



# A FEW WAYS TO KEEP KIDS CALM, BUSY AND LEARNING ON LOCKDOWN



## GET READING!

If you're avoiding the library, check out [Librivox](#) and [Project Gutenberg](#) for free audiobooks and eBooks. Allow your kids to enjoy some classic literature, it will improve their vocabularies too!

## BUILD A READING NOOK

Build a reading nook together, using things from around the house. Decorate it and make it as comfortable as possible. Encourage them to use it independently, to build their ability to read for pleasure.

## SO SLIMEY!

Make [slime](#). Watch a [video](#) to learn how the slime ingredients work.

[Oobleck](#) is another great experiment to do.

## GET MEDIEVAL

Watch a [video about forces](#). Make catapults from lollipop sticks and rubber bands and have a competition to see whose is most effective.

You can also take the time to learn a little about Medieval or Roman history.



**GET SOME CHEAP LITTER PICKERS AND BAGS. GO SOMEWHERE THEY ENJOY AND CLEAN IT UP, LEARNING THE IMPORTANCE OF GOOD CITIZENSHIP. (BEING OUTSIDE SUBSTANTIALLY REDUCES THE RISK OF INFECTION, AND YOU CAN PRACTICE SAFE SOCIAL DISTANCING.)**



**TEACH THEM TO PLAY SH\*THEAD. YOU JUST NEED A PACK OF CARDS. WE CALL IT "POO-POO HEAD." THIS IS GOOD FOR OBSERVATIONAL SKILLS, REACTION SPEEDS AND NUMERACY.**

**LEARN ABOUT AERODYNAMICS. HAVE A COMPETITION TO MAKE THE BEST PAPER AEROPLANE, THEN TRY TO WORK OUT WHY THEIRS WAS THE BEST.**

Make cookies or cupcakes together.

Use this as a chance to teach literacy ("Read the next step in the recipe, please.") and numeracy ("I don't have a 3/4 cup measure. How can I make 3/4 from the cups we have?")

Make [salt dough](#), and create sculptures from it. Teach them about 2D and 3D objects, then decorate the results.

Ask them to make gifts for people - coasters, thumb bowls, coil bowls and bead bracelets and necklaces - it's a good opportunity to teach them to think about what others would appreciate or enjoy.

## YUMMY TIME!

Teach them to cook. Kids are never too young to start learning this skill, even if they are just watching you.

If you can't cook, talk about what makes a meal healthy, then ask your small person to help you find a healthy recipe and get them to read you the instructions. Teach them digital literacy - get them to research terms like "sauté" and explain what they mean.



## ECONOMICS AND NUMERACY

Ask them to help you plan a menu for the week, using things in the pantry or setting a budget for older kids.

Talk about the cost of different foods, the need for a balanced diet, and get them to help you write a shopping list.

You can also use coins to teach numeracy skills here - find prices online and get them to find the right coins to pay for different things.



Don't forget that sticking them in front of a screen for an hour because you need a break doesn't make you a bad parent.

