



ACTIVITY ALPHABET

An A to Z of connecting activities
for families to share at home





Ant watching

Let's follow some ants and see where they go. I wonder where they will lead us?



Ball games

Let's roll a ball between us. I wonder if we can make a funny sound every time we let the ball go?



Cubby building

Let's make a cubby under the dining table together with blankets and sheets. I wonder what toys and treasures belong inside?



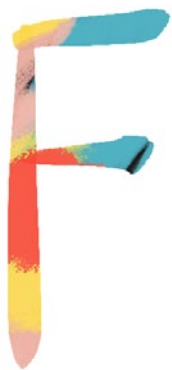
Dancing

Let's dance around the house together. I wonder what your favourite dance song might be today?



Eating

Let's eat some foods that are good for our bodies. I wonder if we can make a rainbow of food colours on our plates?



Face painting

Let's use make-up brushes to pretend paint each other's faces. I wonder what kinds of animals or characters faces we can paint?



Garden fun

Let's plant some seeds, seedlings or cuttings in some soil. I wonder how long it might take for them to grow up high?



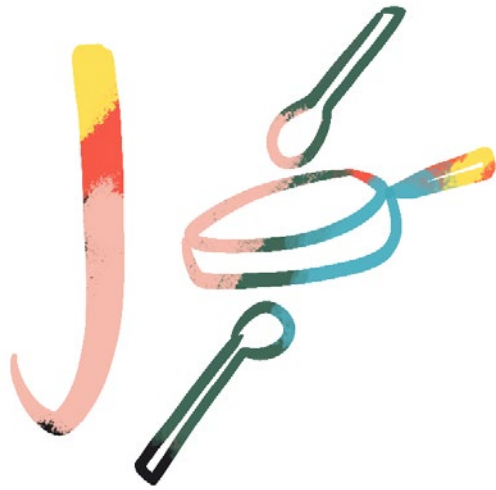
Hairdressers

Let's brush each other's hair and create some fun hair styles. I wonder if we should take some photos of our new hairstyles?



I spy with my little eye

Let's look out the window and see what things we can see. I wonder who will be first to see a person, pet, bird, flower, and truck?



Jamming in the kitchen

Let's get out some pots to bang on with wooden spoons, like a drummer from a rock band. I wonder what songs we can play together?



Kick to Kick

Let's go to the oval to kick a ball around. I wonder what birds we might meet at the oval today?



Letter writing

Let's write a letter and draw a picture for someone who we miss. I wonder what news we could share with them?



Making Mud pies

Let's make some mud pies.
I wonder what leaves,
flowers, and sticks we
might use to decorate our
delicious looking treats?



Neighbourhood hellos

Let's make some little
drawings to post in our
neighbour's letterboxes.
I wonder if that might
brighten their day when they
collect their mail?



Obstacle course

Let's make an indoor
obstacle course with
cushions, blankets, and
furniture. I wonder if you can
make it all the way to the
end of the course?



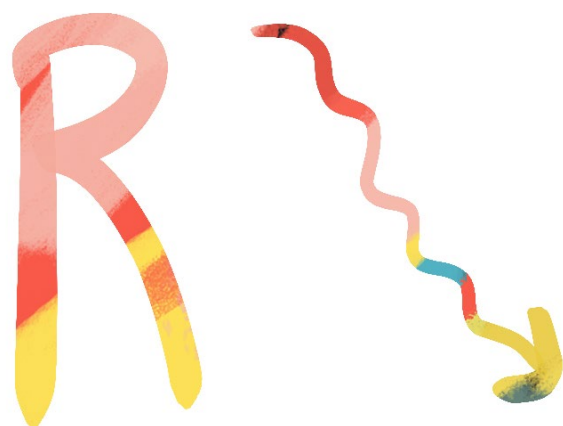
Portrait Paintings

Let's draw or paint pictures of ourselves. I wonder if we could start a gallery on a wall at home that we could add to with more art?



Quiet time

Let's be quiet together and listen out for hard to hear noises. I wonder what special sounds we might find in the quiet?



Rolling down the hill

Let's find a grassy hill and take turns rolling down. I wonder who will feel the dizziest at the bottom of the hill?



