



Family Activity Pack

If you would like anymore activities or feel like you need support in any way please contact us: outandabout@wecil.co.uk or contact your usual person of contact



We will be live on facebook at 11.00am on Friday!

**FIND US ON FACEBOOK
[@outandaboutbristol](https://www.facebook.com/outandaboutbristol)**

**JOIN US FOR ACTIVITIES,
GAMES AND FUN!**

Please note - We aim to make everything appropriate and accessible for disabled children and young people. If you have any ideas about how we could best support our community during this time please let us know at:

outandabout@wecil.co.uk





Online Resources for Children and Young People

Reading & Leisure

Enjoy elevenes with a story from much-loved children's author David Walliams, available every day at 11am:

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

Audible are also making hundreds of children's books available to stream for free during the school closure

<https://stories.audible.com/start-listen>

"GameJam" where a group of autistic and non-autistic game creators each spent the week developing completely new games from scratch, each with a theme connected to autism research.

<https://itch.io/jam/autistica-play>
[jam/entries?dm_i=4UOR,ARYC,14PKWQ,187W1,1](https://itch.io/jam/entries?dm_i=4UOR,ARYC,14PKWQ,187W1,1)

Creative

Download a free 30 day LEGO calendar with daily challenges and building ideas

<https://funlearningforkids.com/lego-challenge-calendar-building-ideas/>

Educational Resources

The Maths Factor with Carol Vorderman is offering online maths support for ages 4 - 11 for free during the school closure (usually £2 per week)

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



Online videos creating fun maths concept to primary aged children

<https://www.facebook.com/TeachitDIY/videos/fun-math-activities-for-the-classroom-and-home/384498685529886/>

Virtual Museum and Gallery Tours

British Museum, London: The Rosetta Stone and Egyptian mummies are just a couple of things that you're able to see on a virtual tour of the museum

<https://britishmuseum.withgoogle.com/>

NASA: Both Virginia's Langley Research Center and Ohio's Glenn Research Center offer online tours for free. Also, you can try some "augmented reality experiences" via The Space Center Houston's app.

Street Art Tours from around the world

<https://streetart.withgoogle.com/en/>

Zoo's and Aquarium Live Cams:

<https://www.montereybayaquarium.org/animals/live-cams>
<https://www.edinburghzoo.org.uk/webcams/penguin-cam/>
<https://www.edinburghzoo.org.uk/webcams/tiger-cam/>

Pencil and Paper Games

The great thing about pencil and paper games is their simplicity. They can be played anywhere and at any time. When kids get bored at home, simply give them a piece of paper and pencils or pens, and they can entertain themselves for at least an hour. Our selection of pencil and paper games includes several old favourites

Dots and Boxes



A pencil and paper game for two players, Dots and Boxes begins with an empty grid of dots. Players take turns adding a single horizontal or vertical line between two un-joined adjacent dots. The player who completes the fourth side of a 1×1 box earns one point and gets another turn. Players write their initials in the boxes to indicate who completed each. The drawn “board” can be of any size. If you have little time to play or are just learning how to play, try a 2×2 box. A 5×5 box works well for experts. Dots and Boxes ends when there are not more lines that can be placed. The winner is the player with the most boxes completed.

Cootie

The object of this game is to draw a completed cootie bug before the other players. Provide each player with a piece of paper and a pencil. Players roll a die to complete their bug. Every time, the number of dots on the die represents a different body part:

- 1 = body
- 2 = head
- 3 = antennae, hat, or bow
- 4 = eye,
- 5 = tongue, teeth, or lips
- 6 = a leg

Have each player roll the die and the player with the highest roll goes first. A player must start by throwing a one for the body and then a two for the head. If a player cannot roll the required numbers, they lose their turn and must try again on their next turn. After a player gets the body and head, cootie parts can be added in any order a player desires. However, if a player rolls a number of a cootie body part they already have, their turn is over. When a player successfully rolls a needed number, they get a free roll to attempt to get another body part. The winner of the game is the first to finish their cootie.

Hangman

A challenging two-player word game, Hangman challenges players to complete the spelling of a word before a drawing of a hangman is finished. The first player thinks of a word or phrase and writes a blank for every letter below a drawing of a gallows with an empty rope. The second player attempts to spell the word by guessing letters. Each wrong guess gives the guessing player a body part added to the swinging rope – a head, torso, two arms, and two legs. If the hangman is completed before guesses provide the correct word or phrase, the player who chose the word wins. To stump an opponent, use short words or words with repeated letters.

