

Meaningful Activities for Children

Dear mothers, fathers and friends of the family who are now looking after the children.

You are now the pillar of the family, balancing the current emotions and uncertainties of the children. It is a special time and also a phase that you can make the most of... So there also lies potential in these times, and it is a unique opportunity to make the best of it and to tread new paths.

Basically, it is very important to have a rhythm. This provides the children with security and an orientation. It is also an opportunity to involve the children in the daily routine and organization of everyday life. If they can contribute their ideas and wishes, they feel heard and accepted.

With the ideas listed below, it was also a goal to keep TV, gaming and computer time as limited as possible. There are so many other great activities, and possibilities to organise the day in an orderly, yet varied way. Below we present a few ideas for indoor and outdoor activities:

- ★ Create a **daily and weekly schedule** (times and activities). The children contribute actively and are a part of it. The plan is displayed in a clearly visible place in the apartment.
- ★ Distribute new **tasks** and small jobs. Explain to the children why it is important or motivate them to contribute their part in the daily routine. It is important to involve the children (what do they want to do?).
- ★ **Rearrange a room / the apartment:** The children put their ideas on paper on a drawing and present them. The good ideas are then implemented.
- ★ **Cooking:** Try out new recipes and ideas (possibly by means of video instructions or recipe). Make everyday products like bread, jam, syrup, etc. together with the children in order to avoid ready-made products.
- ★ **Write a diary** (my highlight of the day, this is what I learned today, what was difficult today? ...)
- ★ Build a **marble run** with different materials
- ★ **Handicrafts:** Decorate your house or flat according to the season
- ★ Build a **landline** and «make calls» from room to room
- ★ Invent a **secret language**
- ★ Learn **new games**
- ★ Play **all the games** you have at home
- ★ Do a **huge jigsaw puzzle** (do one jigsaw together and frame it, if you like)
- ★ Build your own dream house as a **miniature-model** from every-day-life-material (cardboard, toothpick ...) and present it to the family
- ★ Design and colour your **own mandala**
- ★ Solve **riddles**
- ★ Create your own **art**
- ★ **Baking:** bake and decorate a cake, cookies etc.
- ★ Reading **fairy tales** and reading them to others (e.g. one parent reads 5 pages and the child reads 2 pages)
- ★ Rehearse a **theatre play**, create your own puppets (e.g. from socks), give a performance
- ★ Build an **indoor tent**
- ★ Make your own **modelling clay** (salt dough) and form figurines, paint them
- ★ Indoor **Olympics** with fun disciplines (everyone invents one or more disciplines)
- ★ **Food games** (blind tasting and finding out what it is)
- ★ Make a funny **photo shooting**
- ★ Do cool **experiments**
- ★ Start **new pen friendships**, write to relatives, friends etc.
- ★ **Write** stories or poems yourself and read them to each other
- ★ Learn **magic tricks** and do a magic trick show for others
- ★ Invent and mix your own **drinks**

- ★ Organise a family **disco** (everyone is allowed to make some music requests, adjust lighting)
- ★ Organise a **treasure hunt**
- ★ Have a **picnic** on the floor
- ★ Take a **dream journey** (to the land of milk and honey ...)
- ★ Stretch a string from apartment (balcony, window...) to apartment and send «**a message in a bottle**» or a basket with a message
- ★ **Play music and make an audio recording**
- ★ Practice **artistic tricks** (headstand, handstand, juggling etc.) and then perform a circus show for the parents
- ★ If you have **pets**, you can wash, comb and groom them (if they appreciate and like it)
- ★ **Organise theme days/evenings**: choose a theme (e.g. pirates) and adapt the activities, games, food and drinks

- ★ **Garden projects**: Tree house, insect hotel, flower beds, birdhouses and the children's own ideas
- ★ Build **water rides** out of everyday objects
- ★ Look for **grasses, trees and flowers** in the garden and learn about them (name, characteristics etc.)
- ★ Pick **wild garlic** and then process it (e.g. make pesto)

Have fun!