

Activity ideas during Covid-19

Many people are facing significant changes to their home life at the moment, whether that's the challenge of children being at home all the time, dealing with prolonged periods of isolation, or even a sudden loss of employment.

These are likely to be challenges that you will be aware of in your own church and community, so something as simple as some activity ideas can help to ease the new strains and stresses on home life.

Helpful information for talking with your family about coronavirus (COVID-19):

[Covid-19: For 3-12's - it's ok to worry about coronavirus](#)

[Covid-19: For 13-18's - it's ok to worry about coronavirus](#)

[COVID-19 Resource Pack For Parents](#)

Idea for kids activities

- Junk modelling
- Den building
- Paint or draw pictures to stick up in the windows
- Freeze small toys in water in ice-cube trays or plastic containers, then tip them out onto a tray and let kids break the ice apart to discover the 'treasure'
- If you have outside space, let the kids 'paint' with water on the walls/patio/fence
- Have a picnic in your garden or living room
- Make a road track on the floor with masking tape
- Thread pasta tubes or cereal hoops onto string to make a necklace
- Make a music shaker out of an old toilet/kitchen roll tube – seal one end, fill with dried rice, and seal the other end
- Do a 'scavenger hunt' at home or during your daily walk
- Do paint printing with potatoes, cookie cutters, lego pieces, fingers and toes
- Draw your own snakes & ladders board
- Make an indoor/outdoor obstacle course
- Make paper aeroplanes and race them
- Have a teddy bear's picnic
- Have a dance show
- Paint stones, seal with pva glue and place in your local area for people to see when out walking

Ideas for adults

DIY	Go through all your photos
Watch documentaries to learn new things	Learn to dance
Gardening	Read
Play board games or cards	Learn a language
Discover new music	Learn origami
Knit or crochet	Play sudoku
Learn to cook something new	Start running
Try drawing	Meditate or pray
Volunteer	Start a blog
Find online exercise classes	Listen to podcasts
Write a letter to a friend	Photography
Write a story/poem	Cycling
Keep a diary or journal	Teach your pet tricks

More ideas for kids from the web

[FAMILY LOCKDOWN TIPS & IDEAS Public Group](#)

[Lockdown activities for kids \(Surviving covid19\) Public Group](#)

[The Best Ideas for Kids - Home](#)

[Five Minute Mum – Five minute fun activities for busy people to do with little kids](#)

[Five Minute Mum](#)

<https://www.scouts.org.uk/the-great-indoors/>

Keeping active

[PE with Joe | 1st lesson - Monday 23rd March 2020](#)

[CBeebies - Andy's Wild Workouts](#)

Educational

[Chester Zoo - Videos](#)

<https://classroommagazines.scholastic.com/support/learnathome.html>

[Easy Peasy All-in-One Homeschool – A complete, free online Christian homeschool curriculum for your family and mine](#)

[BBC Bitesize: free daily lessons for ages 3-18](#)

[World of Stories - free audio books for all ages](#)

[Elevenses with The World of David Walliams](#)

[Orchard Toys: Craft ideas. Free activity sheets for little ones](#)

<https://www.twinkl.co.uk/>

[Funbrain: Games, Videos, and Books for Kids](#)

[PBS KIDS](#)

[Highlights Kids](#)

[National Geographic Kids](#)

[CoolMath4Kids: Home](#)

[Math Game Time - Free Math Games & Worksheets for Kids & Teachers](#)

[Switch Zoo Animal Games](#)

[TurtleDiary: Kids Games - Educational Computer Games Online e-learning for kids](#)