Tic-Tac-Toe



Tic-Tac-Toe is one of the first pencil and paper games a child learns. To begin playing, draw a grid of two horizontal lines dissecting two vertical lines. Players take turns choosing a box and placing either the letter *O* or the letter *X* to mark their box. The goal of the game is to fill in three marks in a row or block your opponent from doing so.



Games and Activities

Building

Have fun building castles, homes, construction sites, and forts with anything available. Provide the kids with building blocks, empty cardboard or plastic containers, toilet tissue and paper towel cardboard tubes. Alternatively, build a fort with boxes, blankets, and pillows.

Puzzles

Puzzles are not only fun, but also build [problem-solving](#) and cognitive abilities. Choose from one or more of the following:

- For a real challenge, pull out a 1000-piece jigsaw puzzle.
- If children are of different ages, set up several jigsaw puzzles for different skill levels.
- Have your children make their own puzzles by drawing a picture on the cardboard. Outline puzzle pieces on the finished pictures, cut them out, and have each child put together either their own or another child's puzzle.
- Purchase inexpensive puzzle books – crosswords, word search, and Sudoku – for kids to work through.

Hide and Seek

Hide and Seek works with children of any age. For indoor hide and seek, you may wish to set a limit on the areas in which they hide. Older children will enjoy an evening game played outside in the dark – have the person playing “It” carry a flashlight for safety. Vary the time “It” counts depending on the age level of players and the size of the playing area. The last person found becomes the new “It.”

Treasure Hunt

Kids love finding hidden objects and although this fun game to play at home does take a bit of preparation, the fun it provides is worth it. Begin by writing clues on small folded slips of paper.



Each clue leads kids to the next place with an additional note. When the kids reach the end, they find a prize. Alternatively, leave coins in each spot, beginning with pennies and working up to the end and a larger amount of money.

Indoor Bowling

- Collect ten empty plastic water bottles and fill them part way with water for stability.
- Arrange them the way bowling pins are usually set up.
- Use a medium sized ball for knocking the pins down.
- Set a starting line and have kids take turns attempting to knock all the pins down.
- The easiest way to keep score is to give out one point for each pin knocked down.
- Give a reward to the winner with the most points.

Hot Potato

An old favourite, play begins with everyone sitting in a circle on the floor. Turn on music while players pass the “hot potato” – a bean bag or small soft ball – around the circle as quickly as they can. When the music stops, the player holding the hot potato is out. When only one player is left, you have a winner of the game.

Guess the Sound

Gather several items that produce some sort of sound. Blindfold players and have them guess the item from the sound it makes. You can show the items to younger children at the beginning of the game. For older children, make them guess without seeing the items. Some items to include are:

- A stapler – staple a paper
- A glass – hit the side with a spoon
- A pill bottle – shake it
- A piece of paper – tear it
- A comb – rub your fingers along the teeth
- Wood blocks – bang them together
- A pot with a lid – place the lid on top noisily
-



Touchy Feely

Although this game has its origin as a classroom sensory table experience for pre-schoolers, children of any age find joy in this touchy feely game. Find a heavy box with a lid you can close. Cut a hole in the side large enough for a hand to fit through. For younger children, a decorated shoebox is fun. Put your item inside the box and have each child guess what it is. Players can ask questions and you can offer a clue if you wish. The “winner” is the player who identifies the most substances and objects. Try one or more of the following:

- Cooked rice or spaghetti
- Seeds from a fresh pumpkin
- A piece of fruit – apple, orange, grapes, or cherries
- A toy – child must specify what it is
- Gelatine dessert
- Feathers
- Real and fake flowers
- Dehydrated potatoes
- Cereal

Artistic Antics

Choose the oldest or youngest to start this drawing game and then have players draw in order of their birth date. Find a fairly large piece of paper and get out coloured pencils, crayons, or markers. The first player begins by drawing a line, circle, or other piece of a picture. Each player adds to it. Keep having players add to the picture until everyone has a turn, if you have many players, or until the players have had a predetermined number of turns. See what type of interesting drawing results.

Domino Run



Set up dominoes to make a domino run by standing them on end in long lines so that when the first tile topples, it topples the second, which topples the third, then the fourth, until all of the tiles fall. Begin with relatively few dominos and increase the number and difficulty of the design with each subsequent run. Kids will spend a great deal of time with this exercise.

Freeze!

