



THE BIG HOME ADVENTURE

WITH LOVE AND GOOD VIBES FROM BUZZ CLUB

**WHEN WE ARE ALL BUSY WITH WORK AND SCHOOL, IT'S
EASY TO FORGET HOW MUCH FUN YOU CAN HAVE IN YOUR
OWN HOUSE WITH THE PEOPLE YOU LOVE.**

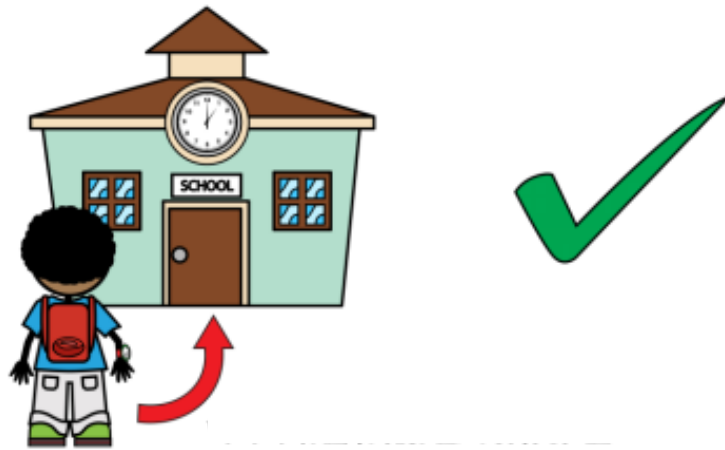
**DO SOMETHING YOU HAVEN'T DONE IN A WHILE, TRY NEW
THINGS, MAKE SOME NEW MEMORIES, BE SILLY, HELP WITH
JOBS, TAKE SOME PHOTOS, GIVE YOUR GROWNUP A HUG
AND SNUGGLE DOWN TOGETHER.**

YOU'LL BE SURPRISED BY HOW MUCH THERE IS TO DO.

@YouthAbilityBuzzClub

Send us a message if there's a resource
you need creating/locating

School will reopen again.



I will stay at home while
school is closed.








I know that I will be safe
and I don't have to feel
afraid.

I will be safe and happy at home
with my family.



Routine

It's important to keep some structure, even though it is different to your normal day. Planning makes you feel happier and safer. Here's an example – but there's a blank grid to make your own too!

Before 9am	Wake up		Have breakfast Get dressed Brush your teeth Make your bed Tidy your room
9 – 10am	Exercise Time		If possible: morning walk or indoor exercise. Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc.. See 'Exercise Ideas' on page 3.
10 – 11am	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
11 – 12pm	Creative Time		Lego, drawing, colouring, craft activities, singing, music, cooking/baking together.
12pm – 1pm	Lunch/Relax		<u>Controlled Electronics</u> iPads/tablets, computers and games consoles. Please remember online safety and supervise your children.
1pm -1:30pm	Exercise Time		See 'Exercise Ideas' on page 3
1:30 - 2:30pm	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
2:30 – 3:00pm	Quiet Time		Relax with a book, watch a TV programme or play a board game etc...
3:00 – 4:00pm	Fresh Air		Outdoor play or exercise indoors.
4:00 – 5:00pm	Electronics Time		<u>Supervised Electronics</u> Supervised educational games/apps. (see list of Websites and Apps on page 3).
5:00 – 6:00pm	Tea Time		Have tea and then relax and prepare for bed/story time.



Plan your day!

Time	Activity	Ideas
Before 9am	Wake up	Have breakfast Get dressed Brush your teeth Make your bed Tidy your room
9 - 10am		
10 - 11am		
11 - 12pm		
12 - 1pm		
1 - 1:30pm		
1:30 - 2:30pm		
2:30 - 3pm		
3 - 4pm		
4 - 5pm		
5 - 6pm	Teatime	Have tea then relax and prepare for bed



Indoor activities



Each of these activity ideas are **free** and are based on things you will probably find around the house or in your garden. If you take a photo or get some evidence of you completing the challenge you can compete with friends or neighbours to see who can get the most ticked off! Or, simply just use it for some inspiration!!

