

## Physical activity ideas

**Green notes** for physical / energetic tasks

to rearrange or tidy the room	to build a tent out of blankets and other accessories	to try different postures of yoga	10 minutes dance party
to measure things around the house with a ruler and make a list	to build an obstacle course	to invent or learn a new dance	throw a recycled paper ball into a basket
count how many tiles your kitchen or bathroom has	roll a plastic bottle on its side, how many far will it go?	home exercises in front of the video	to stand on one leg for as long as you can
do a science experiment (with an adult)	to build a tower as high as possible using cups	arrange the books in the library	count how many jumps you can do on both feet, then just one foot
build an obstacle course for small balls or marbles	Dressing up in different costumes	throw and catch balls	run for 30 seconds
make a 'train' from cardboard boxes/recycling	bowling game	invent a new dart game	Hula hoop on the body / arm / leg
Make a show with things at home	"heads, shoulders, knees and toes" song	throwing small items into a laundry basket	10 sit-ups
sort things by colour	"commando" crawl on your tummy under the coffee table and around the room	Sort items by size	Jump on bubble wrap

## Quiet at-home activities

**Yellow notes** for a quiet home activity

prepare paper airplanes	watch a movie	Make a drawing of a 'superhero	30 min TV
Playing with the pet	Make a bookmark	Write 5 things you like about your friend	Write about a dream that you would like to come true
write about an important experience that you had	write 5 things you like in your family	draw a map of the house and the rooms	To write thank you letters
to sing a song	to help fold/sort laundry	Complete a puzzle	make a drawing for Mummy/Daddy
Make a sign for your front door	Watch an origami video on YouTube and make a piece	write a letter or email to a relative	draw a painting according to a favourite book
Draw a treasure map	Draw a comic	learn a magic trick	draw a picture according to a favourite movie
choose an animal you've always wanted to know about--search google	Look for a country in the Globe or Atlas and read about it on Google	to make a colourful fan	Print a colouring in page of your choice
drawing of your favourite animal			

## Food and kitchen activities

**Blue notes** for activities related to food and cuisine.

Choose a recipe, buy the groceries and prepare it	make an omelette	make pancakes	bake challah
Washing dishes	Make cereal nests	Help cut vegetable salad	Help prepare dinner/lunch
Bake a cake	be a "waiter" in a restaurant	Lay the table for all the family	to make a home pizza
Have a picnic in the house	Make a smoothie/ice cream/lolly	to prepare a family dinner	Make a shopping list
Make Lemonade	Choose what we all eat for lunch or dinner	prepare fruit skewers or fruit salad	Spring clean
Spread crackers with topping of choice	bake biscuits cutting them in different shapes	make sandwiches	prepare a dessert/snack
Research on a favourite fruit	Research about a favourite vegetable	Check the expiry dates on products in the cupboard	Weigh fruits and vegetables

## Outdoor activity

**Pink notes** for outdoor activities

Hopscotch	ball game	Water games (water balloons/water guns)	paint with chalk
Jump in the rope	Football match	Help wash the car	Cycling
Walk in the neighbourhood	Rollerblades	Riding a scooter	Any fun ball game

Go to the grocery shop	Plant	Water plants	Outdoors – count how many red cars there are
Search for nice flowers on your trip out	Bubbles	Jump in an out of a hula hoop	Collect stones and paint them
Collect branches	Have a picnic	Play hide and seek	Play catch/it
Bouncing ball on foot/head	Playground	Pick dried leaves	Create an obstacle course
Invent sports activities with new rules	Art collage with found objects	Make a neighbourhood map	

## Family activities

Orange notes for family activities.

To prepare a family tree	go for a walk	Go through albums and videos	Imitate animal sounds
To invent a new and family language	Enjoy reading a books and prepare a show together that everyone is participating in	Exchange roles in the family. Children to be parents and vice versa	Project a movie at home, and watch it all together

Play Chinese whispers	Prepare together new house rules	Exchange roles in the family. Kids to be parents and vice versa	Guessing sounds
Guessing games	Play old fashioned games such as having an egg and spoon race	“What's the time Mr. wolf:	“If I had a power... which power would I choose to have?” why?
Each will tell a good thing that happened in the week and also something less good	Learn the Alphabet of a new language	Share a dream	