fun with the family

Family Activity Pack

welcome to brighter
This pack is primarily aimed at parents, but there are some great activities, tips, and links for all. It is not an exhaustive list, but it is designed to give you ideas over the coming weeks to keep the energies high and boredom low.
Managing interactions with family and your workloads

Tips

1. Be kind to yourself whether you have children or not.
2. Focus on your work/key tasks rather than the hours you are doing.
3. Plan your day.
4. Take the pressure off yourself.
5. For those with younger children, could you discuss with your manager to work half days/reduced days over the Easter period? Give yourself a hard stop and don’t feel guilty about it.
6. If it’s possible - take holidays and put your laptop away.
# Amazing Attractions

A list of museums, zoos, and other attractions from around the world to visit from the comforts of our home while we self-isolate.

## Museums

<table>
<thead>
<tr>
<th>Country</th>
<th>Museum Name</th>
<th>Website</th>
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<tbody>
<tr>
<td>London</td>
<td>British Museum</td>
<td><a href="https://britishmuseum.withgoogle.com/">https://britishmuseum.withgoogle.com/</a></td>
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<td>Bilbao, Spain</td>
<td>Guggenheim</td>
<td><a href="https://www.guggenheim-bilbao.eus/en">https://www.guggenheim-bilbao.eus/en</a></td>
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<tr>
<td>St Petersburg, Russia</td>
<td>Hermitage Museum</td>
<td><a href="https://www.youtube.com/watch?v=49YeFx1rlw&amp;feature=youtu.be">https://www.youtube.com/watch?v=49YeFx1rlw&amp;feature=youtu.be</a></td>
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<td>Sao Paolo, Brazil</td>
<td>MASP</td>
<td><a href="https://masp.org.br/en">https://masp.org.br/en</a></td>
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<tr>
<td>New York</td>
<td>Met Museum</td>
<td><a href="https://www.metmuseum.org/art/online-features/met-360-project">https://www.metmuseum.org/art/online-features/met-360-project</a></td>
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<tr>
<td>Paris</td>
<td>Musée d’Orsay</td>
<td><a href="https://m.musee-orsay.fr/en/home.html">https://m.musee-orsay.fr/en/home.html</a></td>
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<tr>
<td>Washington DC</td>
<td>National Gallery Of Arts</td>
<td><a href="https://www.nga.gov/">https://www.nga.gov/</a></td>
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<tr>
<td>London</td>
<td>Natural History Museum</td>
<td><a href="https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ">https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ</a></td>
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<td>London</td>
<td>Palestine Museum</td>
<td><a href="https://www.palmuseum.org/exhibitions/virtual-exhibitions">https://www.palmuseum.org/exhibitions/virtual-exhibitions</a></td>
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<td>Amsterdam, Netherlands</td>
<td>Rijksmuseum</td>
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<td>London</td>
<td>Royal Academy Of Arts</td>
<td><a href="https://britishart.yale.edu/">https://britishart.yale.edu/</a></td>
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<td>London</td>
<td>Tate Britain</td>
<td><a href="https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art">https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art</a></td>
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<td>Los Angeles, United States</td>
<td>The J. Paul Getty Museum</td>
<td><a href="https://artsandculture.google.com/partner/the-j-paul-getty-museum">https://artsandculture.google.com/partner/the-j-paul-getty-museum</a></td>
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<td>Florence, Italy</td>
<td>Uffizi Gallery</td>
<td><a href="https://artsandculture.google.com/partner/uffizi-gallery">https://artsandculture.google.com/partner/uffizi-gallery</a></td>
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<td>United States</td>
<td>US Holocaust Museum</td>
<td><a href="https://www.ushmm.org/information/exhibitions/online-exhibitions">https://www.ushmm.org/information/exhibitions/online-exhibitions</a></td>
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<tr>
<td>Amsterdam, Netherlands</td>
<td>Van Gogh Museum</td>
<td><a href="https://artsandculture.google.com/partner/van-gogh-museum">https://artsandculture.google.com/partner/van-gogh-museum</a></td>
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<tr>
<td>Virginia, USA</td>
<td>Women's History Museum</td>
<td><a href="https://www.womenshistory.org/womens-history/online-exhibits">https://www.womenshistory.org/womens-history/online-exhibits</a></td>
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<tr>
<td>London</td>
<td>Yale Centre For British Art</td>
<td><a href="https://britishart.yale.edu/">https://britishart.yale.edu/</a></td>
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Amazing Attractions