Indoor ideas:	Completed:
Make something for an Easter present	
Write a letter or draw a picture for someone you haven't seen in a while	
Play Charades	
Make friendship bracelets – Instructions here: https://www.buzzfeed.com/mackenziekrivant/15-summer-camp-style-friendship-bracelets-you-can-make-right	
Tell jokes and memorise a new one	
Get dressed in fancy dress	
Have a pillow fight	
Put on a fashion show	
Look at baby photos	
Make your own book or write a story	
Create a treasure hunt	
Bake together	
Draw a family portrait	
Make your own jigsaw out of a picture or magazine photo	
Make something with recyclables	
Learn a new skill	
Make a stop motion animation – Instructions here: https://tinkerlab.com/easy-stop-motion-animation-kids/	
Cook a favourite meal	
Do yoga using videos online	

Draw/Make your own maze then challenge someone else	
Write your own Bucket List	
Do some housework to help everybody out!	
Learn a dance from an online video	
Give manicures/pedicures	
Ask an adult to tell a story from their childhood	
Play Pictionary: Choose your own or use a generator: https://www.wordgenerator.net/pictionary-word-generator.php	
Have an indoor picnic	
Make up a hand clap	
Clean and organise your room	
Memorise the words to a song	
Make a fort	
Do some drawing or colouring: Free drawing tutorials and printouts here:	
Create a Vision board - Examples here: https://dinnertablemba.com/vision-board-for-kids/	
Create a relay race	
Learn some string games like Cat's Cradle – Instructions here:	
Put together a time capsule and decide where to bury it	
Take a bubble bath	
Sing karaoke – YouTube works great!	
Do some origami – Instructions here: http://www.origami-instructions.com/origami-for-kids.html	
Learn to cook a new recipe	
Watch a favourite movie and bring a duvet to the living room – Netflix party is now free if you want to stream something with your friends and chat online!	
Listen to an audiobook or story	
Play boardgames – there's some attached in this pack!	
Learn to count to 10 in a different language	
Make the world's best paper aeroplane	

Make a scrapbook from old pictures	
Make or decorate a t shirt	
Make sock puppets then put on a puppet show – Ideas here: https://www.wikihow.com/Make-a-Sock-Puppet	
Learn basic phrases in a new language	
Collect items to donate to those in need	
Put on your best face paint	
Dress up and take photos	
Read a book (or two!)	
Use the “AMAZING RANDOM IDEA GENERATOR”	
Plan an activity for a Youth Group (maybe buzz club!)	
Make cards for everyone in your home	
Have a pamper day	
Make ice lollies with juice and water	
Do a science experiment	
Build a castle out of anything you can find	
Make playdough and play some playdough games – Easy recipe on: https://theimaginationtree.com/play-dough/	
Learn some laughter yoga www.robertrivest.com	
Learn a card game	
Play hide and seek	
Leave happy notes around the house	
Create a stand-up comedy routine	
Have a themed party	
Play pass the parcel	
Make an indoor restaurant and serve your family dinner	
Use a bed sheet to play a parachute game	
Make a funny video to send to a friend	



Outdoor activities



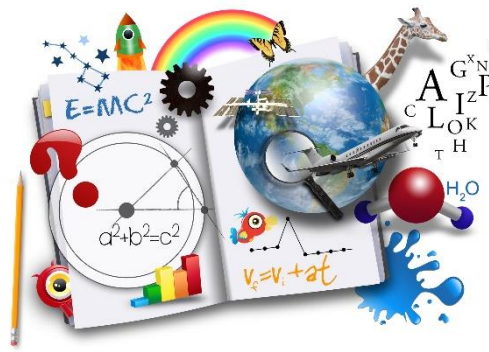
I know that not everybody has an outside space – but you don't need to go far to get some fresh air, sunlight and the feeling of the wind on your skin! Here's a few activities for the back garden, balcony or backyard.

Outdoor ideas:	Completed:
Practice stone balancing for mindfulness	
Splash in a puddle or add a bit of washing up liquid to a puddle while it is raining	
Make binoculars out of toilet rolls and go investigating	
See if you can find something beginning with all the letters from A-Z in your garden	
See if you can see any patterns in the clouds	
Go stargazing	
Do some weeding or planting	
Make a map of your garden and place objects for people to find	
Do some outside yoga	
Sit peacefully on a blanket and count how many different things you can hear	
Look for signs of animals	
Make a bird or insect house	
Learn some bird calls and listen out for them	
If the weather is nice – camp in your back garden!	
Build a den	
Make a wild crown	
Create some wild art	
Create a garden scavenger hunt – find something brown, something squishy something...	
Have a water fight	
Find some flowers to press	
Make a mud kitchen	

Websites and apps

It might not have been something you have explored before, but the internet is jam-packed with great free resources and games for all subjects if you are planning on doing any of your own home-schooling. All of the resources collected below are free (or recently free) and organised by subject! The age ranges vary, so you might have to browse around!