Choose some of your kids' favourite music and have them dance until the music stops, at which point they must freeze. You can have them freeze in whatever position they are in when the music stops or specify a position. Some good choices are the shapes of:

- Animals
- Expressing an emotion
- Letter
- Plants – trees or flowers
- Yoga positions

Dance Party

Another fun musical game is to have a dance party. Try some fun genres such as a square dance or some classical music along with your kids' favourites. If you wish, kids can dress up for some of the music. Dance **party time** is a great way to work off some extra energy, so try it before naptime for your little ones.



Categories

You may need to help your youngest children begin this game, but older children can play it without assistance. To begin, choose between five and ten categories and write them across the top of a piece of paper. Some suggestions are:

- Birds
- Animals
- Countries
- Games that use a ball
- Vegetables
- Fruit
- Television shows
- Things with wheels
- Disney Characters

The first player chooses any random letter of the alphabet. All the players have one minute to come up with something for each category listed that begins with that letter. At the end of each round scores are totalled. However, you only get a point if no one else came up with the same thing or name. The more obscure the words chosen for each category usually earn the most points.

Word Whiz

A dictionary game for older children, word whiz can be played indefinitely. Provide each player with a piece of paper and a pen or pencil. Pass around a dictionary and each player in turn chooses a word the meaning of which they believe the other players do not know. Players read words aloud and spell them if necessary. The players who have not chosen the word write down what they believe the word means. All the definitions are read and the players vote for which one they think is correct. The player with the word gets one point for each vote and then reveals the real definition. The player with the most points at the end of a set number of rounds wins the game.



How to make Playdough

This super-easy playdough recipe is a great way to spend time inside. You can play with the results straightaway, so there's immediate gratification for all involved!

WARNING: DO NOT LET DOGS OR ANIMALS EAT THE PLAYDOUGH

Makes 1 coloured ball

Prep 10 minutes

You will need

- 8 tbsp plain flour
- 2 tbsp table salt
- 60ml warm water
- food colouring
- 1 tbsp vegetable oil

Method

1. Mix the flour and salt in a large bowl. In a separate bowl mix together the water, a few drops of food colouring and the oil.
2. Pour the coloured water into the flour mix and bring together with a spoon.
3. Dust a work surface with a little flour and turn out the dough. Knead together for a few minutes to form a smooth, pliable dough. If you want a more intense colour you can work in a few extra drops of food colouring.
4. Store in a plastic sandwich bag (squeeze out the air) in the fridge to keep it fresh. You can make a batch of colours.



How to make Saltdough

You can make simple salt dough from everyday ingredients in your kitchen cupboards. Save money and keep the kids entertained with this thrifty kitchen craft. Making salt dough is a really fun and easy activity for kids and the chances are you will have all of the ingredients in the cupboard ready to go. Children and adults will love using their imaginations to create all sorts of exciting objects (although simple shapes do seem to work best) and hours of fun painting their creations, but do take care to remind little ones that the salt dough is not edible.

DO NOT LET DOGS OR ANIMALS EAT THE SALTDOUGH

Makes 1 ball

Prep 10 minutes

Cook 3 hours

- 1 cupful of plain flour (about 250g)
- half a cupful of table salt (about 125g)
- half a cupful of water (about 125ml)

Method

1. Preheat the oven to its lowest setting and line a baking sheet with baking parchment.
2. Mix the flour and salt in a large bowl. Add the water and stir until it comes together into a ball.
3. Transfer the dough to a floured work surface and shape into your chosen model. You can roll it out and cut out shapes, numbers or letters using biscuit cutters, or make any kind of model you can think of. We made some fruit and veg shapes plus cupcakes for a teddy bear's picnic.
4. Put your finished items on the lined baking sheet and bake for 3 hrs or until solid.
5. Leave to cool and then paint.

30 things to do at home

Being stuck inside can be challenging, try some of these activities. Try and get some exercise outside for at least 30 minutes.

1) Sort Toys by color

Sort your toys by color then use them to build a rainbow.

2) Get a square box and turn it into a dice then play your favorite board games

3) Make a fridge from a box

Get a box and paint the outside to look like a fridge. Inside paint/draw everything you can find in a fridge

4) Sort items from the food cupboard by size.