A list of museums, zoos, and other attractions from around the world to visit from the comforts of our home while we self-isolate.

### Tourist Destinations

- Buckingham Palace, London
  [https://www.royal.uk/virtual-tours-buckingham-palace](https://www.royal.uk/virtual-tours-buckingham-palace)
- Colosseum, Rome
  [https://tinyurl.com/thrprzf](https://tinyurl.com/thrprzf)
- Machu Picchu
- Northern Lights
- Pyramids
- Stonehenge
  [https://tinyurl.com/wz3xgz7](https://tinyurl.com/wz3xgz7)
- Street Art with Google
- Taj Mahal, Agra, India
  [https://tinyurl.com/gpqz7vmt](https://tinyurl.com/gpqz7vmt)
- The Great Wall Of China
  [https://www.thechinaguide.com/destination/great-wall-of-china](https://www.thechinaguide.com/destination/great-wall-of-china)
- Tour of Rome, Italy
  [https://tinyurl.com/s5vlzbc](https://tinyurl.com/s5vlzbc)

### General Sites

- AirPano
  [https://www.airpano.com/](https://www.airpano.com/)
- Berliner Philharominker
- ExoPlanets NASA
  [https://exoplanets.nasa.gov/](https://exoplanets.nasa.gov/)
- Legoland
- NASA, Langley Research Centre
  [https://oh.larc.nasa.gov/oh/](https://oh.larc.nasa.gov/oh/)
- The Kennedy Centre
  [https://www.kennedy-center.org/digitalstage/](https://www.kennedy-center.org/digitalstage/)
- Walt Disney Parks
  [https://tinyurl.com/v7qano5](https://tinyurl.com/v7qano5)
- Wellcome Collection
  [https://my.matterport.com/show/?m=rMGsprcVCAR](https://my.matterport.com/show/?m=rMGsprcVCAR)

### Zoos

- African Animals
- Atlanta Zoo
  [https://zoatlanta.org/panda-cam/](https://zoatlanta.org/panda-cam/)
- Cincinnati Zoo
  [https://www.facebook.com/events/2915534028492292/](https://www.facebook.com/events/2915534028492292/)
- Dublin Zoo
  [https://www.dublinzoo.ie/animals/animals-webcams/elephants/](https://www.dublinzoo.ie/animals/animals-webcams/elephants/)
- Edinburgh Zoo
  [https://www.edinburghzoo.org.uk/webcams/panda-cam/](https://www.edinburghzoo.org.uk/webcams/panda-cam/)
- Explore.org Live Cams
  [https://explore.org/livecams](https://explore.org/livecams)
- Flamingo Land
  [https://www.flamingoland.co.uk/virtual-tour/](https://www.flamingoland.co.uk/virtual-tour/)
- Florida Aquarium
- Hirakawa Zoo, Japan
  [https://hirakawazoo.jp/animal/movie](https://hirakawazoo.jp/animal/movie)
- International Wolf Centre
  [https://wolf.org/wolf-cams2/](https://wolf.org/wolf-cams2/)
- Kansas City Zoo
  [https://www.kansascityzoo.org/our-animals/list-of-animals/king-penguin/](https://www.kansascityzoo.org/our-animals/list-of-animals/king-penguin/)
- Melbourne Zoo
- National Aquarium, USA
  [https://www.aqua.org/Experience/live](https://www.aqua.org/Experience/live)
- National Zoo, Washington DC
  [https://nationalzoo.si.edu/webcams](https://nationalzoo.si.edu/webcams)
- Osaka Zoo
- San Diego, California, Zoo
  [https://zoo.sandiegozoo.org/live-cams](https://zoo.sandiegozoo.org/live-cams)
- Smithsonian, Washington DC
  [https://nationalzoo.si.edu/webcams](https://nationalzoo.si.edu/webcams)
- Yellowstone National Park
  [https://www.nps.gov/yell/learn/photo-multimedia/virtualtours.htm](https://www.nps.gov/yell/learn/photo-multimedia/virtualtours.htm)
Mindfulness and keeping active

