Virtual Activities

Arts and Crafts

Painting
Follow a YouTube painting tutorial, or just let your creativity flow!
https://www.youtube.com/results?search_query=painting+for+beginners

Make a Boardgame
We all love games such as Monopoly, Scrabble and Uno... But why not make your own?
https://www.instructables.com/id/Build-your-Own-Board-Game/

Lego Creations
You can create some pretty cool things using the Lego you might have laying around the house. Here are some amazing creations for inspiration.
https://speckyboy.com/lego-creations/

Something Challenging

Trick Shots
Whether it’s getting a ping pong ball to land in a cup in a crazy way or perfecting that basketball trick shot you saw on YouTube, this can be fun way to spend some time! Make sure to record it for bragging rights!
http://kids.guinnessworldrecords.com/worldrecords/try-to-be-safe!

Beat a World Record
Why not? There are literally hundreds of records that you could beat from the comfort of your own home. Choose a record and practice, practice, practice! But remember to be safe!
http://kids.guinnessworldrecords.com/activities/try-this-at-home

Outdoors

Sport Drills
Missing Rugby, Footy, Soccer?? Keep fit and stay ready to compete with some backyard drills.
https://www.youtube.com/watch?v=O_nFlJgJcVc

Agility and Speed:
https://www.youtube.com/watch?v=Na2CqDfIg

Cone Drills:
https://www.youtube.com/watch?v=O_nFlJgJcVc

Dynamic Stretching:
https://www.youtube.com/watch?v=nPdFeKjZD1Wk

Exercise Routines
Take advantage of online resources and follow exercise guides, or try to create your own.
https://www.boredteachers.com/resources/30-free-physical-education-classes-and-resources/?fbclid=IwAR1Zt4HhW_kBk9s97gR_gCn52jzSFXs5YKQ9rzoIqP06Rg8mgJ8J2pM	

Swimming
Beat the heat and spend some time in your backyard pool. But remember water safety and supervision!
https://www.swimmingpool.com/pool-keeping/pool-fitness/pool-games/

Online Safety

Remember to be Safe Online!
It is important to be safe online, so here are some links that can help:


Technology

Digital Escape Room
Spark imagination and test your Harry Potter knowledge by entering this Harry Potter themed digital escape room!

The Lively Podcast:
From the minds and mouth of host Tyler Lively and co-host Anthony Golden, come along as they discuss topics of sport, culture and lifestyle.
Available on many platforms, including:
- Spotify
- Anchor
- Google podcasts

Blogs
There are some interesting and helpful blogs that can help you to understand what is happening in the world today, and may provide you with tips on how to explain this to younger children.

Virtual Activities
Read books, take dance classes, attend art classes and even visit the zoo! All from the comfort of your own home.

Virtual Tours
Take a virtual walking tour of some of the world’s most interesting places.
Smithsonian National Museum of Natural History, Washington:
https://naturalhistory.si.edu/visit/virtual-tour

The Natural History Museum, London:
https://vunturuculture.google.com/partner/natural-history-museum

Vatican Museums, Rome:
http://museivaticani.va/content/museivaticani/en/exhibition/muse/your-virtual-venezia-1.html

Melbourne and Werribee Open Range Zoo, Australia:

Pyramids of Giza, Egypt:

The Great Wall, China:
https://www.thechinaguide.com/destination/great-wall-of-china

Beauty

Face Masks
Whether you have dry skin, oily skin or pores that are enlarged... Face masks can benefit your skin in many ways.
https://www.emaze.com/rk/beauty/skin/articles/348190/homemade-diy-face-mask-recipes

Hair Masks
Just like face masks, using hair masks can be very beneficial to your hair.
https://www.goodhousekeeping.com/beauty/hair/g25627145/diy-hair-masks/

Nail Painting
Try some of these nail painting hacks!
https://www.youtube.com/results?search_query=nail+painting+hacks

Make Up
This could be the perfect time to practice all the things you struggle with in your beauty routine!
https://www.youtube.com/results?search_query=make+up+tutorials

Mindfulness

Journaling
Express your inner thoughts in a journal while making it as creative or as simple as you like.
https://www.bustle.com/p/11-journaling-tips-for-making-it-a-part-of-your-everyday-routine-9538973

5 Minute Meditation You Can Do Anywhere:
https://www.youtube.com/watch?v=vnipskKaXWV

Podcasts
You can find podcasts on a range of topics, and they can be an interesting way to spend some quiet time.
Young Changemakers:
https://www.global-changemakers.net/podcast

Educational

Learn a Language
Learning a new language can be both fun and educational. Duolingo is a free app that you can use to learn a range of languages.

Create Your Own Vegetable Patch
Get out in the garden and learn how to grow your very own vegetables!

Virtual Tours
Take a virtual walking tour of some of the world’s most interesting places.

Vatican Museums, Rome:
http://museivaticani.va/content/museivaticani/en/exhibition/muse/your-virtual-venezia-1.html

Melbourne and Werribee Open Range Zoo, Australia:

Pyramids of Giza, Egypt:

The Great Wall, China:
https://www.thechinaguide.com/destination/great-wall-of-china

50+ Other Virtual Field Trips:
https://kitactivitesblog.com/135714/virtual-field-trips/

Basic Car Maintenance
Learn basic car maintenance skills such as checking oil and changing tyres. (Adult Assistance Required)
https://www.idrivesafely.com/defensive-driving/trending/vehicle-maintenance-101-what-you-should-know

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