

Advice and ideas for family activities at home during COVID-19

Updated 13/05/2020

Involving your children about what's going on in the news calmly and reassuringly is a great way of making them feel safe and informed. All children, even teenagers, want to know that their parents can protect them. The best way is to be clear and truthful rather than dismissing their feelings by telling them everything is fine.

It can feel daunting knowing that we will be unable to do our usual social activities for some time and we all know that too much online gaming isn't healthy but there are lots of other online resources to help keep children and young people occupied.

Here are a few ideas that we have picked out:

1. Travel the world!



Follow the link to visit some of the best museums and galleries in the world.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

2. Travel through time!



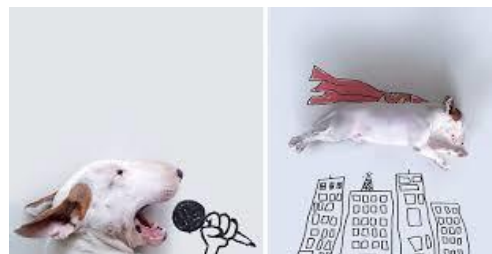
The Big History Project covers all sorts from the Big Bang to colonisation or for younger children try the BBC History resource that travels through time from the ancient Egyptians to Britain after the World Wars:

<https://www.bighistoryproject.com/home> or <http://www.bbc.co.uk/history/forkids/>

3. Get creative!



Take pictures of your favourite pet - or family member - and turn them into a superhero or create an alter ego for them just like the artist Rafael Mantesso does with his dog Jimmy:



4. Keep active!



The guidelines on exercise have recently changed and you are now not limited to the amount of exercise you do. There are plenty of ways you can currently exercise, for example, a run, walk, or cycle - alone or with members of your household (please remember to keep to the social distancing rules).

5. Children's Apps!



Why not make your walk a bit more interactive with a Harry Potter or Pokemon Go by downloading one of these phone apps for children:

<https://www.pokemon.com/uk/app/pokemon-go/>

<https://www.harrypotterwizardsunite.com/>

Please remember to keep to the social distancing rules.

6. Board Games!



Even do some old-fashioned stuff like play board games or read a book or add a modern twist and play Hangman on WhatsApp with other family or friends who are self-isolating.

7. Set a daily challenge!



Think of a key event in history or a famous historical person and get your child to research it/them and report back to the family, or get the children to produce a newsletter each week with descriptions of what everyone has been doing and e-mail it to any grandparents or older relatives who are also self-isolating.

8. Broaden your mind!



The following is a mix of online activities and quizzes for younger kids, plus some cool educational videos and free science lessons:

- National Geographic Kids: <https://www.natgeokids.com/uk/>
 - Cbeebies Radio: <https://www.bbc.co.uk/cbeebies/radio>
 - The Kids Should See This: <https://thekidshouldseethis.com>
 - Mystery Science: <https://mysteryscience.com>
-

9. Have a cinema afternoon!



Recreate the cinema experience by planning an afternoon for everyone to get together to watch a film or DVD. Create an atmosphere with popcorn and close the curtains...

10. Podcasts for teenagers!



There are some great podcasts out there and something to listen to whilst building a Lego creation or tidying that bedroom. Here are some we particularly like:

- The past and the curious you younger children: <http://thepastandthecurious.com/>
- Stuff you Should Know: <https://www.iheart.com/podcast/105-stuff-you-should-know-26940277/>
- Stuff you missed in History Class: <https://www.iheart.com/podcast/stuff-you-missed-in-history-cl-21124503/>

11. Other quick ideas include:

- Baking and cooking
- I-Spy
- Playing shop
- Making Lego creations
- Elastic games
- Party games
- Making cards
- Learn to knit/crochet
- Dressing up
- Making a den from sheets/rugs/cardboard boxes



12. Newsround!



Help young children to keep up to date with news that is age-appropriate such as Newsround: <https://www.bbc.co.uk/newsround>. Additionally, Newsround have created a page which includes all children friendly information on COVID-19 which you can access here: <https://www.bbc.co.uk/newsround#more-stories-2>

13. Home-start Oldham, Stockport & Tameside (HOST)



Home-Start is a local charity of trained volunteers and expert support helping families with young children through their challenging times. They are there for parents who need some help. The earliest years make the biggest impact. They are adding info for families that are self-isolating and activities to keep children occupied etc. They may be able to help deliver food supplies from the foodbank please see the link: <https://home-starthost.org.uk/>

14. Virtual Zoo!



Edinburgh Zoo has a selection of live webcams throughout the Zoo so your little ones can check in on the penguins and koalas from home!

You can access their website below:
<https://www.edinburghzoo.org.uk/>

15. Mahdlo



Mahdlo recognises that young people need their services now more than ever, so to ensure they are still able to support people, they will temporarily be delivering their sessions and supporting services online.

You can access their website below:
<https://www.mahdloyz.org/>

16. Education from home!



For those of you who like a bit of structure in your lives; here's what various celebrities are offering you and your kids for free daily to help with their education while schools are closed:

9.00am	PE with Joe Wicks https://youtu.be/6v-a_dpwhro
10.00am	Maths with Carol Vorderman www.themathsfactor.com
11.00am	English with David Walliams https://www.worldofdavidwalliams.com/elevenses/
12.00pm	Lunch (cooking with Jamie Oliver) https://www.jamieoliver.com/features/category/get-kids-cooking/
1.00pm	Music with Myleene Klass https://www.youtube.com/channel/UCQh2wgJ5tOrxYBn6jFXsXQ
1.30pm	Dance with Darcey Bussel https://twitter.com/diversedancemix/status/1241098264373592065
2.00pm	History with Dan Snow (free for 30-days) https://tv.historyhit.com/signup/package
4.00pm	Home Economics with Theo Michaels (Mon/Wed/Fri) https://www.instagram.com/theocook

Non-daily events include:

Science with Professor Brian Cox, Robin Ince & Guests
<https://cosmicshambles.com/stayathome/upcoming-schedule>

For your older kids, here are 50 free revision resources for 11+, GCSEs and A-Levels:
http://www.eparenting.co.uk/education/50_free_revision_resources_for_gcse_a_level_11_plus_and_sats.php

Healthwatch Oldham COVID-19 Support Page

We have collated all the current guidance and advice concerning COVID-19 and produced an information hub. You can access this at:

<https://www.healthwatcholdham.co.uk/coronavirus-covid-19-advice-and-guidance>

Got an idea?

Please note we will be doing regular updates around managing your health and wellbeing during this time of social isolation and distancing. We are aware that there are more new and innovative virtual activities being set up and will endeavour to provide as much information as we can. If you have any links, information on groups or activities that you would like to share with others please let us know and we can include it here

Get in touch with us on 0161 622 5700 or send us an email at info@healthwatcholdham.co.uk.
