

The following are some suggested links to various websites. These are only suggestions **so please do not feel you have to engage with each and every one of them.**

<https://www.cpsma.ie/supporting-pupils-with-distance-learning/>

<https://www.teachingpacks.co.uk/100-challenge-ideas-for-home-learners/>

<https://mash.ie/product/parent-pack-covidhometeach/>

<https://www.tts-group.co.uk/home+learning+activities.html> (this link has 3 free printable books - early years, 5 – 7 years, 7 – 11 years)

<https://www.cula4.com/en/>

<http://www.ronitbird.com/games/>

[http://www.thereddoorschool.com/resources.html?fbclid=IwAR0qjyIUjp6bW0R\\_mW8acEL98GA9bLZX\\_-FvAKwCGY15AN\\_IN6g02HPKMGA](http://www.thereddoorschool.com/resources.html?fbclid=IwAR0qjyIUjp6bW0R_mW8acEL98GA9bLZX_-FvAKwCGY15AN_IN6g02HPKMGA)

<http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20%26%20ASD%20with%20COVID%20Isolation.pdf> (This may be of use to children in the ASD classes)

<http://info.stageslearning.com/free-emergency-curriculum-for-autism-home-education-during-covid-crisis> (again might be of help to children in ASD classes)

<https://www.twinkl.ie/resources/specialeducationalneeds-sen/specialeducationalneeds-sen-communication-and-interaction/sen-autism-spectrum-disorders> (useful again for ASD classes)

[http://www.learningzone.sancarlojunior.org/#xl\\_xr\\_page\\_index](http://www.learningzone.sancarlojunior.org/#xl_xr_page_index) (younger classes)

<https://www.gonoodle.com/>

<https://padlet.com/parteenosolosing/zfdq5n59llog>

<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

<https://www.seomraranga.com/links/sen-links/>

<https://www.senteacher.org/>

<https://www.mathplayground.com/>

- Storyline online – great for stories read by famous actors
- Oxford Owl – stories and activities based around one of our reading schemes – Oxford Reading Tree

# 100+ INDOOR ACTIVITIES

## CRAFTS

MAKE PAPER AIRPLANES  
SALT PAINTING  
MAKE SUNCATCHERS  
MAKE SALT DOUGH  
MAKE SPONGE STAMPS  
MAKE A CEREAL BOX AQUARIUM  
MAKE SCRATCH ART  
MAKE YOUR OWN 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  
PAINT LEAVES  
MAKE A TIME CAPSULE  
MAKE BUTTON ART  
PAINT WITH WATERCOLORS  
COLOR IN A COLORING BOOK  
MAKE PAPER CRAFTS  
BUILD A CARDBOARD CASTLE  
MAKE TISSUE BOX MONSTERS  
MAKE A TOILET PAPER ROLL  
BUTTERFLY  
STAMP WITH CELERY  
MAKE CHALK ICE  
MAKE PUFFY SIDEWALK PAINT  
DRAW A SELF PORTRAIT  
USE RUBBER STAMPS  
DO SCRAPE PAINTING  
PAINT A RECYCLED JAR  
MAKE SUPERHERO COSTUMES

## ACTIVITIES

MAKE PLAYDOUGH  
MAKE SLIME  
MAKE PLAY MUD  
MAKE RAINBOW RICE  
MAKE FAKE SNOW  
MAKE A SENSORY BIN  
MAKE A SENSORY BAG  
BUILD A FORT  
HAVE A PILLOW FIGHT  
WRITE A STORY  
MAKE ICE CREAM IN A BAG  
MAKE GUMMY BEARS  
MAKE FRUIT ROLL-UPS  
HAVE A MOVIE DAY  
PUT ON A FASHION SHOW  
BAKE CUPCAKES OR MUFFINS  
DO YOGA  
BUILD AN OBSTACLE COURSE  
MAKE DINNER TOGETHER  
PLAY WITH MAGNETIC TILES  
BUILD SOMETHING WITH LEGO  
USE DOT MARKERS  
BUILD A STACK OF CARDS  
PUT ON A PUPPET SHOW  
MAKE A TREASURE HUNT  
INDOOR BOWLING  
LEARN TO DRAW  
PUT ON A PLAY  
MAKE INDOOR HOPSCOTCH  
DO A FAMILY CHORE TOGETHER  
HAVE A DANCE PARTY  
HAVE A TEA PARTY  
PLAY WITH WATER IN A BIN  
SET UP A PLAY STORE  
MAKE A SOCK TOSS GAME  
MAKE PERLER BEAD ART  
WRITE IN A JOURNAL