Multi-subject curriculum resources	
Twinkl – Subscription service used by most schools. Offering PowerPoints, interactive games and worksheets for all areas of curriculum – enter the code UKTWINKLHELPS	www.twinkl.co.uk/
White Rose Maths – Useful learning packages and schemes	www.whiterosemaths.com/resources/schemes-of-learning/primary-sats/
Classroom Secrets – Maths and Reading home learning packages	https://classroomsecrets.co.uk/home-online-learning/
Master the Curriculum	www.masterthecurriculum.co.uk/
Primary Stars – Maths Home Learning packages	https://primarystarseducation.co.uk/covid-19-year-1/
Mrs Mactivity – subscribe with email address to receive free activities and support for home learning.	www.mrsmactivity.co.uk/free-resources-2/
Khan Academy – free online courses and learning practice	www.khanacademy.org
Teach – free curriculum mapped videos for the visual learner	www.bbc.co.uk/teach
DK Find Out – a safe space online to learn about pretty much anything!	www.dkfindout.com/uk
School Express – Extensive worksheets, games and activities	http://www.schoolexpress.com/
Teach with Movies – Lesson plans based on movie shorts	http://teachwithmovies.org/



Maths and Science:

Times Table Rockstars	www.ttrockstars.com
CBeebies – Numberblocks	www.bbc.co.uk/shows/numberblocks
Explorify for Science	www.explorify.welcome.ac.uk
Top Marks	www.topmarks.co.uk
ICT games for literacy and maths	www.ictgames.co.uk
Prodigy Maths	www.prodigygame.com
BBC Bitesize for science and maths	www.bbcbitesize.co.uk
Maths is Fun – Primary school age resources	https://www.mathsisfun.com/
School Yourself – Interactive, free maths lessons	http://schoolyourself.org/
Maths Pickle – Maths puzzles and competitions to get the brain working	https://mathpickle.com/organized-by-subject/
Fuse School – STEM videos for maths, biology, chemistry and physics	http://www.fuseschool.org
Learning Resources – Science Museum Group – HUGE collection of fun science resources and games	https://learning-resources.sciencemuseum.org.uk/
KiwiCo – DIY home science experiments	https://www.kiwico.com/diy/
Maths Gynie – Resources, videos and solutions from Primary up to A Level	https://www.mathsgenie.co.uk/
The Fab Lab – videos and science projects	https://www.thefablab.com/
Creative Catapult – Science and maths projects for young children	https://creativitycatapult.org/



Reading and writing

Book Trust - - book themed activities and quizzes	www.booktrust.org.uk
Learn English Kids – free resource for ages 5-12	www.learnenglishkids.britishcouncil.org
Letterland – KS1 resources for literacy skills	www.letterland.com
World Book Online – 3000 eBooks and audiobooks	www.worldbook.kitaboo.com/reader/worldbook
Oxford Owl – resources and eBook library	https://www.oxfordowl.co.uk/
Fun English Games – games that encourage creative writing	http://www.funenglishgames.com/writinggames.html
Scholastic – ‘Go to’ resource for all things literacy	https://www.scholastic.co.uk/
Boom Writer – Develop and enhance writing skills with games and projects	www.boomwriter.com
Net Rover – writing games and activities	http://www.netrover.com/~kingskid/writing/Kids_Writing.html
Read to Me – popular children’s books read aloud with activities	https://www.readtomeintl.org/
Imagineering in a Box – Character and story development programme	https://www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box/lesson-1-creating-worlds/a/exercise-1-your-own-land?CMP=ILC-DPFY19Q4wo0808190814190031F&modal=1
The Literacy Shed – Explore visual literacy with engaging videos and lesson ideas	http://www.literacyshed.com/home.html



Topics

History, Geography, Languages, Music, Coding, Cooking

National Geographic kids – travel the world and explore different cultures	www.natgeokids.com/uk
Google Arts & Cultures – 3D – Look at historical locations in 3D	https://artsandculture.google.com/search/3d?hl=en
Duo Lingo – Free app with easy ways to learn a new language	https://tinycards.duolingo.com/
Babbel – language learning with free resources	https://uk.babbel.com/
Hidden Worlds of National parks virtual tours	https://artsandculture.withgoogle.com/en-us/
Charanga – Free Trial available of immersive music lessons	https://charanga.com/site/
Interactive sites – games for all topics, but great section for music	http://interactivesites.weebly.com/music.html
Code Monsters (Tynker) – Pokémon style coding game to learn programming	https://www.tynker.com/hour-of-code/code-monsters
BrainPOP - fun facts about a range of topics from science and social studies to art, music and technology	https://www.brainpop.com
The Kids Cook Monday – Easy recipes for young people to access with a range of family themed categories	https://www.thekidscookmonday.org/
Kids World Travel Guide – A guide written for young people about world geography	https://www.kids-world-travel-guide.com/
Kid World Citizen – Collection of geography themed games	https://kidworldcitizen.org/free-online-geography-games/
Comprehensive list of specific history topic websites	https://www.history.org.uk/primary/categories/119/resource/3620