5) Place coins up the stairs in a line

6) Draw a circle then build towers inside the circle

7) Turn empty bottles, or loo rolls into 10 pin bowling

Check out our live videos on Friday's 11am on Facebook:

Search:

Out and about short breaks

And like the page

Keep updated at the WECIL website www.wecil.co.uk





14) Draw circles and try and get plastic bottles to land in them

15) Can you collect 100 of something in the house

16) Paint everyone's nails in the house

17) Create a cardboard washing machine

18) Make a comic story

19) Make a sun dial and place outside

8) Build a playdough maze for rolling marbles

9) Make a cardboard laptop

10) Make a set of salt dough dominoes

11) Create tickets and seat numbers to turn the living room into a cinema

12) Use wool and a hanger to make a dream catcher

13) Make a pair of binoculars from empty loo roll

20) Write a smoothie recipe

21) Create a set of top trumps cards

22) Get a square box

23) Film a weather report

24) Build a town from playdough

25) Mix paint with shaving foam to make puffy paint

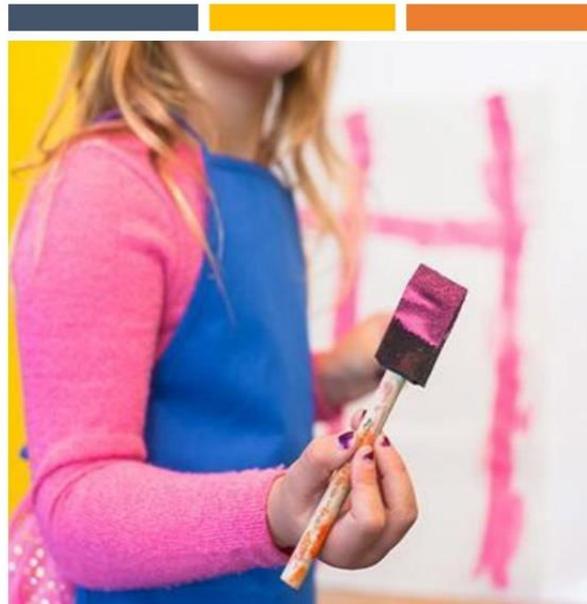
26) Go on a word hunt in the paper or something posted through the door

