

Ideas for parent, when children are at home. Parents will need to assess which ideas are suitable for their children. Some will require supervision.

- 30 day Lego challenge creating different objects
- Art with crepe paper
- Art with stones / pebbles. Paint stones or assemble to create a picture.
- Bake something
- Ball work– bounce, fist, solo, throw, role etc
- Bike ride or learn cycle bike
- Blow balloons/bubbles
- Braid/plait hair
- Bring in turf/wood
- Build a fort
- Build a homemade telescope using a paper towel roll.
- Build a pillow fort.
- Build a skyscraper out of blocks or legos.
- Build a tower
- Build an indoor mini-golf course using plastic cups set up around your living room.
- Build an ocean in your bathtub and fill it with toy boats.
- Can they guess what they're eating based on flavour?
- Clean / set the table
- Clean door handles and light switches
- Clean out the presses / check for products out of date
- Clean your bedroom
- Collect all of your toy cars and have a mini car wash in the sink.
- Collect family photos and make an album.
- Colour pictures
- Conduct an orchestra
- Cosmic yoga on YouTube
- Create a birthday calendar for family members
- Create a comedy show
- Create a comic book
- Create a dance routine
- Create a family cook book with favorite / new recipes
- Create a menu, make lunch for your family
- Create a music band with household items for instruments
- Create a play / musical and dress up
- Create a puppet show (use socks/teddies /shadows)

- Create a sensory area / box / play time
- Create a touch-and-feel box by cutting a hole out of an old shoebox and filling it with different items that your child will be able to identify by feel.
- Create a treasure hunt
- Create colourful bracelets and necklaces for friends and family out of coloured thread.
- Create your own home Twister game using masking tape and coloured paper.
- Create your own paper beads out of magazines for a necklace or bracelet.
- Cut up magazines and newspapers and create a collage.
- Design covers for books / make a bookmark
- Do / make a word search
- Do a jigsaw
- Do a magic show / learn a magic trick
- Do dusting / polishing
- Do exercise
- Do impressions of animals
- Do some chores outside for a neighbour / family member if they cannot.
- Do some Colouring
- Do some exercise
- Do the hokey cokey
- Drag out the costume box and have a fashion photo shoot - must-haves include feather boas and necklaces.
- Draw / paint a picture once a day / week
- Draw your favourite things / fruit / nature / people
- Dress up in old costumes or create new ones.
- Empty bins
- Feed pet everyday / wash / care for pet
- Fill a balloon with a little sand using a funnel and blow it up halfway to make a fun ball to play with.
- Fill/empty dishwasher
- Find a hula hoop and see how long you can keep it going.
- Fold clothes
- Fold sheets
- For parties, create noise makers out of empty bottles and beans or rice.
- For sports fans, make your own sports triangles using paper and markers, use for throwing to, kicking into.
- Gather twigs / stick, paint and create art

- Get cozy with pillows and blankets and have a story time.
- Get large pieces of paper and trace one another's bodies on the floor.
- Get out the face painting kit and make crazy faces on each other.
- Go for a hike
- Go for a nature walk
- Go noodle has lots of resources online
- Grab a potato from the fridge and play hot potato.
- Hang clothes on the line
- Have a dance party / learn a dance routine
- Have a dance-off, dance every hour, schedule music / dance alarm
- Have a movie day / night
- Have a picnic indoor / outdoor (teddy bear picnic)
- Have a sports day – egg & spoon race, jumping jacks, etc
- Help wash car
- Homemade bingo
- Hoover/sweep the floor
- Host your own matinee movie.
- How well do kids know their favourite foods? Play a game where kids shut their eyes and you feed them mystery foods, they may be able to feel it for shape / size/ texture/smell.
- Inspire a future decorator or architect and design a dream house out of clay.
- Karaoke / singing competition / band / duet
- Learn a new language / some words / phrases with Duolingo app
- learn a new skill (skill per week / day / month)
- Learn a new song / tune on an instrument (tin whistle).
- learn about gardening
- learn about your family tree
- Learn age appropriate chores (lists available online)
- learn how to colour code the clothes for washing
- learn how to hang clothes on the line
- learn how to Hoover
- Learn how to make up homemade body lotion and lip balm.
- Learn how to use an iron
- Learn magic / a card game / trick
- Learn road signs / driver theory book
- Learn some sign language

- Learn songs for counties in Ireland / Connaught
- learn to bake / cook something
- Learn to fold bed sheets
- learn to knit
- Learn to make your bed, change a pillowcase / fitted sheet / duvet cover.
- learn to screw a screw
- learn to sew
- learn to thread a needle
- learn to tie your shoes / a tie / Dicky bow / put on curling's
- Learn to tie your shoes / close a zip /button
- learn to type
- learn to wash to dishes / load / unload dishwasher / dry up
- Look at old photos
- Look up popular YouTube dance videos for kids and follow along with the choreography.
- Make a bird feeder
- Make a birthday/Easter card for someone
- Make a bug hotel outside
- Make a dark den / tent
- Make a magic potion
- Make a mask
- Make a phone call to some one
- Make a quiz
- Make a scrap book
- Make a sign for your door
- Make an obstacle course with pillows/tents/gym ball
- Make bed everyday
- Make cars / boats / bus out of cardboard and have a pretend adventure
- Make chocolate rice krispies buns
- Make coloured rice
- Make dream catchers out of paper plates and string.
- Make giant new crayons out of broken old crayons.
- Make greeting cards
- Make ice lollies
- Make marshmallow toys using mini-marshmallows and pretzel sticks.
- Make paper aeroplanes