## GAMES

PLAY WOULD YOU RATHER  
PLAY I SPY  
PLAY SIMON SAYS  
PLAY BOARD GAMES  
PLAY HIDE AND SEEK  
INDOOR SCAVENGER HUNT  
PLAY BINGO  
PLAY CARD GAMES  
DO A PUZZLE  
PLAY CHARADES  
BUILD YOUR OWN GAME  
PLAY FREEZE DANCE  
PLAY HOT POTATO  
PLAY MARBLES  
KEEP THE BALLOON UP  
PLAY DOMINOES  
PLAY HANGMAN  
PLAY TIC-TAC-TOE

## EDUCATIONAL

READ BOOKS  
DO A SCIENCE PROJECT  
LEARN ORIGAMI  
LEARN ABOUT A NEW ANIMAL  
LEARN A NEW CARD GAME  
LEARN TO SEW  
LEARN TO KNIT  
DO BRAIN TEASERS  
LEARN A NEW LANGUAGE  
LEARN ABOUT A COUNTRY



## At-Home Yoga & Mindfulness Challenge

(Post pictures to the DownPup Yoga Facebook Event page!)

Meditate "Peace Begins With Me" (maybe make up your own mantra too!)	Practice Tree Pose (both sides! Maybe it's windy, or leaves are falling from your tree)	Make a "Gratitude List" with at least 5 things on it. Ask a family member what they are grateful for	Help a family member with a chore or project around your house
Play Freeze Dance and freeze in yoga poses. See if you can hold them for 5 seconds!	Do a Sun Salutation (Butterfly up...), or listen to Kira Willey "Dance for the Sun" song & do movements	Practice Downward Dog- walk your dog, be a 3-legged dog, bark	Practice 5-finger breathing (slowly trace your fingers, inhale and exhale as you go up and down)
Practice Boat Pose (be a row boat, paddle boat, cruise ship, sailboat, kayak)	Write down 3 ways you can calm down and practice them. Show a parent your favorite way to calm down	Do 10 Jumping Jacks (and then 10 more- FASTER!)	Tell a family member about your feelings, or draw a picture of your feelings
Create a Yoga Short Story- write it down and make up poses to go with it	Practice Butterfly pose and imagine yourself being a butterfly. Picture all the places you will fly!	"Make a Pizza" - sitting with legs in a V- spread sauce, add cheese & toppings, bake it, cool it, smell it, EAT IT!	Make a "pom pom obstacle course" with blocks or play-doh, and blow a pom-pom or light ball through it
Practice resting in savasana pose. See you if you can be still for 2 minutes or more. Focus on your breath!	Go outside for a walk- invite family members to join you!	Teach a doll or stuffed animal your favorite yoga poses	Do "Ball breathing" – either with a hoberman sphere or your hands. Open/close the ball as you inhale/exhale
Animal breaths- bunny breath (3 quick sniffs!), Lion breath (big exhale with tongue out), bee breath (buzz around)	Write a kind letter (or draw a picture) to someone and send it to them	Color a Mandala while listening to music (google "mandala coloring page")	Ask someone how they are feeling and listen hard to what they say
Make an art project with materials from recycling or around your house	"Tense and Relax" all your body parts, one by one, starting with your head and going down to your toes	Try to do 5 yoga poses in a row without stopping. See how many combinations you can make up!	Practice making Ocean Breaths (try covering your ears), and picture yourself at an ocean's edge watching the waves

Copyright 2020 - DownPup Yoga - [www.downpuppyoga.com](http://www.downpuppyoga.com)