

March 2020

STAY AT HOME IDEAS



As many of us are spending more time at home than usual, we have come up with a few ideas which should help us to enjoy the time we are spending together and maybe even teach us something new!

Take a look at the ideas below and try a few, there's something for everyone.

Why not take a photo of you and your family enjoying one of the activities and email it to us [here](#)? We'd love to share in the fun and keep in touch.

Books

- Read a book
Why not try a different genre to books you normally read?
- Start a family book club
Read a book and spend time to chat about what you have been reading.
Maybe recommend a book.
- Listen to a book
Audible are offering free downloads
[Audible free books](#)

Board Games

- Play a board game
Are there board games that your parents used to play hidden away? Give them a try!
- Family Quiz
Form a team and challenge your family! There are plenty of free quizzes on line or maybe you can write your own questions.

Films

- Have a friend recommend a film they have enjoyed
- Have a home cinema night
Grab some popcorn, cushions and dim the lights!
- Is there a book you are reading as part of your school work?
Why not watch the film version?

Exercise and Wellbeing

- Gym equipment
Dust off the exercise bike, treadmill and have a go!
- On-line PE Lesson for free, every day
[Joe Wicks PE Lessons](#)
- Back garden scavenger hunt
There are plenty of ideas on-line or think of your own!
- Have a day spa
Have a relaxing hour with a pampering mask, nail painting or even just a relaxing soak in the bath
- Meditation and relaxation
Take some time to rest and relax

Places to Visit

- Visit the zoo from your living room!
[Edinburgh Zoo](#)
[San Diego Zoo](#)
- Explore a museum
[Virtual museum tours](#)
- Virtual holiday
There are plenty of tours you can take – enjoy traveling the world from your sofa. Here are just a few.

[Yosemite National Park](#)

[Great Wall of China](#)

[Yellowstone National Park](#)

[Taj Mahal](#)

[London](#)

Search Google for Virtual Tours for many more.

Help around the home

- Help to do household tasks and chores
Learn how to use the washing machine, dishwasher, oven or Hoover!
- Plan and cook a meal
Take a look in the cupboards and see what meal you could prepare for your family
- Spend time with pets
Teach your dog a new trick, feed the cat or maybe just spend time with them
- D.I.Y.
Why not help around the home to finish all those little jobs, whilst learning useful skills for the future
- Spend time in the garden
It's good to get outdoors, so mow the lawn or plant some seeds ready for the summer
- Declutter
Maybe tidy your bedroom and sort those unwanted clothes or toys

Be creative

- Learn a craft

There are lots and lots of tutorials available on You Tube. Try knitting, painting, origami!

- Write a story

They say 'there's a story in everyone'. Why not write yours!

- Draw something you can see from your window

- Bake a cake

Can you follow a recipe and create a delicious cake?

- Make cards to be used for future birthdays, anniversaries etc.

There are plenty of ideas on-line or create your own

- Make and test paper planes

Can you design a super plane and fly it the furthest?

Try something new

- Learn to play a piece of music

Find that long-lost recorder, harmonica or keyboard and teach yourself to play a song

- Learn a language

Can you learn how to say 'hello' in another language?

Why not try a free [app](#) with over 35 languages to learn in a fun way.

- Research your family tree

Find out about your long-lost relatives and where your family originated from.

Keep in touch

- Take a photo a day

Maybe make them into a movie and share with family and friends.

- Keep in touch with friends and family via Facetime, Skype and email

[Help with Getting On-line](#)

Music

- Have your own kitchen disco!

Everyone in the family can choose their favourite track

- Listen to a new music genre and discover some new artists

Enjoy spending time with your family