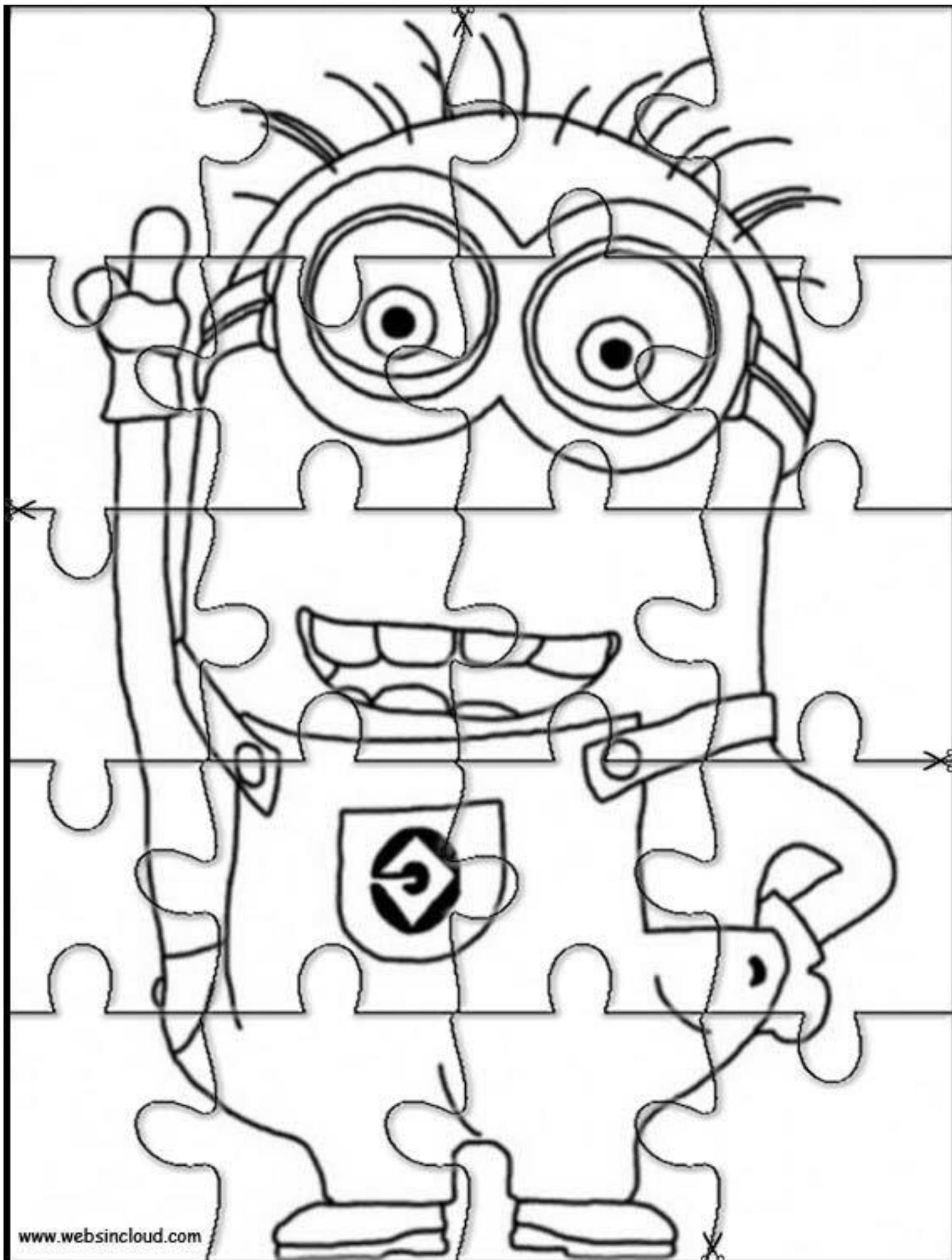
27) Design a build a paper playground

28) Pick a flower and draw it

29) Make a pair of binoculars from empty loo roll

30) Make a fort pillow





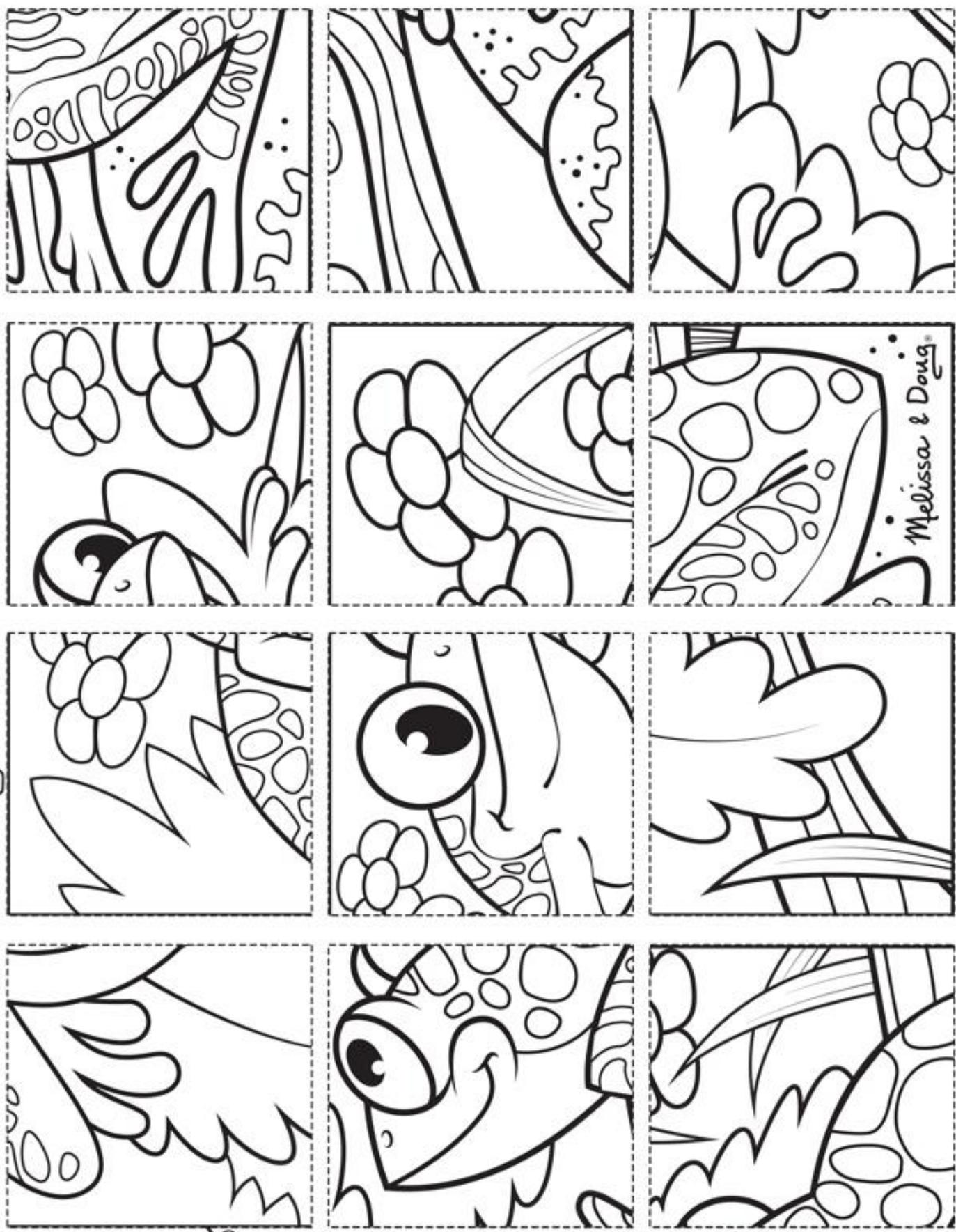
Picture Mix-Up