Exercise and mindfulness

Smiling Mind – Short audio sessions to help with relaxing	https://app.smilingmind.com/au/
BBC Supermovers – Interactive videos to support with KS1 Maths, Literacy, PSHE and PE.	www.bbc.co.uk/teach/supermovers
Premier League Stars Videos and activities to support with Maths, Literacy, PSHE and PE	www.plprimarystars.co.uk
Kids exercise workouts list	https://www.therealisticmama.com/exercise-videos-for-kids https://www.healthline.com/health/fitness-exercise/best-videos-dance-workout#4
Go Noodle – Energetic kids dance routines and mindfulness workouts	https://www.youtube.com/user/GoNoodleGames
Cosmic Yoga – Free yoga sessions for mindfulness	https://www.youtube.com/user/CosmicKidsYoga
Crayola colouring printouts – mindful pages for kids and adults	www.crayola.com/athome
YouTube breathing exercises for kids	https://www.youtube.com/watch?v=vXZ5l7G6T2I https://www.youtube.com/watch?v=Bk_qU7l-fcU
Activity blogs - mindfulness activities kids which are great for stress and anxiety	https://positivepsychology.com/mindfulness-for-children-kids-activities/ https://mindfulness4u.org/mindfulness-activities-children/
Little Twisters Yoga – Loads of wellness and yoga videos that have just been made free	www.littletwistersyoga.com/online-store/
Overcoming Obstacles – Lessons for social and emotional skills and life skills	http://overcomingobstacles.org



Phonics Play and Early Reading

Phonics Bloom	www.phonicsbloom.com
Alphablocks	www.bbc.co.uk/shows/alphablocks
Letters and Sounds	www.letters-and-sounds.com
Scholastic Classroom Magazines	www.classroommagazines.scholastic.com/support/learnathome.html
Phonics Play	www.phonicsplay.co.uk/freeIndex.htm
Teach your Monster to read	www.teachyourmonstertoread.com
Vooks – Storybooks brought to life	www.vooks.com
Spelling Shed	www.spellingshed.com/en-gb
Little House Kindergarten – Although this is for the US it provides an extensive curriculum for all subjects!	https://littlehousekindergarten.com/
ABCya! / Storynory – listen to short stories and read along with highlighted text	https://www.abcya.com/ https://www.storynory.com/



Arts, crafts and games

Highlights Kids – Free games and puzzles	https://www.highlightskids.com/games
Kids games, activities and crafts blog – highly recommended	https://kidsactivitiesblog.com/category/kids-crafts/5-minute-crafts-kids/
Best Party Games - Group games to play in the house together	http://www.bestpartygames.co.uk/groups/family-party-games
Online trips to zoos and art galleries – it's a long link but it's worth it!	https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/preview?pru=AAABcQ3_j64*r3X-I9lI6OBgjh7yIVIOew The following places are offering free virtual tours: Tate Kids, National History Museum, British Museum, Yellowstone National Park, Smithsonian, The Louvre, The Great Wall of China...
Funology – boredom busters, jokes and games.	https://www.funology.com
Seussville – wacky and whimsical site with free activities, crafts and printables	https://www.seussville.com
Red Ted Art – Easy crafts for kids	https://www.redtedart.com/?cn-reloaded=1
Tate Kids – Lots of art to browse and an art detective game	https://www.tate.org.uk/kids/games-quizzes/art-detective
Albright-Knox Art Games – Games inspired by pieces of famous art	www.albrightknox.org/community/ak-innovation-lab/artgames-20
Simple Fun for Kids – Printable games for when you need to cut down screen time	https://www.simplefunforkids.com/printable-games-for-kids.html/