Sculpting fun

Let's play in the sand or with some playdough. I wonder what the sand/playdough feels like in your hands?



Treasure hunt

Let's go on a treasure hunt to see if we can find any pirate's treasure. I wonder where pirates might have hidden treasure around our place?



Up

Let's lie on a blanket outside and look up at the sky. I wonder what shapes you can see in the clouds and if we can spot any helicopters or planes above us?



Video making

Let's make a video for someone we love. We could sing a song, make up a story, talk about our day, or do a dance. I wonder if we should make a funny hat or costume to wear in the video?



Water painting

Let's use a paint brush and container of water to paint the outside of our place or the footpath. I wonder what other outside objects might need a paint?



Xplore!!

Let's pretend that we are explorers on the hunt for a Goobly Spud, Muckery Flum, or another Imaginary Monster. I wonder if you have your special monster catching contraption to bring along with us?



You pick

Let's do whatever you would like to do now. I wonder what you will choose?



Zoo visits on the internet

Let's visit the zoo from our lounge room...I wonder what the animals are doing today?



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Art activities

These can range from messy to clean and big to small. What about painting, crayons, mosaic, body art, anime, paper mache, collage, or clay?



Board Games or Blowing Up Balloons

Develop your own board game for the family to play or create your own balloon ball pit in the lounge room. You might also like to see who can pretend to blow up the biggest balloon?



Chalk drawings, Lounge room Concerts or Colouring in

How about noughts and crosses on the footpath or drawing a message for passers by?



Dancing

Having a dance party is a great way to show off some moves and to burn off some energy. You might also like to play some music party games like freeze, or limbo to mix it up a bit?



Exercise class at home

There has never been a better time to see if your child has a career as a personal trainer ahead of them. Get them to lead the 'class'.



Find the...

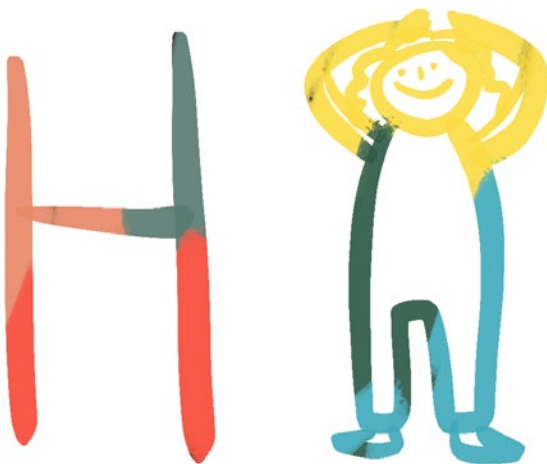
Take turns at hiding meaningful objects around a room or your home for others to find. It is a lovely chance to talk about what makes these items meaningful for you.

Giggle Game



Take it in turns to try to make each other laugh with jokes, funny faces, silly actions, or impressions. You might find a budding stand-up comedian amongst your ranks?

Handball, Hula Hoops, Heads or Tails Quiz



Let's bring back some of the games of parents' childhoods. The heads or tails quiz lets one person come up with true or false questions of their own that they then ask everyone else. If you think it's true you put your hands on your head, if you think it's false you put your hands on your bottom!

Imagination Games



The opportunities are endless for imagination games and activities. You can make up stories about different rooms or objects in the house eg: What if the pantry comes to life at night? Where will we be in 10 years? What would the world be like if it was run by children?

J



Juggling

Why not learn a new skill? Look for online tutorials and once you have all mastered the basics see if you can juggle between you.

K



Knitting

if juggling is not your thing, maybe knitting is? Again, there are plenty of online tutorials around, or maybe you could FaceTime with someone who can give you some tips?

L



Listening

There are lots of listening games to play, what about pass the message, name that song or what animal is that? Or you could just listen to a meditation session, listen to the house, listen outside, or whisper words to see if your family members can guess what they are.



