.matterport.com/show/?m=MGsprCVAR](https://my.matterport.com/show/?m=MGsprCVAR)

### Zoos

- **African Animals**
- **Atlanta Zoo**
  [https://zoatlanta.org/panda-cam/](https://zoatlanta.org/panda-cam/)
- **Cincinnati Zoo**
  [https://www.facebook.com/events/2915534026492292/](https://www.facebook.com/events/2915534026492292/)
- **Dublin Zoo**
  [https://www.dublinzoo.ie/animals/animal-webcams/elephants/](https://www.dublinzoo.ie/animals/animal-webcams/elephants/)
- **Edinburgh Zoo**
  [https://www.edinburghzoo.org.uk/webcams/panda-cam/](https://www.edinburghzoo.org.uk/webcams/panda-cam/)
- **Explore.org Live Cams**
  [https://explore.org/livecams](https://explore.org/livecams)
- **Flamingo Land**
  [https://www.flamingoland.co.uk/virtual-tour/](https://www.flamingoland.co.uk/virtual-tour/)
- **Florida Aquarium**
- **Hirakawa Zoo, Japan**
  [https://hirakawazoo.jp/animal/movie](https://hirakawazoo.jp/animal/movie)
- **International Wolf Centre**
  [https://wolf.org/wolf-cams2/](https://wolf.org/wolf-cams2/)
- **Kansas City Zoo**
  [https://www.kansascityzoo.org/animals/list-of-animals/king-penguin/](https://www.kansascityzoo.org/animals/list-of-animals/king-penguin/)
- **Melbourne Zoo**
- **National Aquarium, USA**
  [https://www.aqua.org/Experience/live](https://www.aqua.org/Experience/live)
- **National Zoo, Washington DC**
  [https://nationalzoo.si.edu/webcams](https://nationalzoo.si.edu/webcams)
- **Osaka Zoo**
- **San Diego, California, Zoo**
  [https://zoo.sandiegozoo.org/live-cams](https://zoo.sandiegozoo.org/live-cams)
- **Smithsonian, Washington DC**
  [https://nationalzoo.si.edu/webcams](https://nationalzoo.si.edu/webcams)
- **Yellowstone National Park**
  [https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm](https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm)
Mindfulness and Keeping Active Ideas and Apps
These are all available as apps too

<table>
<thead>
<tr>
<th>Joe Wicks on YouTube or BBC iPlayer</th>
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<tbody>
<tr>
<td><a href="https://www.bbc.co.uk/iplayer/episode/m000h1z9/blue-peter-were-staying-home?xtor=CS8-1000-%5BDiscovery_Cards%5D-%5BMulti_Site%5D-%5BSL07%5D-%5BPS_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</a>]</td>
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<table>
<thead>
<tr>
<th>Smiling Mind</th>
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<tbody>
<tr>
<td>Short audio session to help with mindfulness</td>
</tr>
<tr>
<td><a href="https://app.smilingmind.co.au/">https://app.smilingmind.co.au/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cosmic Yoga – YouTube</th>
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</thead>
<tbody>
<tr>
<td>Yoga videos designed for kids aged 3+</td>
</tr>
<tr>
<td><a href="http://www.youtube.com/user/cosmickidsyoga">www.youtube.com/user/cosmickidsyoga</a></td>
</tr>
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<table>
<thead>
<tr>
<th>BBC Supermovers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interactive videos to support with KS1 Maths, literacy and PSHE and PE learning. Great for times tables too</td>
</tr>
<tr>
<td><a href="http://www.bbc.co.uk/teach/supermovers">www.bbc.co.uk/teach/supermovers</a></td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Go Noodle – YouTube</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brainercise, dancing, strength and mindfulness videos – as well as videos that are “just for fun”</td>
</tr>
<tr>
<td><a href="http://www.youtube.com/user/GoNoodleGames/featured">www.youtube.com/user/GoNoodleGames/featured</a></td>
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</table>

<table>
<thead>
<tr>
<th>Premier League Stars</th>
</tr>
</thead>
<tbody>
<tr>
<td>Videos and activities to support Maths, Literacy, PSHE and PE</td>
</tr>
<tr>
<td><a href="http://www.plprimarystars.com">www.plprimarystars.com</a></td>
</tr>
</tbody>
</table>
Free Theatre and Drama