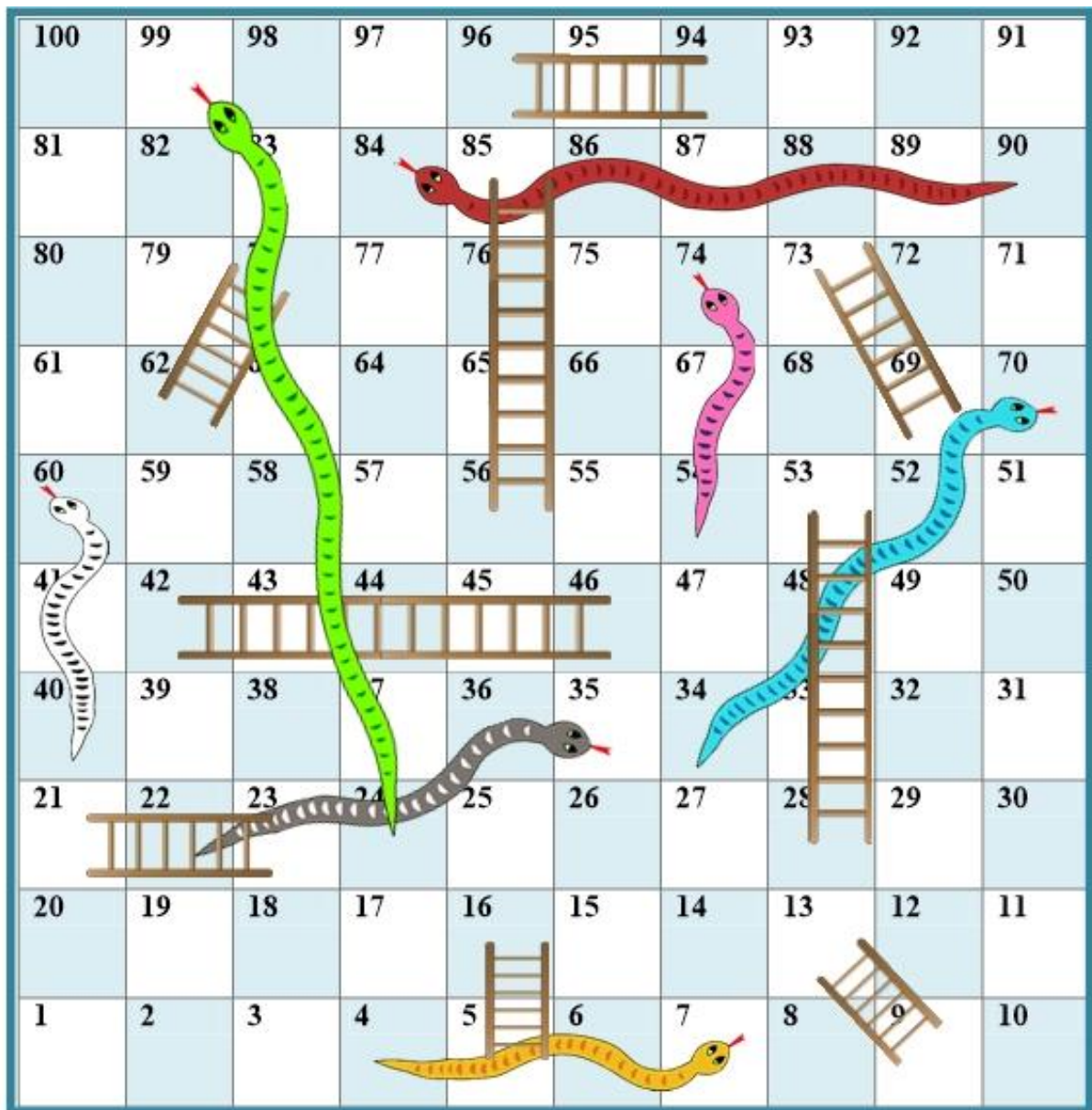
Games

A few free printables and game ideas to keep you going if you want to turn off the screens and have some group fun.