Ideas and Apps

**Joe Wicks – YouTube or BBC iPlayer**
https://www.bbc.co.uk/iplayer/episode/m000h1z9/blue-peter-were-staying-home?xtor=CS8-1000-[Discovery_Cards]-[Multi_Site]-[SL07]-[PS_IPLAYER~C~~P_BuePeter:JoeWicks

**Smiling Mind**
Short audio session to help with mindfulness
https://app.smilingmind.co.au/

**Cosmic Yoga – YouTube**
Yoga videos designed for kids aged 3+
www.youtube.com/user/cosmickidsyoga

**Go Noodle – YouTube**
Brainercise, dancing, strength and mindfulness videos – as well as videos that are “just for fun”
www.youtube.com/user/GoNoodleGames/featured

**BBC Supermovers**
Interactive videos to support with KS1 Maths, literacy and PSHE and PE learning. Great for times tables too
www.bbc.co.uk/teach/supermovers

**Premier League Stars**
Videos and activities to support Maths, Literacy, PSHE and PE
www.plprimarystars.com
Free Theatre & Drama

5 streaming services to watch Broadway and West End shows in your living room
https://www.londontheatre.co.uk/theatre-news/west-end-features/theatre-streaming-services-west-end-broadway-musicals

Expelliarmus boredom! JK Rowling launches 'Harry Potter at Home' hub for kids in lockdown
Free Audio Books

https://www.worldofdavidwalliams.com/elevenses/

https://www.audible.co.uk/search?keywords=free+children+books&ref=a_hp_t1_header_search

https://www.storynory.com/

http://www.audiobooktreasury.com/free-audiobooks/childrens/
Fun and Educational Ideas

Meet a tiger up close and personal

- Type in your phones Google browser “tiger” and scroll down to view in 3D.
- Try with different animals

BBC website – Bitesize

- [https://www.bbc.co.uk/bitesize](https://www.bbc.co.uk/bitesize) (by age groupings)
- Bitesize app available for both iOs and Android users
100+ things to do indoors/in the garden
View in presentation mode to enable the hyperlinks

Make Homemade Playdough

Make Homemade Slime. You may want to try some of our other fun slime recipes too like Fluffy Slime, Rainbow Slime, or Clear Slime

Make Rainbow Rice

Make Fake Snow

Make Play Mud

Make a Sensory Bin
# 100+ Things to Do Indoors/In the Garden

View in presentation mode to enable the hyperlinks

## Crafts
- Make Paper Airplanes
- Salt Painting: We have a snowflake or firework template
- Make Suncatchers
- Make handprint or leaf suncatchers
- Make Salt Dough
- Make Sponge Stamps
- Make a Cereal Box Aquarium
- Make Scratch Art
- Make Your Own Bookmarks: We have templates to make Minion, Olaf, Trolls or Toy Story Bookmarks
- Paint Pet Rocks
- Make Recycled Crayons
- Make Paper Boats
- Finger Paint
- Make Friendship Bracelets
- Make a Bird Feeder
- Make Paper Bag Puppets
- Make Handprint Art
- Make a Scrapbook
- Decorate T-Shirts
- Make a Thankful Jar

