

**Caring Dads Stop Gap Support**

**Things to do with your children while they are at home**

**Routine**

Try setting a routine or timetable for the day particularly with younger children – it generally helps children to have some structure and is less overwhelming for parents when trying to entertain for long stretches. Try and factor in some outside exercise time if possible. You can get your child to write it out or decorate it.

**Ideas for inside**

* Rhyming game - write words on cards and try to find as many words as possible that Rhyme with each word.
* Alphabet game – get your child to start at the beginning of the alphabet and find something in the house beginning with that letter – keep going as long as they can, help them with clues or ideas. (Can be done outside too).
* YouTube - has lots of stories, often read by the author – find out what your child likes and check if it’s there.
* Create your own super hero or magical animal using, pens, crayons, playdough, Lego. What would you name them? What powers would they have and why?
* Create your own quizzes, could be football, Disney character, super heroes. You can make this physical too – a step forward if right answer to move from one side of the room to the other. They can set quizzes for you too!
* Dressing up, fancy dress, find old clothes - let them decide what you dress up in.
* “Real life play” - shops, Drs, Police, restaurants. Let them lead and give you instructions.
* Teach your monster to read. Free phonics and reading game (App)
* Mini disco, dress up and play their favourite songs - play party games like musical statues.
* Learn a dance routine or song together.
* Learn a new skill together – juggling, drawing, model making (lots of clips on Youtube).
* Cooking, fixing things or doing other chores together gives a good chance to talk.
* Redecorate/rearrange their bedroom. Help them clear out, talk about their toys, memories etc
* Board games – play a board game, or develop one together. Or you can let your children add new rules to an existing game. Eg every time you roll a 3 you have to hop on one leg etc
* Watch a film of their choice – make it a special occasion, get popcorn, talk about it, ask them who their favourite character is, why do they like it? If they like writing ask them to write a review of the film. With younger children you can play going to the cinema, get them to make tickets etc
* Let your child do a makeover on you, or face paints or nails
* Do a fitness or exercise programme together e.g PE with Joe Wicks weekdays at 9
* **Do a virtual tour of a museum together – there are loads to choose from depending on your child’s interests e.g. The Roald Dahl Museum and Story Centre** <https://youtu.be/EslHJmFnNs8> **or the Hull Streetlife Museum of Transport** <https://www.hcandl.co.uk/museums-and-galleries/streetlife-museum/streetlife-museum>

**Ideas for outside**

* Go on a walk of the child’s choice – maybe let them show you somewhere they know that you might not.
* Help them draw a simple map of the walk or part of it.
* Get them to list different routes on your walks and time them – discuss which is fastest, prettiest, least traffic etc
* Set challenges while out walking e.g. spotting rainbows in windows, counting how many blue cars they see, counting the number of different insects etc
* Build a den (can also be done inside).
* Treasure hunt in the garden – hide their toys, can be with clues (can also be done inside).
* Gardening, digging, watering plants.
* Washing car.
* Chalk drawing
* Blowing bubbles.
* Set them an obstacle course around the garden (or inside) – get them to set one for you.
* Set them some physical challenges – balancing, forward rolls, stack plastic cups in pyramid, throwing balls into bucket etc anything that they can do but that is not too easy – pretend you are a sports reporter and commentate on what they are doing, pretend to interview them about it.
* Follow-my-leader round the park or garden, let them lead, introduce silly walks
* Stacking sticks or stones – see how high you can go
* Tray based play for toddlers –making play dough, cloud sand or gloop to play with, dinosaurs frozen in ice, Jelly. Lots of good ideas in this link:

<https://yorkshiregreenduck.wordpress.com/>

**More ideas……..**

[Child Friendly Leeds Ultimate Guide and blog site](https://childfriendlyleeds.wordpress.com/2020/04/22/coronavirusguide/)

<https://leeds-list.com/discussion/21-ways-to-keep-the-kids-entertained-while-the-schools-are-closed/>

<https://blog.kidadl.com/articles/9-ways-to-engage-your-teens-during-lockdown>

<https://www.facebook.com/parentsmagazine/videos/10158157362466182/>

https://www.maketime2play.co.uk/