**Theatre**
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](https://www.londontheatre.co.uk/theatre-news/west-end-features/theatre-streaming-services-west-end-broadway-musicals)

**Harry Potter**
Expelliarmus boredom! JK Rowling launches 'Harry Potter at Home' hub for kids in lockdown.


Fun and Educational

**FUN**
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
Books: Links to Free Audio Books

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

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

https://www.storynory.com/

http://www.audiobooktreasury.com/free-audiobooks/childrens/
100+ things to do in Doors/in the Garden.
Please view in presentation mode to be able to use the hyperlinks

SENSORY PLAY

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 Homemade Playdough

Make Rainbow Rice

Make Fake Snow

Make Play Mud

Make a Sensory Bin
# 100+ things to do in Doors/in the Garden.
Please view in presentation mode to be able to use the hyperlinks

<table>
<thead>
<tr>
<th>CRAFTS</th>
<th>GAMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Make Paper Airplanes</td>
<td>• Learn to Draw</td>
</tr>
<tr>
<td>• Salt Painting: We have a snowflake or firework template</td>
<td>• Put on a Play</td>
</tr>
<tr>
<td>• Make Suncatchers</td>
<td>• Make Indoor Hopscotch. Use masking tape to make your own hopscotch on tiles in your own</td>
</tr>
<tr>
<td>• Make handprint or leaf suncatchers</td>
<td>• Do a Family Chore Together</td>
</tr>
<tr>
<td>• Make Salt Dough</td>
<td>• Have a Dance Party</td>
</tr>
<tr>
<td>• Make Sponge Stamps</td>
<td>• Have a Tea Party</td>
</tr>
<tr>
<td>• Make a Cereal Box Aquarium</td>
<td>• Play with Water In a Bin With Toys</td>
</tr>
<tr>
<td>• Make Scratch Art</td>
<td>• Set up a Play Store. Grab a shopping basket and set up the merchandise. We like this play cash register too!</td>
</tr>
<tr>
<td>• Make Your Own Bookmarks: We have templates to make Minion, Olaf, Trolls or Toy Story Bookmarks</td>
<td>• 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.</td>
</tr>
<tr>
<td>• Paint Pet Rocks</td>
<td>• Make Perler Bead Art</td>
</tr>
<tr>
<td>• Make Recycled Crayons</td>
<td>• Write in a Journal</td>
</tr>
<tr>
<td>• Make Paper Boats</td>
<td>• Use Dot Markers</td>
</tr>
<tr>
<td>• Finger Paint</td>
<td></td>
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<tr>
<td>• Make Friendship Bracelets</td>
<td></td>
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<tr>
<td>• Make a Bird Feeder</td>
<td></td>
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<tr>
<td>• Make Paper Bag Puppets</td>
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<tr>
<td>• Make Handprint Art</td>
<td></td>
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<tr>
<td>• Make a Scrapbook</td>
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<tr>
<td>• Decorate T-Shirts</td>
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<tr>
<td>• Make a Thankful Jar</td>
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</tbody>
</table>

[24 April 2020]
**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
- 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**

**EDUCATIONAL**

- 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 in Doors/in the Garden

<table>
<thead>
<tr>
<th>Indoor obstacle race</th>
<th>Fill a jam jar of things you want to do when you’re out of lockdown</th>
<th>Paint a fence outside with water</th>
</tr>
</thead>
<tbody>
<tr>
<td>Put old wallpaper on a fence and let them do outdoor painting</td>
<td>Hand/foot print animals</td>
<td>Home Workhours for Lockdown</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="https://www.facebook.com/groups/141368677202953/?fref=mentions">https://www.facebook.com/groups/141368677202953/?fref=mentions</a></td>
</tr>
<tr>
<td>Tic toc video</td>
<td>Create your own NHS dedication (lego, chalk, draw, paint, collage)</td>
<td>Create a den you can sleep in – have sleep overs in sibling’s bedroom</td>
</tr>
</tbody>
</table>
Indoor Scavenger Hunt – List items to find around your house or garden.

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24 April 2020
Rainbow Scavenger hunt - List colourful items to find around your house or garden.

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100+ things to do in doors / in the garden

Book Scavenger Hunt - List books to find around your house or garden.

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Community Health Centers of Pinellas, Inc.