

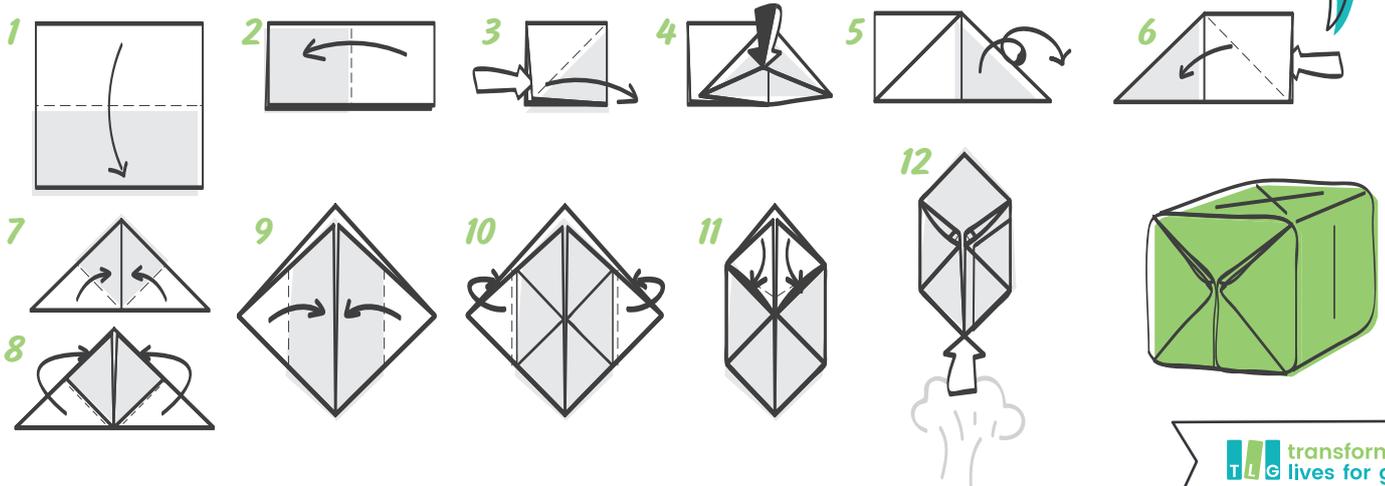
Activity 1

Paper Balloon

These activities are designed to be accessible and fun for adults and children alike!! So grab whoever is around at home and have a go **together!**

Albert Einstein once said that 'A person who never made a mistake, never tried anything new'. Trying something new can be so frustrating and it is easy to give up quickly when it doesn't go well and we can't get it right, but getting it wrong is often how we learn to get it right. Try something new this week – there are loads of clips on YouTube that will help you. What about learning to draw (check out 'draw so cute' on YouTube), making a loom band charm, knitting, sewing or trying origami?! You probably won't get it right straight away, but the more you practise, the better you will get!

To get you started – have a go at following our instructions to make a paper balloon! All you will need is a **square piece of paper** (we find that roughly a 20cm square works well) and a whole heap of patience and determination!!!!



Activity 2

Learn something new

These activities are designed to be accessible and fun for adults and children alike!! So grab whoever is around at home and have a go **together!**

Lots of time at home gives lots of time for thinking and wondering! All of a sudden you might find you are asking yourself all kinds of crazy things you haven't thought of before. How do you get the last bit of toothpaste out of a toothpaste tube? Why do you never see a baby pigeon? Where do all the missing socks go when they disappear in the washing machine?

Help each other learn something new this week! As a family, choose something that you would all like to know more about and work together to research it – use the internet or phone a friend or relative for help! Maybe you could make a scrapbook to record your findings!

- What about finding out about the different types of clouds?
- How many types of spider are there?
- How many different types of butterfly can you find out about?
- Can you find the names of any of the star constellations – and can you spot them in the sky?

Or maybe tackle one of the wondering questions of your own and find out once and for all what the best way really is to get the last bit of chocolate spread out of the bottom of the jar!

**BOREDOM
Breakers**

Activity 3

New Skill

These activities are designed to be accessible and fun for adults and children alike!! So grab whoever is around at home and have a go **together!**

It has been said that you need 10,000 hours of deliberate practise to become world class in an activity. Let's make the most of the time we have and start clocking up some of those hours!

Is there a new skill that you can practise together as a family?

- If you have a garden or yard, you could try skipping, keepy-uppies with a football or using a hoola hoop.
- If you are stuck inside, what about having a go at juggling? Practise together and help each other out!

T L G transforming
lives for good

**BOREDOM
Breakers**

Activity 4

Nature 'fingerprints'

These activities are designed to be accessible and fun for adults and children alike!! So grab whoever is around at home and have a go **together!**

It's important to stay active and research has shown that spending time outside has incredible health benefits. Try to build in time to safely go on a walk together each day.

Can you find some 'fingerprints' in nature? Different types of trees have different leaves and different patterns on the bark of their tree trunks.

Go on a family nature walk and see how many different types you can find. You could take a crayon and some paper and have a go at doing a 'rubbing' of the different tree barks you find by placing your paper on the bark and gently rubbing it with the crayon so that you can see the pattern.

T L G transforming
lives for good

Activity 5

A show

These activities are designed to be accessible and fun for adults and children alike!! So grab whoever is around at home and have a go **together!**

We all have gifts, skills and talents. Why not enjoy sharing yours with your family by creating a show?

You can plan what you are going to perform, practise it, find clothes you can wear as costumes, make invites and tickets and then enjoy performing! If you've got brothers and sisters in your house, work together and maybe create a running order in your show when you each have a turn at creating an act! Some of you may have grandparents who need to stay at home. If you've got access to the technology – perhaps an adult could Skype or Facetime them in to your performance. Let's spread the joy whenever we can!

Activity 6

Treasure hunt

These activities are designed to be accessible and fun for adults and children alike!! So grab whoever is around at home and have a go **together!**

It's important to stay active and research has shown that spending time outside has incredible health benefits. Try to build in time to safely go on a walk together each day.

Go on a family treasure hunt walk. Before you go, get a large stick or even a strip of strong card from a box and wrap elastic bands around it. As you walk, look out for interesting 'treasure' such as a feather or an interesting leaf and add it to your treasure stick by tucking it into one of the elastic bands.

Alternatively, look up geocaching online. It's a great family adventure that turns any walk into a treasure hunt as you search for 'caches' hidden around. You will be amazed at where you find them and realise you have walked past that spot so many times before without realising it was there!