Cut out the squares on the following page and glue them to the correct square below to complete the picture. Then color it!



Picture Mix-Up

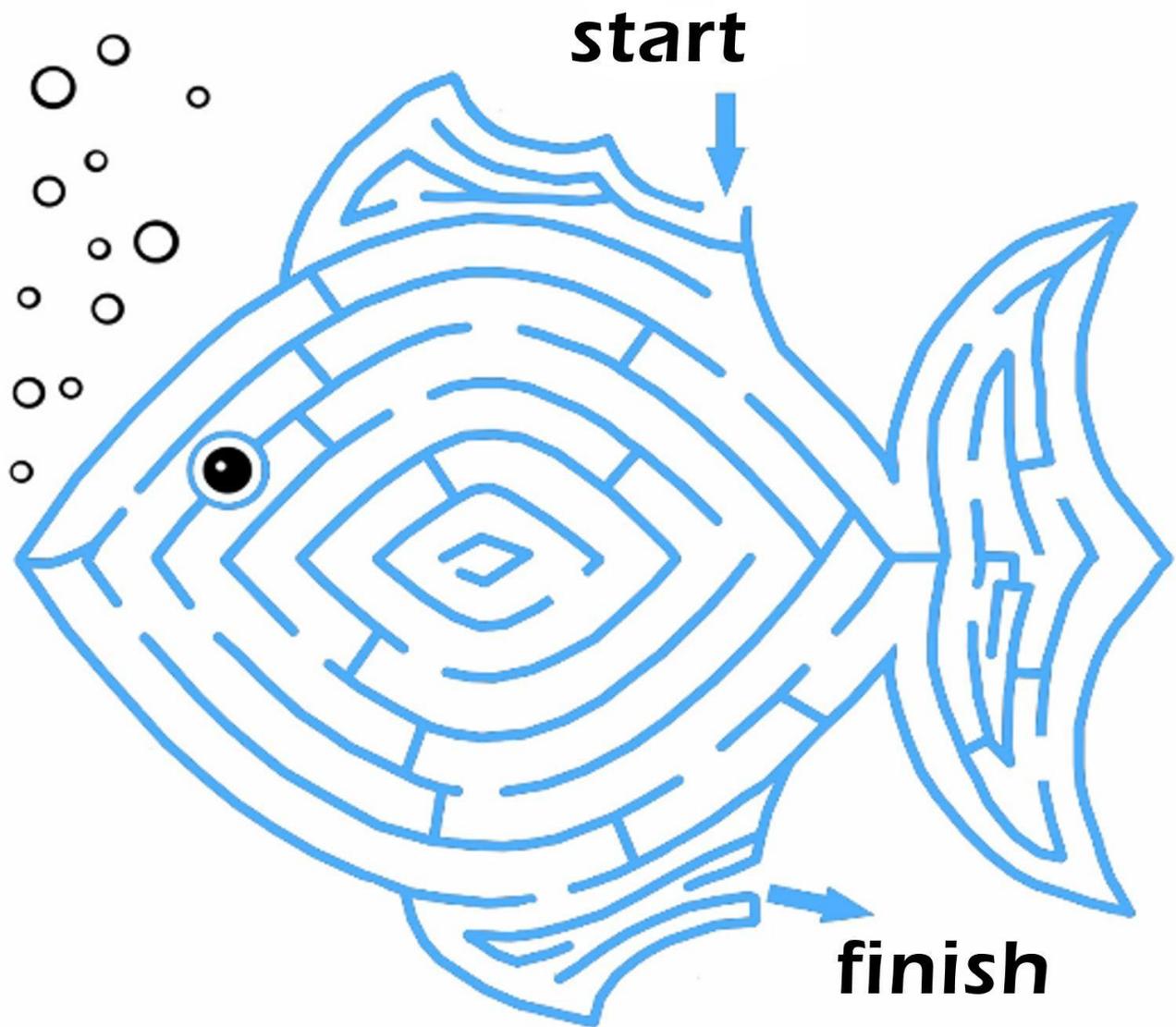
Cut out the squares below. Then put them in the correct spaces in the grid on the previous page.