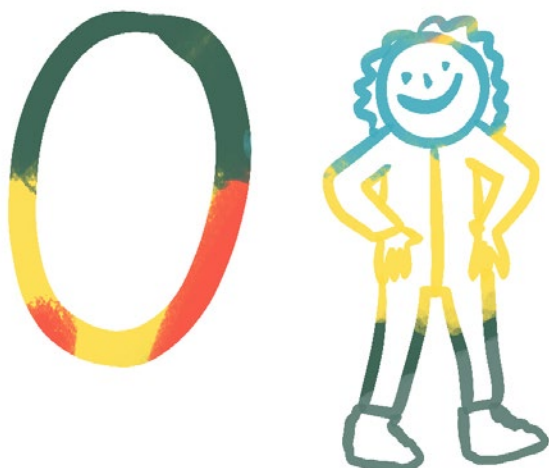
Making up stories, Mandala colouring or Magic tricks

Surely many great magicians begin with a deck of cards, an online tutorial and some practice? Why not join them? How about a magic performance for the family?



Night walk, Night spotting

If you can head out after dark it can be fun to encounter different animals, birds, the stars, the moon in all its phases. But if you can't go out for a walk then just looking out the window after the sun has gone down can be a special time together.



Opposite Day

Declare today Opposite Day- have breakfast food for dinner and dessert before your main meal, say silly things to each other that are the opposite of what you mean, refer to everyone's name backwards, or wear your pyjamas during the day and your day clothes to bed?!



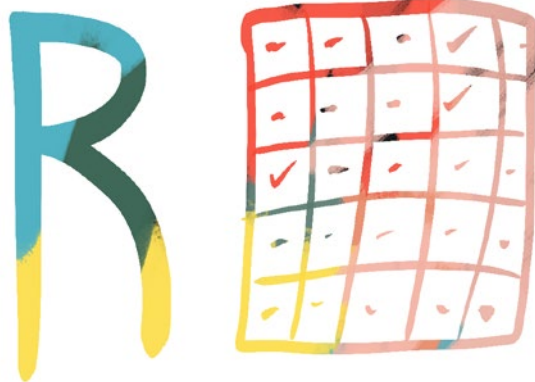
Paper planes, Puppet show or Pass the Parcel

There are lots of activities that are not just for parties. Why not just have a party... just because?



Quizzes

Your child (or each child in turn) can be the quiz master and create all the questions and answers. It is great to see that you might know lots about something that the rest of the family doesn't.



Routines

Routines help us all feel a bit more in control. Design a daily planner as a family and then ensure that everyone is clear about the plan for the day.

Stomping together or Skittles



Stomping around the house or in the garden gets lots of frustrations out. Then you can come in to knock down the skittles you have made from whatever is around the house, like empty soft drink bottles, with whichever ball you choose to use?

TV



Sometimes you just need some downtime all together!! As a variation, try turning the sound down on the TV and have family members speak for characters on the TV show.

Upside down ping pong or tennis



The world looks different from upside down. Position chairs or couches so that people are lying upside down on them and then try to hit a ball between you.



Virtual games

This isn't what you are thinking! It is time to play virtual theme park visiting, or virtual sports (playing virtual footy causes much less damage in the house than kicking a real football!)



Writing

Songs, stories, poems, letters....Let the creative juices flow.



X-Box

While not promoting any particular brand, sometimes just playing games on screens is a great way to connect. The key thing is to do it together.



Yoga

There are lots of yoga classes available online that are for children and families.



Zen Garden

A Zen garden requires sand, objects and a rake. It could be made outside if you have the space or on something as small as a dinner plate. You can use special toys as the objects to be placed in the garden and you could use a garden rake, down to a baby fork to order the sand into neat patterns.



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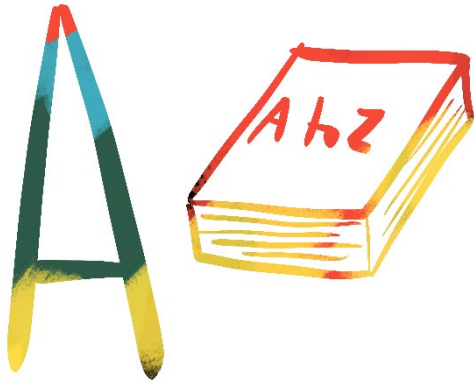
high
school

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Animation fun or A – Z activities



Learn to make a stop motion animation together with a smart phone or tablet, using one of the many online tutorials.

