

Ways to keep the kids busy...



KID Activities



CREATE A Game Box

Fill a box with things such as colouring books, or easy puzzles. When you need to keep your kids busy, give them the box.

Age: 3+



Create a Super Hero

Have your child create a Super Hero. Give them a piece of paper and some crayons, and ask them to draw their hero. What is the Hero's name? Where does their hero live? What super power does their hero have?

Age: 5+



What's in the box?

Find an old box. Fill it with everyday items of different shapes and textures – say a coin, cooked spaghetti, grapes, hairbrush, slime etc. Use a scarf to blindfold the children and ask them to put their hands in the box to identify the items. Get ready for lots of squeals and shouts of YUK!!!!

Age: 3+

Ways to keep the kids busy...



Bake some cakes

Everyone deserves a treat! Have fun mixing, decorating and **EATING** some cakes! How about holding 'The Great Family Bake Off'?

Age: 3+



Treasure hunt

Have an indoor or outdoor Treasure Hunt by hiding things like coins, chocolate or small toys around the house. This works well with spoken clues but for a bit more adventure a map with written instructions will add to the fun.

Age: 5+



Indoor camping

Gather up some pillows, blankets, boxes and chairs and let children create their own camping space. This is a great way for children to use their imaginations and play together with other children or have some quiet time alone.

Age: 3+



Make a sculpture

Give your child egg boxes, plastic milk bottles, cartons, paper or any recycled items and ask them to make a sculpture. This could be a city, a car or a robot. Anything that fires their imagination is great!

Age: 6+

Ways to keep the **kids** busy...



Have a quiz night

Family member of all ages can join in, even the little ones. Get their thinking caps on and find out who is the most competitive in your house!

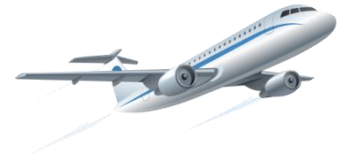
Age: 5+



Form a band

Even if you don't own an instrument pots, pans and hands make great instruments. It will be **NOISY** but it will be fun!

Age: 3+



Make aeroplanes

Use scrap paper to make paper aeroplanes. You could make different kinds and see which one flies the furthest. Can you land on a runway?

**Google How to Make the World's Best Paper Aeroplanes!*

Age: 8+

Ways to keep the kids busy...



Make play dough

Play dough is fun to make. Scent it, colour it, roll it anyway you like. See how many different types you can make.

Age: 3+



Have a teddy bear picnic

Lay the blankets and cushions on the floor and bring out the sandwiches.

Age: 3+



Write a story

Bring out pencils and paper and let their imagination flow. If they are stuck for inspiration take a look at story starters online, which provide lots of creative writing prompts for children.

Age: 7+

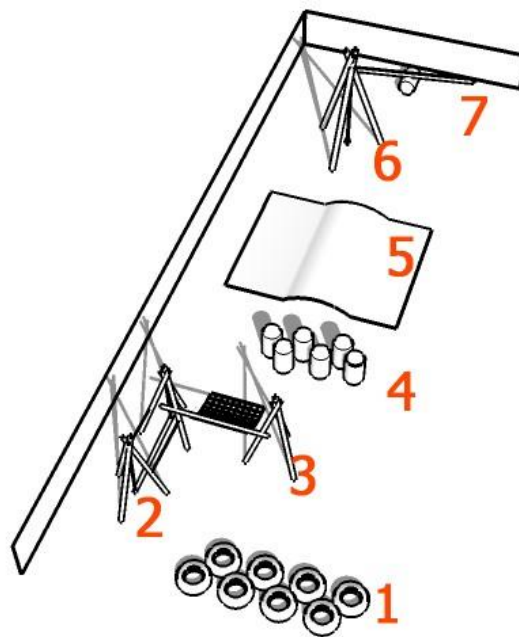
Ways to keep the kids busy...



Put a play on

Let those budding actors and actresses have their moment of fame. Give them some dressing-up clothes and get them to come up with a story for a play. Who will they become?

Age: 5+



Build an obstacle course

Use buckets, brushes, pieces of wood, skipping ropes, footballs, hula hoops or any other household items that you can **safely** use get them to walk, run, jump, hop, skip and crawl their way around the course. This will tire them out!

