

Ivel Valley: Ideas to engage young people

Indoor Activities

• Indoor Treasure Hunt

This takes some planning but will provide hours of fun for the children and time for you to have a cuppa. Place little clues around the house all leading to the grand treasure at the end of the challenge. Each clue/riddle must be completed in order to find the next one. Not only is this fun for all ages, but it teaches children to work together as a team to find the Treasure.

• Peg It

Place coloured dots on clothes pegs and hide them around the house. Assign a number to each colour then challenge the kids to collect as many as possible within a set amount of time. The person with the most points at the end of the time wins.

• Pitching Pennies

At last a use for all the pennies sitting around the house. Place a large sturdy plastic cup on a chair or table and give the children the same number of pennies each. Get them to stand by the cup then take a set number of steps away from the cup in accordance with their age. The aim of the game is to try to toss the pennies into the cup without knocking it over. The person who scores the most wins.

• Homemade Microwave Puffy Paint

DIY paint that puffs up in the microwave? Perfect creative activity with the kids on a rainy day. It's quick, easy and Super fun. Start with 1 cup of flour, mix in 3 Teaspoons of baking powder, 1 teaspoon of salt and enough water to make it the consistency of pancake batter. Divide mixture into 4 parts and put into snack sized Ziploc baggies along with some food colouring. (even better if you have 4 different colours) squish it all around to mix up the colours (part of the fun). Rubber band the baggies as if you were icing a cake and snip off teeniest bit of the tip. Paint away on your paper. When done, pop the painting into the microwave for 30-45 seconds and watch the paint puff up and grow. Paint as many pictures as you like, this is a great kitchen science art project. Have a little art show at the end.

• Mini Olympics

Can be played inside or outside, just make sure to kid proof the area. Set up an obstacle course with any household objects (pillows, boxes, balls) create an egg and spoon race, compete to get the balls in the bucket. A chance to get creative and active and use up some of that extra energy.

- **Origami**

Ideal for kids into arts and crafts, takes some patience, paper and scissors. There are loads of tutorials on youTube, make it a family event and have a good laugh if it just doesn't turn out quite right.

- **Cut Out Shops**

Draw and cut out pretend money (or use monopoly money if you have it), cut out pictures of food, toys and clothes from magazines. Get your child to play a shopping game where they buy and sell goods. Not only is this creative but it also teaches kids how to count and share.

- **Hide & Treat**

Hide small treats such as toys or sweets around the house. You could encourage your kids with clues and shout 'getting warmer' when anyone gets close to ramp up the excitement.

- **Junk Modelling**

Empty the recycling box and get creative with tape and scissors. Make space rockets, robots, cars and anything you can think of.

- **Play Do**

DIY Play Do is easy and fun. Check out the 4 minute Play Do recipe on www.imaginationtree.com using household products. This can be stored in an air tight container for up to 6 months.

- **Build-A-Fort**

Build a fort using pillows, blankets, boxes, get creative and dress up. Tell stories and put on some fun music. Make your own home videos to watch later.

- **Kids Yoga**

Kids yoga is all the rage and it's great to get those muscles moving. Go on youTube to find family friendly yoga for all ages, find some space and do the class together. Keep it fun and fitness based.

- **Board Games**

Always have a stash of jigsaw puzzles, board games and sudoku on hand for the lazy summer rainy days Britain is famous for. Sometimes keeping it simple is the best way.

- **Home Movie Day**

Make some popcorn, put on the pyjamas and put on the movies. Netflix has tons of choices along with prime video, sky, disney and more.

- **Sock Chase**

Hide socks all over the house. Not pairs but single socks. Give each child a single sock each and put on the egg timer, or the timer on your phone which pings every 2 minutes. They must return the pair of socks before the bell sounds. Great use of extra energy.

- **Craft: Streamer Rainbows**

Good rainy-day activity. Cut paper plates in half and attach strips of coloured tissue paper to the back side. You can use construction paper, crepe paper or whatever you have on hand. Glue cotton balls to the front side to create a cloud – this is much more fun if they shred the cotton balls first before gluing them. Easy peasy bright and cheery which can be hung up in their rooms.

- **Pom Pom Rainbow Challenge**

This is a great activity to practice colour recognition, matching and fine motor skills. Buy a mixed bag of coloured pompoms from the hobby /craft store if you don't have them handy. Draw a rainbow outline on large craft paper (also available from craft/hobby store). You can either colour the rainbow yourself if you have really little ones or have kids colour this in first. Include a pot of gold, clouds and a sun to make it extra creative. Put some glue on a plastic plate so everyone can share and match the coloured pomp oms to the colours in the rainbow. Hang it up to dry when finished.

- **What Am I Eating?**

Good for 8-11 yr olds. Blindfold one person and raid the cupboards to find items for them to taste. Things like honey, soy sauce, mustard, frozen pea, marshmallow etc. all work well.

The blindfolded person must try and guess what they have been given to taste. Make sure you check for food allergies before playing this game. And it is probably best to supervise the food choices!

- **Sock Wars**

For this game you will need 10-20 socks rolled up into balls:

Divide the room into two equal halves and place the socks on the line in the middle (you could use masking tape to mark). Divide all the kids into two equal teams.

The object of the game is to get as many socks onto the other team's side of the room before

time is up. Team members must stay on their side of the room and toss the socks over to the other sides. A team member cannot hold onto a sock for more than 10 seconds before having to throw it. You could also add in beach balls of varying sizes with the socks, for variety.

