fun with the family

Family 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- museums, tourist destinations, general sites, zoos
- Books: links to free audio books
- Mindfulness and keeping active - ideas and apps
- Theater and drama
- Fun and educational
- 100+ 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.

### Museums

<table>
<thead>
<tr>
<th>Museum</th>
<th>Website</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>Museo 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>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.palmmuseum.org/exhibitions/virtual-exhibitions">https://www.palmmuseum.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>
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<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>US Holocaust Museum</td>
<td><a href="https://www.ushmm.org/information/exhibitions/online-exhibitions">https://www.ushmm.org/information/exhibitions/online-exhibitions</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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# Amazing Attractions

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<tr>
<th>Tourist Destinations</th>
<th>General Sites</th>
<th>Zoos</th>
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<tr>
<td>Street Art with Google <a href="https://streetart.withgoogle.com/en/">https://streetart.withgoogle.com/en/</a></td>
<td>Walt Disney Parks <a href="https://tinyurl.com/v7qano5">https://tinyurl.com/v7qano5</a></td>
<td>Flamingo Land <a href="https://www.flamingoland.co.uk/virtual-tour/">https://www.flamingoland.co.uk/virtual-tour/</a></td>
</tr>
<tr>
<td>Tour of Rome, Italy <a href="https://tinyurl.com/s5vlzbc">https://tinyurl.com/s5vlzbc</a></td>
<td></td>
<td>International Wolf Centre <a href="https://wolf.org/wolf-cams2/">https://wolf.org/wolf-cams2/</a></td>
</tr>
</tbody>
</table>

- [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/movie)
- [International Wolf Centre](https://wolf.org/wolf-cams2/)
# Mindfulness and keeping active

## Ideas and Apps

<table>
<thead>
<tr>
<th>Joe Wicks – YouTube or BBC iPlayer</th>
</tr>
</thead>
<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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<th>Smiling Mind</th>
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<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>
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</tbody>
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<tr>
<th>Cosmic Yoga – YouTube</th>
</tr>
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<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>
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<th>BBC Supermovers</th>
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<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>
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<th>Go Noodle – YouTube</th>
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<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>
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<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 & 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

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](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
View in presentation mode to enable the hyperlinks

- 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 **Rainbow Rice**
- Make **Fake Snow**
- Make **Play Mud**
- Make a **Sensory Bin**
### 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
- 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

View in presentation mode to enable the hyperlinks

## 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
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## Educational
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- 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
View in presentation mode to enable the hyperlinks

- 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
- Create a den you can sleep in – have sleep overs in sibling’s bedroom
- Home Workhours for Lockdown
  https://www.facebook.com/groups/141368677202953/?fref=mentions
Scavenger Hunts

Examples

- **Book hunt** – shout out specific books for them to find
- **Rainbow hunt** – shout out specific colour items for them to find
- **Indoor hunt** – shout out household items for them to find
welcome to brighter