



ACTIVITY ALPHABET

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





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...

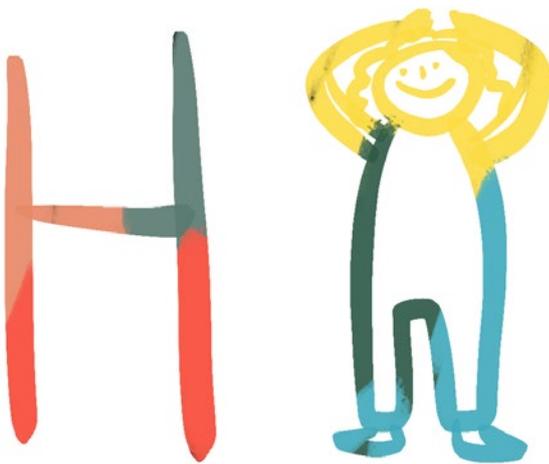
Take turns at hiding meaningful objects around a room or your home for others to find. It is a lovely chance to talk about what makes these items meaningful for you.

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.



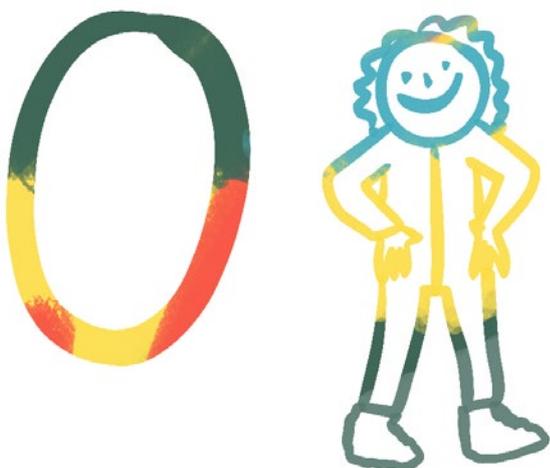
Making up stories, Mandala colouring or Magic tricks

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?!



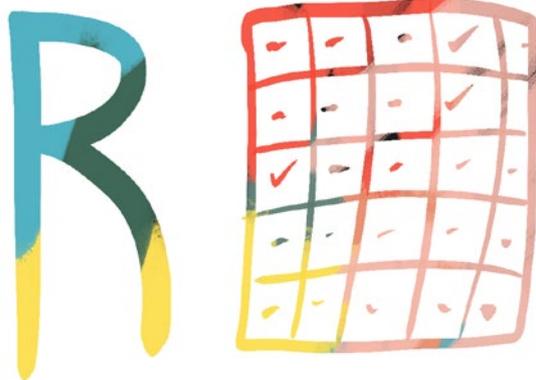
Paper planes, Puppet show or Pass the Parcel

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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