Melissa & Doug®

The fishy maze game

Find the correct way from start to finish.



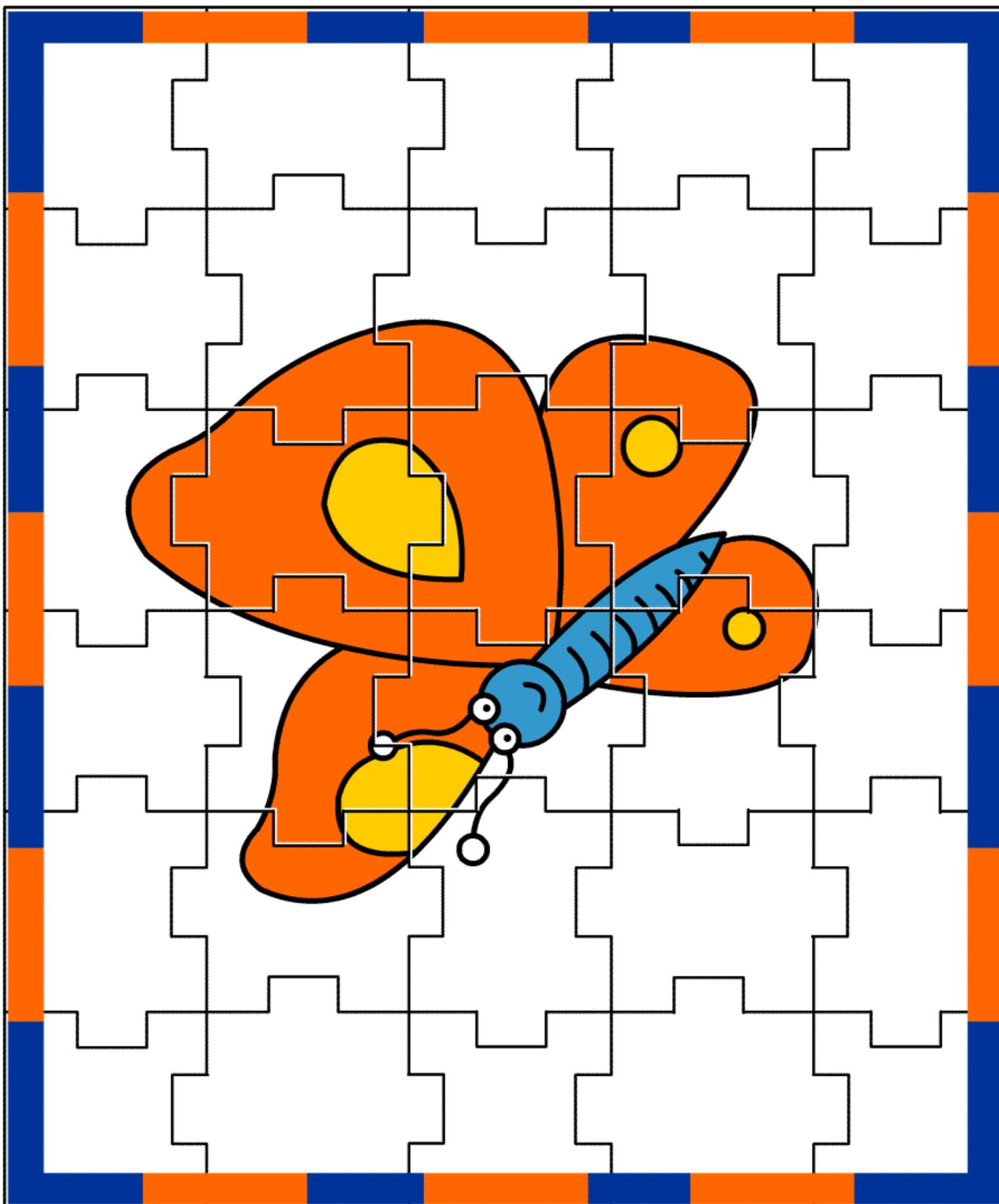


Baby Animal Word Search

- CUB
- CALF
- CHICK
- KITTEN
- PULLET
- HATCHLING
- FAWN
- PUPPY
- COLT
- DUCKLING
- FLEDGLING
- FRY

M B H T H D H C I C O L T B
 M D U L K Q M B M U Y W W Y P P D A H P F X
 K T M Q O C G O C A H P F X
 F M Q C K L I N G Y P J Y
 C K D U C K L I N G Y P J Y
 H B A P H A F A M Z H O M C A L F
 H L Y W A W T K B C F Z P D Y
 H Q C I T Y D F F P U L C D V C L J
 C Z M E N G L Y T B R R N Y H
 C O P S N G I N J B J R G H G V U
 T F W K X I N X N P X O Y D Z O
 B E P H I G X N P L L N O Y D Z O