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- Make pizza
- Make puppets and put on a show
- Make smoothies / soup
- Make some food for birds
- Make some jewelry
- Make something from papier mache
- Make something with a cardboard box
- Make something with empty toilet roll / kitchen roll
- Make up / eye shadow tutorials
- Make up a new game
- Make up a rap / poem / song
- Make your own bingo cards and play Bingo!
- Make your own lava lamp and make science fun for kids.
- Make your own tic-tac-toe or hangman games.
- Make 10 tokens and hide the tokens (1/2 per hours) around the house, when children need a movement break they have 2-3 minutes to work as a team to find token no.1 /2. if they collect 6 /7/8 tokens they have a reward at 3pm.
- Manage your money, create a shop at home for treats / snacks.
- Match socks
- Messy play with shaving foam, jelly, water etc
- Nail art / polish /paint on someone or on paper hands
- Obstacle course
- Open curtains everyday
- Organise books
- Organise CD's / DVD's
- Organise clothes
- Paint a family portrait
- Paint or draw a picture on cardboard, cut it in shapes and create your own puzzle.
- Paint using brushes/fingers /cotton buds
- Paint with your feet
- Peel vegetables for dinner
- Photography, try to take creative picture using household items
- Pick favorite animals or people and play the "who am I" or "what is it" guessing game.
- Pick flowers

- Place a balloon between one another's torsos and see how far you can walk without dropping it.
- Plant flowers/seeds
- Plant indoor flower pots or herbs.
- Play a classic game like Old Maid.
- Play board games
- Play dress up
- Play Follow the Leader /Simon Says /Musical statues
- Play Guess Who.
- Play Halloween game apple bobbing/ apple on a string etc
- Play hangman (word game)
- Play hide & seek
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- Play hide and seek
- Play hide-and-seek.
- Play hopscotch
- Play I spy
- Play I Spy
- Play musical cushions - like musical chairs, but using cushions spread out on your living room floor.
- Play musical statues
- Play on scooter
- Play pick up sticks.
- Play Pin the Tail on the Donkey.
- Play scrabble or boggle.
- Play Simon says
- Play stop the bus (name things starting with the same letter; girl /boy/ food/drink/animal/place/job/ household item /body part)
- Play the clapping game.
- Play the Yes No game show (can't say yes or no when asked questions)
- Play with bubbles / balloons, keep blowing up
- Play with cards – snap, go fish, old maid
- Play with Lego
- Play with water – see what floats/sinks
- Play your favourite rhyming game.
- Play/make with playdough
- Play-Doh (give child theme to make something from it)

- Playdough / make playdough from flour (recipes online)
- Practice chemistry that smells nice by making your own perfume - you only need three things.
- Practise handwriting
- Put away groceries / write the grocery list
- Put items on a tray show for 1 minute / 30 seconds. Try away take away an item and children have to try to remember what is missing
- Puzzles/ jigsaws
- Read a story
- Read a story
- Record and research what bird you can see in your garden
- Recreate TV games like the cube
- ring / write / email a relatives / neighbour / friend
- RTÉjr has entertainment games activities etc
- say a nice thing to the people you live with every day
- Search for shapes in your house / cut shapes out.
- Send a video message to family / friends
- Set the table everyday
- Set up a balance beam using masking tape on the floor.
- Set up a miniature train and village.
- Set up an indoor basketball game using a bucket and a rolled up sock.
- Set up an indoor hopscotch grid using masking tape.
- Set up an indoor obstacle course.
- Set up indoor bowling using empty water bottles and a tennis ball.
- Sing nursery rhymes
- Sit in a circle or around a fire and tell each other ghost stories.
- Skipping
- Sort toys by size/colour/ weight/
- Spend time outside
- Start a piggy bank or coin collection.
- Start a sing-a-long.
- Start to make your Halloween costume
- Take the items you found on your last nature walk and use them to create multi-textured art - glue flowers, sticks and sand to a piece of construction paper.
- Take turns reading to each other - everyone reads a sentence or a page.
- The body coach, FREE LIVE PE on YouTube at 9am Monday - Friday
- Tidy up outside / inside / your room

- Tie shoe laces
- Treasure hunt
- Treasure hunt indoor / outdoor
- Try a concentration game by setting up a group of stuffed animals and then taking one away. Then ask your child to guess what's missing.
- Try a memory game for your picnic like, "in my basket for our picnic I packed ..." and then recite the first person's item and add new ones as you go.
- Try a pamper / indoor spa day / hand massage / honey facial / nails
- Try different hair styles on each other.
- Try junk art / recyclable art
- Try laughter yoga (<https://www.robertrivest.com/video/laughteryoga/>)
- Try mindfulness
- Try playing the spoons
- Try shadow puppets
- Try some easy kid-friendly yoga stretches.
- Try Sudoku
- Try the crab walk or wheelbarrow.
- try to write a poem
- Try tying your laces
- try yoga
- Use trampoline
- Using a brush, try out some limbo.
- Walk a neighbours / family members dog if they can't get out.
- Walk on the beach
- Wash the car
- Wash windows
- watch a movie on mute with subtitles
- Watch animals in a LIVE ZOO (google Edinburgh live zoo)
- Watch something on Cúlo4 / TG4
- Watch something on Netflix / YouTube / TV
- Water flowers
- Water play
- Weed the garden
- Write / draw the shopping list. Research online food prices
- Write a book / short story
- Write a poem/song

- Write a story together.