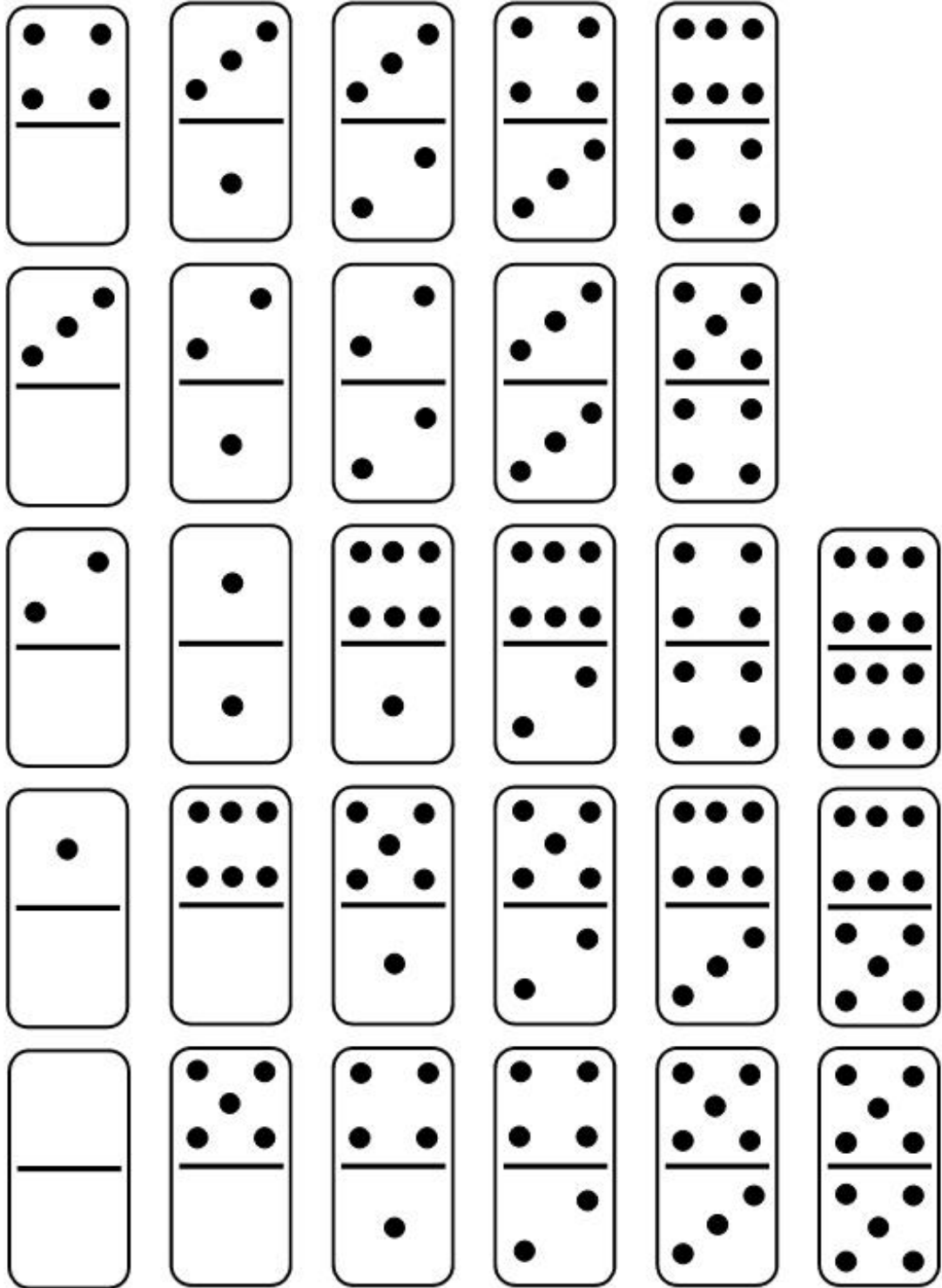
Cut these out and put them in a bowl to play charades/Pictionary/rapidough! Rules available online.

Harry Potter	Where the Wild Things Are	Specky Magee
Where's Wally	Charlotte's Web	The Very Hungry Caterpillar
Ella Enchanted	The Lorax	The Lion, The Witch and the Wardrobe
Pippi Longstocking	Inkheart	Holes
Green Eggs and Ham	The Secret Garden	Madeline
The Princess Diaries	Matilda	Curious George
Sleeping Beauty	Hansel and Gretel	The Gingerbread Man
Rapunzel	Little Red Riding Hood	Snow White
Thumbelina	Beauty and the Beast	Jack and the Beanstalk
Tom Thumb	Cinderella	The Pied Piper
The Little Mermaid	The Frog Prince	The Three Little Pigs
Home Alone	Howl's Moving Castle	Despicable Me
Pirates of the Caribbean	The Simpsons Movie	The Pink Panther
Spy Kids	Bend It Like Beckham	Mrs. Doubtfire
The Polar Express	The Incredibles	Don't Tell Mom the Babysitter's Dead
Mouse Hunt	High School Musical	Up!
Freaky Friday	Chicken Run	Beauty and the Beast