Or, how about coming up with your own A – Z of different things? Maybe the A – Z of animals, book titles, movies, celebrities, feelings words, song titles, singers/bands? You could do it together or see who can fill the alphabet first.

Beauty salon or Basketball shots

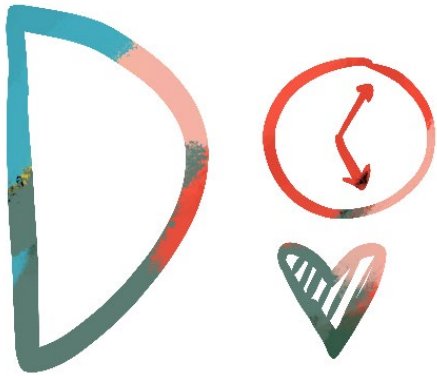


It may be that not everyone in the family wants to be a part of a beauty salon, but doing make up classes, hair styling sessions or facials can be a great way to do something relaxing together. For the indoor basketball shots, If you don't have a mini basketball, roll up some socks together, or scrunch up some paper and take shots from the couch towards a bowl or bin or spot on the wall.

Cooking or Challenges



The internet is certainly not short of recipes to try, cooking is a great way to make sure everyone is involved in meal planning. Challenges you can set are many and varied and could include who can do...the most, the longest, the loudest, the least...whatever, you could all get a chance to pick. Prizes are optional!



Donate

Donate your time to together research and support a cause you both believe in.



Eating games

Having fun with food can be a great way to spend some time. How about having a bowl of grapes or strawberries each while watching tv and whenever a character says a word you have chosen, you need to eat a grape? Or what about a spaghetti sucking game? Who can suck up the biggest bowl of spaghetti?



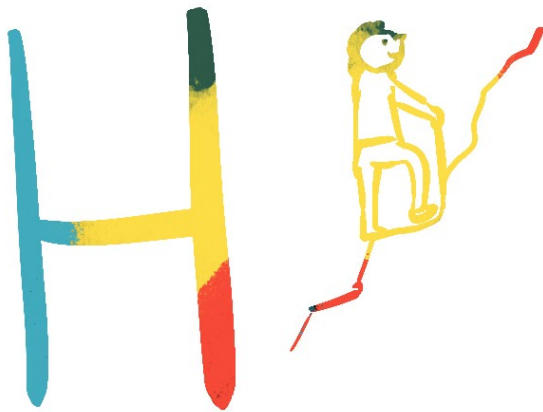
Find out about

Encourage your teen to find out about their grandparent's lives as teenagers. How much have things changed being a teenager now, compared with generations past?



Golf or Gifs

It could be fun to set up a golf course around the house – whether inside or outside. And, in this age of technology, the explosion of gifs and memes has been extensive. Help your teenagers to design some, well actually – they could help you!



Hike your Hood

Check out your preferred map app, and plot a hike around your area together including paths that you don't usually take.



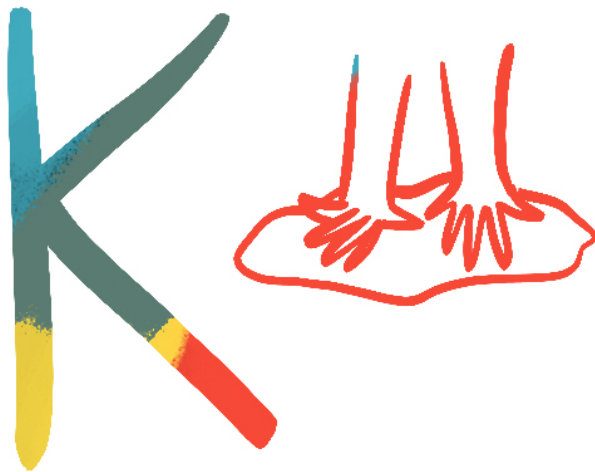
Instagram or internet

Perhaps take some time to find the funniest thing you can on each.



Joke-off

This is a game in pairs. You each need to prepare some jokes and then read them to each other until the first person laughs (they lose the game).



