

Activities for Kids



Ages 0-5



Cardboard Box Train:

Get out the cardboard boxes and create!

Let the imaginations flow. A box can be anything: a train, ramps for cars, an airplane, a house.

Here is an example of a cool train →



pinterest.com.au

Build a Fort:

Using blankets, pillows, chairs, anything and everything!

Kids will use their imaginations to build a cosy getaway.

Make a ramp:

Prop up a baking tray on a stack of books and roll down toys and other items!

Try toy cars, spools, cylindrical blocks. Tip: set-up side by side ramps for racing.

Play freeze dance:

Choose some of your kids' favourite tunes and turn up the volume.

Ask them to dance until the music stops. When it does, they have to freeze in whatever position they find themselves in – even if they have one leg up.

Setup a virtual playdate:

Schedule a play date on zoom with one or more of your kids' friends.

These playdates will give your kid a chance to catchup with their friends, helping maintain friendships and keeping them entertained.



Ages 5-10

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Scavenger hunt:

Create a list of items to find at home. Can be either outside or inside.

Check out this site for a great range of different scavenger hunt ideas:

<https://www.goodhousekeeping.com/life/parenting/g32050844/scavenger-hunt-ideas-for-kids/>

Make Sock Puppets:

Grab some old socks and decorate them to make puppets.

If you have some plastic eyeballs, you can use those, or some cut up paper will also do. If they are light coloured socks you can use markers to draw.

Check out this video which shows you how to make sock puppets:

<https://www.youtube.com/watch?v=1Nh0n2LcU7I>

Rock Painting:

Make a quick dash outside to grab some rocks.

Dry them off and practice painting them or decorating them with markers.

Check out this amazing online video about creating Aboriginal rock art:

<https://www.youtube.com/watch?v=9tnE2mX9zpQ>

Balance Building:

Pick uneven or unstable objects such as cards, paper cups or rocks and challenge your kids to build as high as they can or in various shapes.

Explore Google Arts & Culture:

Google has created an incredible archive of images, videos, and artifacts that anyone can access to experience art and culture from around the world and throughout history.

You can explore various art installations and cultural places from across the world as well as close to home.

Start exploring here:

<https://artsandculture.google.com>



Ages 10-13

Make Paper planes and see how far they can fly:

Make some paper planes and let them fly around the house. See whose plane can go the furthest.

Check out this website for interesting paper plane designs: <https://www.foldnfly.com/>

One-foot-High Kick:

This game involves jumping, walking, running, balancing, and kicking, and can be played with kids of all ages.

A target, usually a ball, is hung by a string or rope from a support. Players take turns trying to kick the target with one foot and landing on the foot with which they kicked. The target is raised until only one person can kick it. Participants can stand still to kick or can walk or run and jump at the target.

The picture below shows a potential setup. You could also attach a ball to a tree or a clothesline .



Tetherball Game



Freeze-up:

Fill a kiddie pool with water and add ice cubes, and then have each person try to remove the ice cubes with their feet. To make it more difficult, see if each of you can remove an ice cube with only one foot.

The person to remove the most ice cubes is the winner.

Toss it:

This game requires four people. Pair up, with each pair holding an open bath towel between them. Try to toss and catch a lightweight ball from towel to towel. (If you're indoors, best to use a softer ball like the kind made by Nerf.) Count how many times you can toss the ball back and forth before it hits the ground.

Play a game of Kahoot:

Kahoot is a quiz game where you race against other people and the clock to score as many points as you can. Kahoot has a wide range of quizzes available to play for free. Alternatively you can create a kahoot for up to 3 players for free and play them with your friends or family.

Go here to find a wide range of kahoot quizzes to explore: <http://kahoot/academy/study/>

Bingo:

Bingo is a fun and easy game that people of all ages can enjoy. To make a bingo card, you can either print a free template out online or draw a grid on a piece of paper using a ruler and a pencil.

The grid should look something like this: [Bingo Grid 4x4](#)

You can then fill out the card with things in either the house or in nature. When you spot one of these things you can cross out the item on the grid. When a person has gotten a line of things crossed out then they can yell bingo and win the game. You can put lots of different things into the bingo card such as, family members/pets, things of different colours, or different plants in the backyard.