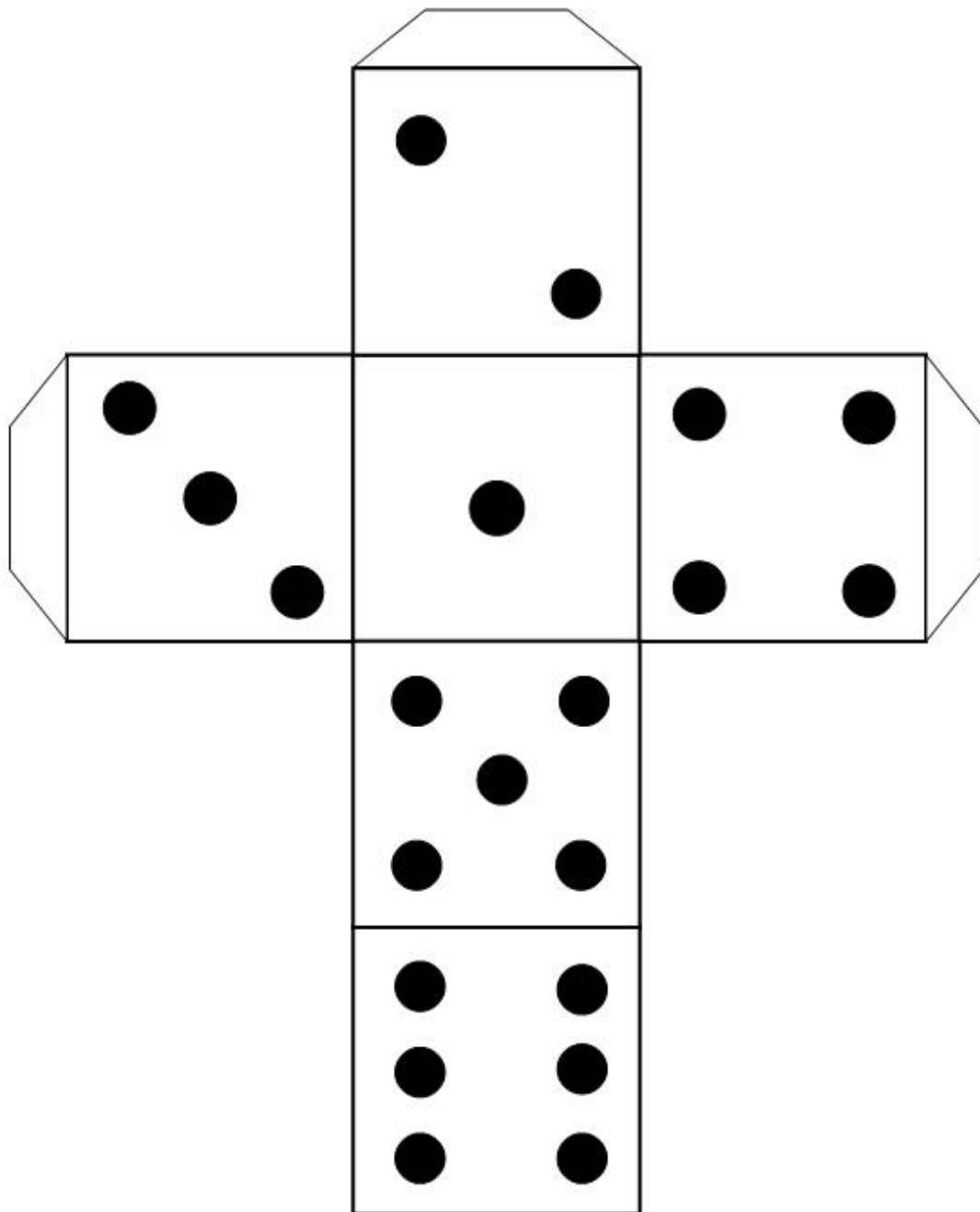
Snakes and Ladders



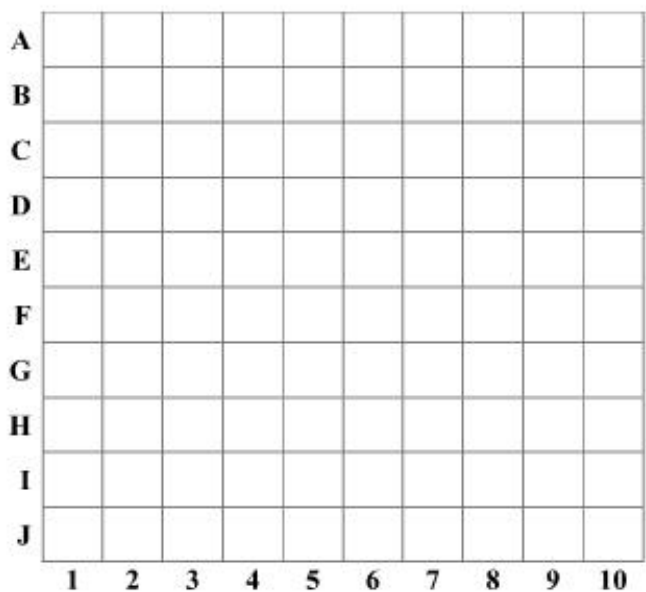
Dominoes



Make your own dice



Battleships



My Opponent



Aircraft Carrier (5 Spaces)