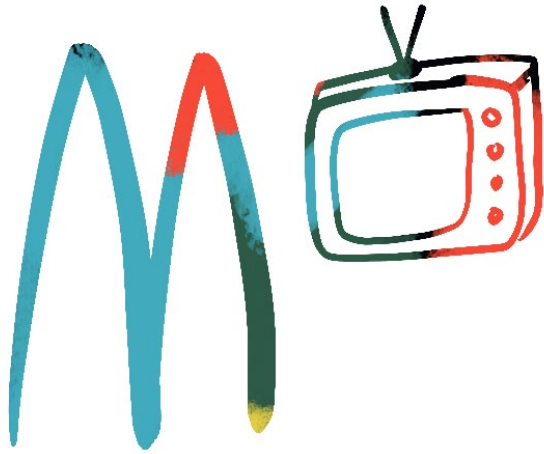
Kneading bread or Kahoot Quizzes

Kneading bread is a very good calming activity that has a tasty outcome as well. Kahoot quizzes can be fun and educational. Your teen is probably familiar with the app, they might be able to introduce you.



Learn a language

Perhaps your teenager can teach you the language they are learning at school. Or if they're not, you could both learn a new language together, or as a whole family.



Movies, memes, or 'Minute to Win It' games

Pick whichever works for you on the day. There are many examples of 'Minute to Win It' Games online.



Never have I ever

This game is like the old 'truth or dare' but without the dare component. It is best played with the whole family. Someone says 'Never have I ever....eaten dirt in the garden' (as an example). Those who have also eaten dirt at some point raise their hands, those who haven't, don't. The discussion that follows can be both insightful and hilarious.



Origami or 'Olden days' activities

Think back to some of the things we used to do as children and teenagers and engage your teenagers in those. Examples could include letter writing, reading magazines, making a mixed tape (or Spotify playlist these days) or whatever stands out for you....that you want your teenager to know about from your teenage years!



Pedicures, Picnics or Photography

Offer your teen the opportunity to curate their electronic photo collection for their top 5 photos and get them printed out. Frame them together.



Quiet time

Sometimes just being beside your teenager is enough, we don't have to fill the silences. They don't feel judged or pressure to engage but enjoy the opportunity to spend time with you (even if they might not say it!)



Room re-design or Restaurant

Offer to be involved helping your teen to re-arrange or re-design her/his room. For those with budding masterchefs, an at-home restaurant might provide an opportunity for them to set and cook their own menu for the family.



Sunrise or Sunset

The sky puts on these two shows per day for all of us. Depending on your body clock you might like to find a good spot to sit quietly together with a hot drink and watch the sun coming up or going down.



Teaching time

Let your teenager teach you something. It's a great opportunity for you to step back into the role of the student and let them take the lead.



Uploading family adventures or memories

Utilise the skills your teenager already has in the virtual world by getting them to upload photos or videos into applications that can create photo books or organise an upscale version of a family slide night at your place.



Virtual Visits

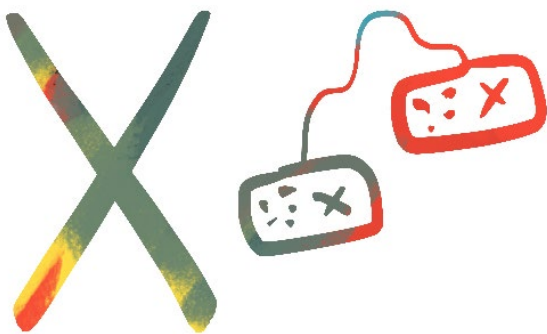
Many museums, galleries, zoos and other institutions around the globe offer virtual tours of their spaces.

From the comfort of your couch you and your teen could visit Paris, New York, or London for a wander around the galleries.



'Would you Rather?' or Wikipedia Race

'Would you Rather' is a game that groups can play that gives you a choice between two options – which can be funny, dramatic or just silly. Eg: Would you rather: Wash the dishes or dry the dishes for the rest of your life? Breathe like Darth Vader or speak like Yoda? And the Wikipedia race? Follow this link to explain it https://en.wikipedia.org/wiki/Wikipedia:Wiki_Game



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Youtube

Find a new channel to watch together and binge watch all of the videos together.



Zzzzz

Sometimes, just snuggling up on the couch in front of the TV and falling asleep under a big, soft, fluffy blanket or doona is the best way to spend a few hours together.



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