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Coloring Pages

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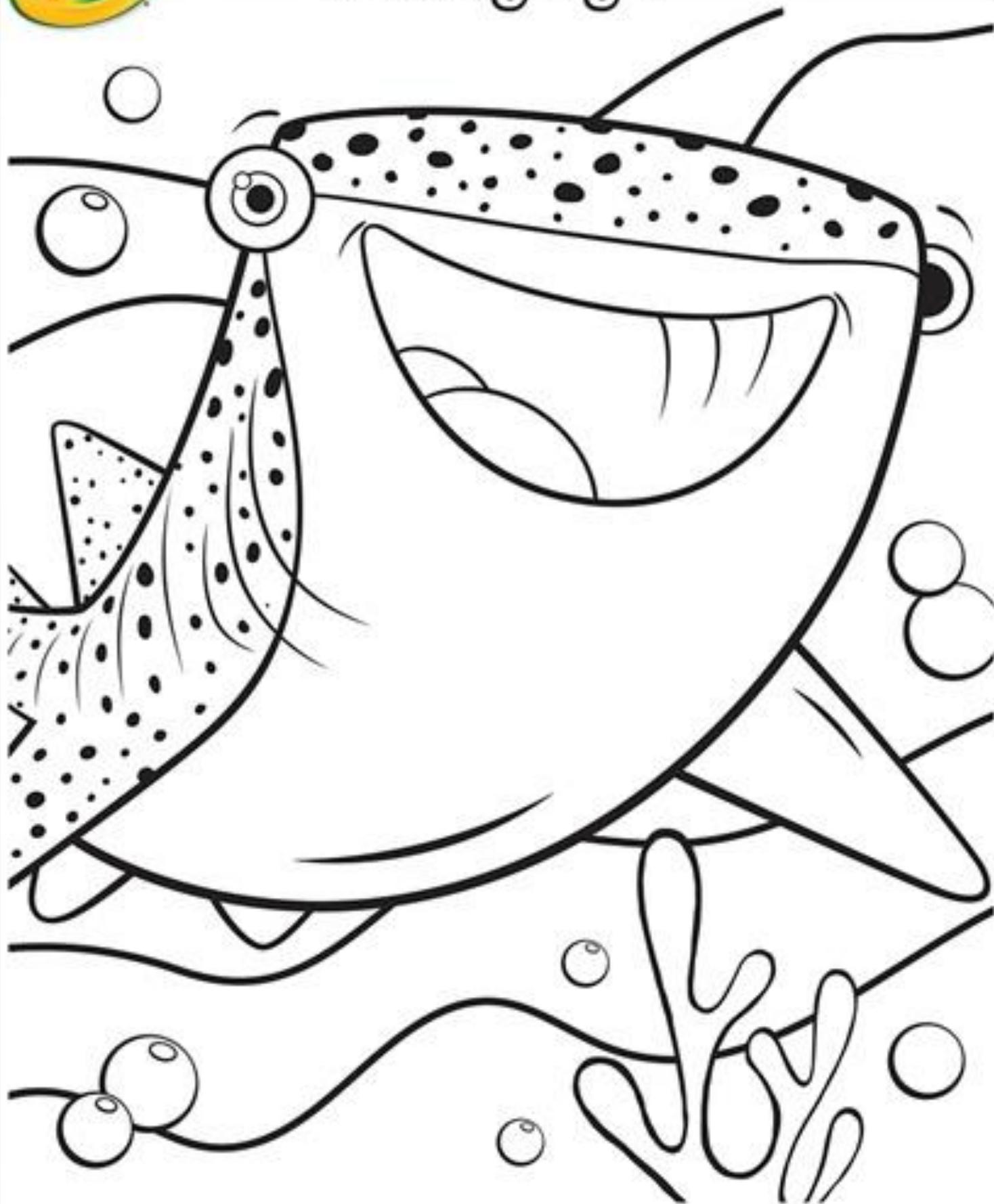




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