## Games
- Make a Sensory Bag
- Paint Leaves
- Make a Time Capsule
- Make Button Art
- Paint with Watercolors
- Color in a Coloring Book
- Make Paper Crafts: Make paper butterflies, paper sailboat, or paper flowers
- Build a Cardboard Castle
- Our recycled crafts for kids book has a step-by-step tutorial to make your own cardboard castle. See the book [here](#).
- Make Tissue Box Monsters
- Stamp with Celery: Make celery flowers with the stumps of your celery.
- Draw a Self Portrait
- Do Scrape Painting
- Paint a Recycled Jar
- Make Your Own Superhero Costume

- Learn to Draw
- Put on a Play
- Make Indoor Hopscotch. Use masking tape to make your own hopscotch on tiles in your own
- Do a Family Chore Together
- Have a Dance Party
- Have a Tea Party
- Play with Water In a Bin With Toys
- Set up a Play Store. Grab a shopping basket and set up the merchandise. We like this [play cash register](#) too!
- Make a Sock Toss Game. Use mismatched socks and fill them with beans or rice. Then try to see how many you can ‘score’ in a laundry basket.
- Make Perler Bead Art
- Write in a Journal
- Use Dot Markers
# 100+ things to do indoors/in the garden

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<table>
<thead>
<tr>
<th>Activities</th>
<th>Educational</th>
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<tr>
<td>• Build a Fort</td>
<td>• Read Books</td>
</tr>
<tr>
<td>• Have a Pillow Fight</td>
<td>• Do a <a href="#">Science Project</a></td>
</tr>
<tr>
<td>• Write a Story</td>
<td>• Learn Origami</td>
</tr>
<tr>
<td>• Make <a href="#">Ice Cream in a Bag</a></td>
<td>• Learn About a New Animal</td>
</tr>
<tr>
<td>• Make <a href="#">Homemade Gummy Bears</a></td>
<td>• Learn a New Card Game</td>
</tr>
<tr>
<td>• Make <a href="#">Fruit Roll-Ups</a></td>
<td>• Learn to Sew</td>
</tr>
<tr>
<td>• Have a Movie Day</td>
<td>• Learn to Knit</td>
</tr>
<tr>
<td>• Put on a Fashion Show</td>
<td>• Do Brain Teasers</td>
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<td>• Bake Cupcakes or Muffins</td>
<td>• Put on a Puppet Show</td>
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<td>• Do Yoga</td>
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<td>• Build an Obstacle Course</td>
<td>• Have a Dance Party</td>
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<td>• Make Dinner Together</td>
<td>• Have a Tea Party</td>
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<td>• Play with <a href="#">Magnetic Tiles</a></td>
<td>• Play with Water In a Bin With Toys</td>
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<td>• Build Something With Lego: You can even make your own <a href="#">travel lego case</a></td>
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<td>• Make a Stack of Cards</td>
<td>• Make a Sock Toss Game. Use mismatched socks and fill them with beans or rice. Then try to see how many you can ‘score’ in a laundry basket.</td>
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<td>• Put on a Puppet Show</td>
<td>• Make <a href="#">Perler Bead Art</a></td>
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<td>• Make a Treasure Hunt</td>
<td>• Write in a Journal</td>
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<tr>
<td>• Make Your Own Indoor Bowling. Use paper towel rolls as your bowling pins and use a ball to bowl</td>
<td>• Use Dot Markers</td>
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100+ things to do indoors/in the garden
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- Indoor obstacle race
- Fill a jam jar of things you want to do when you’re out of lockdown
- Paint a fence outside with water
- Put old wallpaper on a fence and let them do outdoor painting
- Hand/foot print animals
- Home Workhours for Lockdown
  https://www.facebook.com/groups/141368677202953/?fref=mentions
- Tik tok video
- Create your own NHS dedication (lego, chalk, draw, paint, collage)
- Create a den you can sleep in – have sleep overs in sibling’s bedroom
Scavenger Hunts

Examples

**Book hunt** – shout out specific books for them to find

**Rainbow hunt** – shout out specific colour items for them to find

**Indoor hunt** – shout out household items for them to find
welcome to brighter