Age: 5+

Ways to keep the kids busy...



Play cards

Snap, Go Fish, Pairs, Solitaire and Old Maid are all favourites. Families can play together or children can play in groups or alone.

Age: 5+



Balloon tennis

Use a piece of string as a net and see how many times they can hit the balloon without it touching the ground. Wooden spoons work well as tennis racquets!

Age: 7+



Get them gardening

Children love to grow things. Use up their energy by letting them dig, plant and water plants. If you don't have a garden, then a window box or yogurt pots are the answer.

Age: 5+



Go bird spotting

How many types of birds can you spot in your garden or from your window? The RSPB has a 'Spot it' sheet that you can download for free. It's worth checking out!

Age: 8+

Ways to keep the kids busy...



Teach them to knit

Bring out the wool and needles and keep the craft alive. There are some fantastic knitting patterns, including cute and cuddly toys for kids online.

Age: 8+



Spot the stars

Gazing at the clear night sky can be an amazing experience. Try to spot any interesting shapes in the patterns of the stars. For a beginner's guide, [check out Astrocentral.](#)

Age: 8+

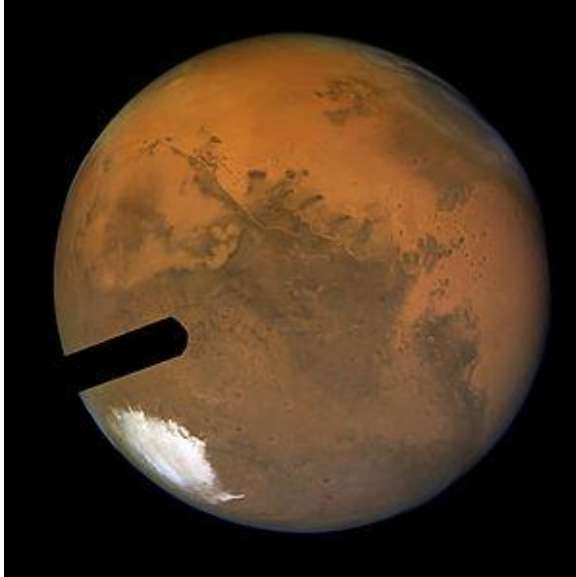


Make a sock puppet

Let children get creative with those odd socks that have been taking up space in a drawer. What colourful and whacky characters will emerge?

Age: 6+

Ways to keep the kids busy...



Explore Mars

Google and NASA have teamed up to let you virtually explore the surface of Mars via the Curiosity rover. As you go around Mars you can also learn more about the Curiosity rover itself and its mission. Check it out for yourself at accessmars.withgoogle.com.

Age: 7+



Write letters

Write a letter to someone you like. This could be a friend, a famous person or a relative. Wouldn't it be great to get a reply back?

Age: 7+



Read a book

Reading a book can take children on wonderful adventures and give you some much deserved quiet time!

Age: 3+



Do the Hokey Cokey

Get everybody moving those arms and legs and shaking all about! 'Ohhhhhhhh the Hokey Cokey...'

Age: 3+

Ways to keep the kids busy...



Let's go with Lego

Whole new worlds can be built with Lego. Download the 31 Day Lego Challenge and see how creative they can be.

Age: 5+



Blow bubbles

Blowing and watching bubbles is great fun for all ages. Who can blow the biggest bubble? What colours can you see? Can you catch a bubble without breaking it?

Age: 3+



Make bird feeders

Help the birds feel at home in your garden. Give them an early morning feast with a homemade bird feeder. They will flutter with delight!

Age: 3+



Ways to keep the kids busy...



Alphabet Chat

Challenge each other to talk for a minute each without using words beginning with an agreed letter of the alphabet.

Age: 8+



Build a Bridge

Challenge children to build a bridge from recycling products - plastic bottles, cardboard, wood, paper etc. Can they build it strong enough to hold a tin of beans?

Age: 8+



Flying Carpet

Each child, or group of children, stands on a rug or cushion in the middle of the floor. This is their 'flying carpet' the only problem is, it is upside down! The object of this game is to turn the 'flying carpet' over without stepping off it. If you step on the floor you are out!

