

Here are some great activity ideas and resource suggestions to get you started.
Don't forget to sign up for the [FREE weekly activity sheet](#) packed with ideas to help keep your Home Learning Environment enjoyable for everyone.

1 Vary how they learn

- **BBC Teach Live:**
[Primary](#) Maths, Dance, Arts, Music, Science
[Secondary](#) Literacy, Computing, Media
- **Family time:** hold a debate or conversation around the dinner table; take it in turns to choose the topic
- **Hands-on:** plant seeds and watch them grow, recording what happen by drawing or taking photos



2 Stay Physically Active

- Enjoy 'free play' to make up games
- Build an indoor or outdoor den
- Build an indoor or outdoor obstacle course
- Join The Body Coach (Joe Wicks) on [YouTube](#)
- Act out a favourite story



3 Learn a Life Skill



Learn about savings and targets by designing labels for 3 jars – save, spend, and donate. Set targets for each, work out how long it will take to reach targets

- **Top Dog:** take it in turns to draw up a rota of household chores, taking into account age and ability.
- **Plan** a simple family meal
- **Organise a party** at home for family members in the house
- **Find out** more about an invention used regularly e.g. light switch, toilet flush. Design a new invention.

4 Keep it short and sweet

- **Online quizzes:** try [Family Education](#)
- **Reading:** keep to just one or two chapters, depending on age and ability
- **Finish a story:** choose a familiar story and create a new ending
- Enjoy games which encourage **turn-taking** so everyone gets a go

5 Just enough routine & structure to the day



- **Take it in turns** to lead on creating a plan for the day (or week). This could include things like wake-up time, morning activities, and who is responsible for particular tasks.

- **Enjoy 'free play'** - take one or as many empty cardboard boxes as available. What ideas can they come up with? Dog kennel, space ship, house, a whole city?!
- **Try Mindfulness** as part of 'doing nothing' time: [Mindful Family app](#)

6 Use what's around you and Join In!



- **Tell me where to go:** set up a simple obstacle course, one person to wear blindfold, the other call out directions to lead them through the course.
- **Laundry:** Match up socks; match items according to colour function.
- **Going on a shape hunt:** Draw out different shapes, then hunt around the house (or in the garden) noting where the shapes can be seen.