

## ACTIVITIES THAT KEEP MINDS STIMULATED WITHOUT FORMAL TEACHING PRESENT:

- Limit TV and talk, tell them stories of when you were young – often you have no chance to share the histories of your family. Where did members come from? Where did they live? What did they do for a job? Etc.
- Go outside in the sunshine and garden together – if you know about types of plants, structure of plants, insects etc. share your wisdom!
- Play games in the backyard when the sun is out – mix it up...play games you played as a child...talk about the differences from today...
- Play board games on the lounge room floor should the weather get chilly – practise turn taking, being a good loser, encouraging others etc.
- Cook together – read recipes, talk about how recipes are written, cook delicious things and enjoy them together. Rate the outcome – what was the food like? What could be done to improve the dish?
- Read a story together – a book shared is a wonderful experience! Show them your skills as a reader. Share the reading load also...this encourages reluctant readers...
- Watch a wildlife documentary – when it's finished, talk about what they learnt, what was most interesting, what was sad, what was funny, what made them wonder?
- Sew – what a time to learn an age-old skill...

- Draw – look up famous art, can your child re-create a famous style? Could they draw something outside, inside, a self-portrait, an animal, a tree...can they draw as well with texta, pen, pencil etc.
- Paint – this is very therapeutic for some people...why not do it together on the kitchen table?
- Play music, dance and sing – a great way to be active! Look at music from different eras...with different instruments and if you have some dance skill, show children some of your moves from the day
- Make a wish list of the things you're going to do together once lock down is over (pin the list to the fridge so you can all look forward to it)
- Write letters to a friend or relative that lives far away – social isolation can be helped by writing to others. Even if it can't be posted, write the letter and get your child to ring the relative OR friend and read it over the phone
- Tell jokes, make your own jokes - laugh! Make a collection of jokes in written form to keep for the future. We forget so easily!
- Research and work out a costings budget for your next holiday
- **Take a virtual excursion to a museum (Google Arts & Culture app)**
- **Find appropriate online games (e.g. Where in the World is Carmen Sandiego?) If you have Internet....it's amazing how many educational games there are online**
- Get them to plan the weekly meals using the groceries/pantry items you have available – set up a meal plan for several days and see if they can stick to it...

- Treasure hunt (with clues, hide a favourite of something somewhere in the house)  
– write instructions for how to find it, directions etc. Great maths and lots of fun
- Make a batch of play doh and create as many animal figurines as you can
- Go through clothing from previous seasons, try on and cull things that are too small (organise to donate these to someone in need when you are able to)
- Play dress ups in mum and dad's clothes – do a photoshoot
- Graffiti the garden fence with chalk
- Day spa – do a Mani/Pedi/foot soak/face mask
- Go through old photos and videos together – talk about where the photo was taken, who the subjects are, locations (find these on a map)
- Have a Living Room disco – play freeze, musical chairs, have a dance off
- Do a backyard scavenger hunt
- Make Origami – even if you don't have patterns, be creative...what can you make folding paper?
- Organise the books on your shelf into a rainbow of colours

- **Using Lego characters or other small toys, make a stop motion movie (download the app Stop Motion to your phone or Ipad)**
- Organise your Lego and then have a building challenge. Who can build the best house, hotel or shop?
- Write notes of love, compliments and gratefulness and pop them in a jar to read in a few weeks time
- Thread pasta into jewellery
- Go through your board/card games and challenge yourself to play them all. Design your own game
- Make greeting cards for the stationery cupboard to be used for birthdays and other occasions
- Have a handball tournament
- Create a sensory shaker bottle using an old bottle, glitter and water (and whatever else you'd like to put in there!)
- **Have an outdoor games afternoon** like egg and spoon race, tag team races, three legged races etc.
- **Fold paper planes and see how far they will fly – if possible, measure the distance, talk about the maths...who threw further, who threw a shorter distance, how far was the best throw, how far was the shortest, what was the difference etc.**

- Build the highest block tower you can – talk about measurement, height etc.
- Create a cinema – make tickets, make popcorn, watch a movie together
- Make up a workout and do it together (eg: 25 star jumps, 20 squats, 15 crunches, hop like a bunny around the lounge room, frog leap your partner)
- Choose an inspirational quote and create a poster for your room
- Press flowers within a few heavy books
- **Explore Indigenous art and culture online**
- Make a magic potion using aromatherapy oils, glitter, water, petals
- **Listen to a kid’s podcast or audio book.** *Podcast suggestions for younger students:* Brains On, Wow In The World, Circle Round, Little Green Pod, Good Night Stories for Rebel Girls, Fierce Girls, Story Pirates, But Why?, *Podcasts for older students:* 60 Seconds Health, 60 Seconds Science, A Way with Words, Classic Poetry Aloud Index, Grammar Girl, Hubblecast HD, Math For Primates, Stuff you Missed in History Class, The Naked Scientist, The Podcast History of our World, Art Podcast, Astronomy 161, TED Talks, Documentaries, Good Job, Brain!, How to do Everything, Lore, Practical Defense, Radio Lab, StarTalk Radio, Stash and Burn, Stuff You Should Know, Talking Animals, Tips and Tricks Photography, Witness, Stuff to Blow Your Mind, Mindset Zone, Killer Innovations, How Stuff Works and Math Mutation
- With some old clothes, cut and create clothes for your toys – bring out the designer in you and your child!
- Take everyone’s height measurement on a door frame

- Take some artistic photos in black and white. Play around with filters and see what you can create. You could use a phone or learn how to use the proper camera (if you have one)
- Have a picnic lunch outside. Take books/toys with you
- Sort through all your crafts and art supplies. See if something inspires you.
- Organise and sharpen all your pencils and test all your markers
- Take apart an old appliance. Can you put it back together? Can you name parts?
- Research your family tree – see how far back you can go?
- Make a time capsule of this time to be opened in 10 years – bury it in the yard and organise a ceremony and the opening date. How will you ensure you open it in 10 years?
- If the weather is warmer, get swimmers on and wash the car or your bike!
- Set up camp in the garden and play inside the tent
- Learn to finger knit, french knit or braid wool into friendship bracelets
- Do a Yoga class together (plenty available online) – encourage your child to share things they learnt in LIFE SKILLS with you (First Steps, Junior Unit and Middle Unit)

- Each night at dinner time ask [your child](#) to tell you three things that they have learnt about that day. In fact, when this is all over ask them the same question each night. It is a powerful way to show them how much you care about what they're actually learning at school, without focusing on grades.
- Ask [your child each day](#) to teach you about a concept they have learned (learning by teaching others is extremely effective). Get older siblings to help younger siblings.
- Contact [our](#) teachers if you need to - [we](#) are [here](#) to help.
- Most of all take care of yourselves and try and work in partnership [with us](#)