- **Gardening**

Give your child their own space in the garden, and teach them how to grow plants, vegetables and flowers. Let them see how things grow and then become food for your table or beautiful flowers to decorate. Seeing the results of their work gives great fulfilment, and they may be more inclined to eat the vegetables/salads they have grown themselves.

Older kids can also help keep the garden mowed and weeded, which are great exercise and perfect for earning some extra pocket money. You can find child gardening sets on amazon.

- **Food Word Scramble**

Takes a little pre-work for you but this will keep the kids occupied for enough time to allow you a cup of tea. Take fifteen food words and write them down (this is your list) then re-write them in order with all the letters scrambled. The first person to unscramble all the letters wins!

Card Games:

- **Old Maid**

Number of players: 3 or more
players

Cards needed: Standard 52-card deck, remove the Queen of Clubs.

Goal: not to end up with the Old Maid!

How to Play: Dealer deals out all the cards to all the players. The players look at their cards and discard any pairs they have e.g. a pair of sevens or a pair of kings.

The dealer then offers your cards spread face down to the player to their left. That player selects a card from their hand without looking at it and adds it to their hand. If it makes a pair, they can discard the pair. They offer their hand then to the next player on the left and so on.

If you get rid of all your cards, you are safe and are out. The last person who ends up with the Old Maid or Scabby Queen is the loser.

• Sevens

Number of players: 3–7
players

Cards needed: Uses standard deck of 52
cards

Goal: to get rid of all your cards

How to Play: Deal all the cards out to all the players (some might have more). Player to left of dealer plays first and play continues clockwise. If he or she has a 7 they must play or pass.

When a 7 is played, it's laid in the middle of the table as the foundation for other cards to play on.

Once a 7 is played, the 6 and 8 of the same suit can be played, either side of the 7. Cards are then played in sequence up to King and down to Ace. If you can't play, you pass. The winner is the person who gets rid of his or her cards.

• Go Fish

Number of Players: 2-4
Players

Cards needed: Standard 52 card
deck

Goal: to collect the most sets of 4
cards

How to Play: Shuffle the cards and if 2 of you are playing, 7 cards are dealt to start with. If more than 2, deal 5 cards to each player to start with. The rest of the cards are placed face down in the middle.

The player to the left of the dealer starts and asks another player for a card that they need e.g. "John, do you have any 4s?". If the player has any of the card requested, they must hand them over to the player. If you get a requested card you get another turn. If the player you have asked doesn't have a card, they say, "Go Fish" and you have to pick one from the middle pile.

If you collect 4 of a kind, you can put them down on the table.

The game continues until all the cards are finished, the winner is the person with the most sets of 4.

Active Ideas

- Plan and go for a walk/run. Use a pedometer/timer and set yourself a personal best for steps/distance to beat for next time!
- Make a list of exercises and challenge someone else to see how many of each you can do in 5-minute bursts.
- Bike Ride
- Boxing skills/Punch bag
- Dance Routine/Choreography
- Football skills/match in your back garden
- Yoga
- Circuit training (make your own! Decide how long and how many reps)
- Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

- Joe Wicks has workouts for kids too

The Body Coach Kids Workouts to do at home

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBvPHOpzoEk5onAEbq40g2-k>

Problem solving activities:

- Play some games at coolmathgames.com
- Board games (especially chess, monopoly, cluedo...)
- Card and dice games
- Maths Bingo
- Boggle/Scrabble – make the letters big and stick them to the wall with blu tack for extra fun.
- Puzzle games (Sudoku, Rubix cube, riddles...)

- Crosswords
- Budget and plan a meal then make it happen!
- Set a goal you'd like to achieve and then try to come up with list of steps you need to achieve it. (e.g. Make a song. Lyrics, music, music video etc...)
- What if...make up an imaginary problem someone could have and have a discussion/plan how to solve it!
- Orienteering and route mapping

Creative Activities:

- Collage with old newspapers/magazines
- Photography
- Build something in the workshop/garage
- Do some DIY around the home
- Fimo/sculpey clay – make key rings, magnets, ornaments, presents for people, jewellery.
- Oven clay – bowls, modelling.
- Making cards with – beads, feathers, decorative items, stickers.
- Painting canvas/canvas boards to keep for yourself or as presents, or to help decorate the home.
- Zentangle art, print outs to colour or design your own.
- Choose a style of art (e.g. African art) and see what you can achieve/learn
- Sculpture using items from nature or rubbish collected/recycled.
- Banksy art – have a go at graffiti (select an outside wall, use a large board/roll of paper to attach to wall and have a go at graffiti)
- Create musical instruments from recycling items
- Tie Dying
- Plaster of Paris

- Papier Mache
- Making Stress Balls
- 'All about me' posters.

'The World' activities:

- Read today's newspaper. Discuss a topic of interest. Circle or cut out something you find interesting and draw the story behind it.
- Watch the news/news channel. Think about why we have the news/discuss a few of the topics that come up.
- Have a discussion/debate about the interesting current event.
- Choose a country on the map – try and find out as much as you can about this place. Imagine how your life might be different living here.
- Watch a documentary about a group of people/place you've never heard or always wanted to go.
- Watch a nature documentary.
- Look at today's date from a year, far, far in the past. What happened on this day? What was life like this year/at this time?
- Choose a historical figure (Joan of Arc, Henry VIII, Mary Seacole). What were they like? What makes their lives interesting/memorable? Create a poster, play, hot-seat with this historical person