More difficult than it sounds!

Age: 9+

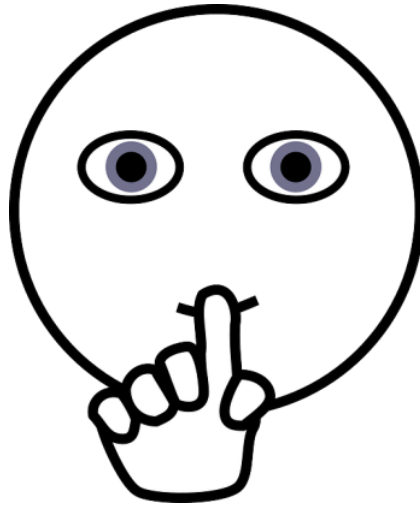


Where in the world

The first person starts with a place name and the next person has to think of a place name that starts with the last letter of the previous place. For example: BelfasT – TuriN– NicE – EdinburgH...and so on. See how far round the world you can get!

Age: 9+

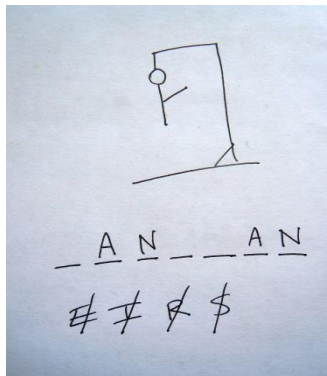
Ways to keep the kids busy...



Charades

These are great for the whole family to join in. Which films, books, musicals will bring their acting skills to the fore?

Age: 7+



Hang Man

Hang man is a great game that you can play at home. All you need is a pencil and paper and you're up and running.

Age: 7+

Ways to keep the kids busy...



'Dance-a-thon'

Get children to feel that amazing sense of freedom that comes with letting go and dancing to music. Why not set a challenge like dancing for 5 minutes on the spot.

Age: 3+



Hopscotch

This is an oldie but a goodie! This is great outdoor fun for children. Hop to it, get the chalk out!!

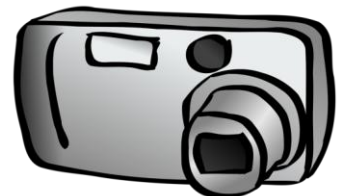
Age: 6+



The classic: cardboard boxes.

With a bit of imagination boxes can become a ship to a pirate ship, a train, a house. Leave some out and see what magic happens!

Age: 3+



Make a video diary

Roll out the red carpet! Encourage the future Oscar winning directors in your family to make a video diary. The camera on a mobile phone is great for this. 'And action!'

Age: 9+

Ways to keep the kids busy...



Would you rather?

Come up with some this-or-that questions: Would you rather have super speed or super strength? Would you rather be a wizard or a super hero??

Age: 8+



Karaoke

Who's the King or Queen of karaoke? Let them blast out their favourite tunes and sing a long!

Age: 5+



I Spy

What will they spy with their little eyes? This is good game to play together sitting on the sofa together.

Age: 5+

Ways to keep the kids busy...



Simon says

Children will love waiting to hear what 'Simon Says'. Will he say 'jump', 'put your hands on your head' or 'touch your nose'?

Age: 3



Bingo

Have a family Bingo Night. Children will love listening for 'Two Little Ducks 22'. 'Rise and Shine 29'.

* Bingo call sheets can be found online

Age: 7+



Make Shadow Shapes

Turn off the lights, close the curtains, and with the help of a torch, take turns making shadow shapes on the walls, with your hands. See who can make the best shapes.

Age: 5+



Picture This

Dig out old photos and albums. Kids love looking at old photos and hearing stories from the past the past.

Age: 3+



Face painting

Most kids love getting their faces painted. Use your rainy days as time to practice new patterns and styles.

Age: 3+



Jigsaw

Jigsaws are fun for all ages and great for keeping children occupied by themselves or families to do around the table together.

Age: 3+



Tug - o War

Let them dig their heels in just this once! A good way to use up energy.

Age: 8+