Battleship (4 Spaces)



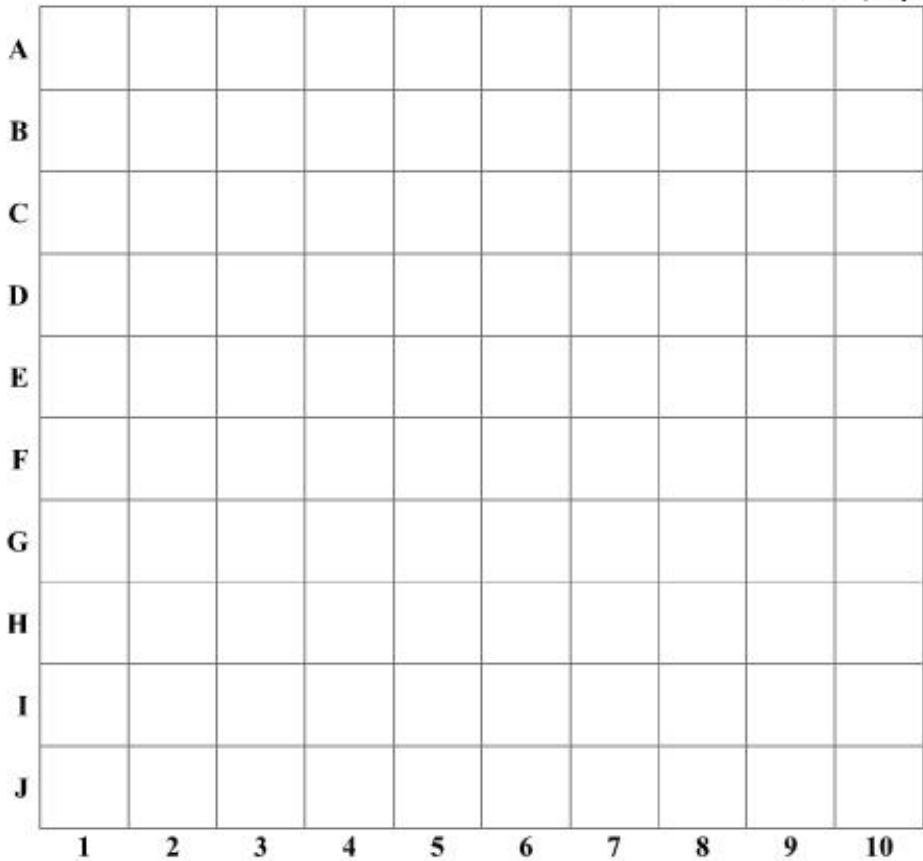
Submarine (3 Spaces)



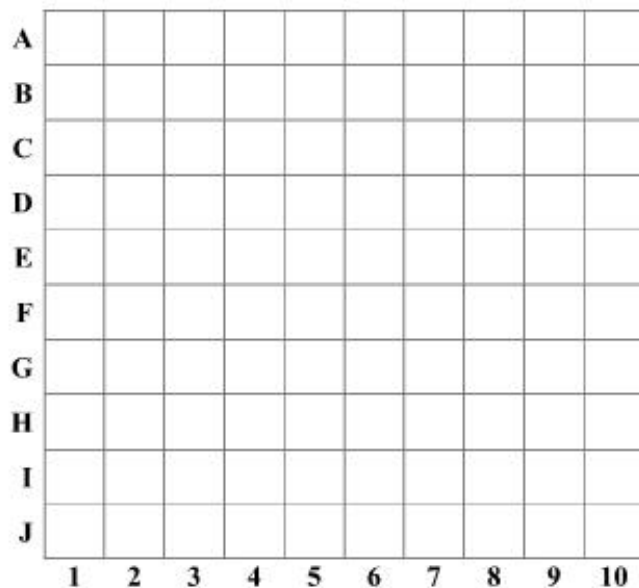
Destroyer (3 Spaces)



Patrol (2 Spaces)



My Board



My Opponent



Aircraft Carrier (5 Spaces)



Battleship (4 Spaces)



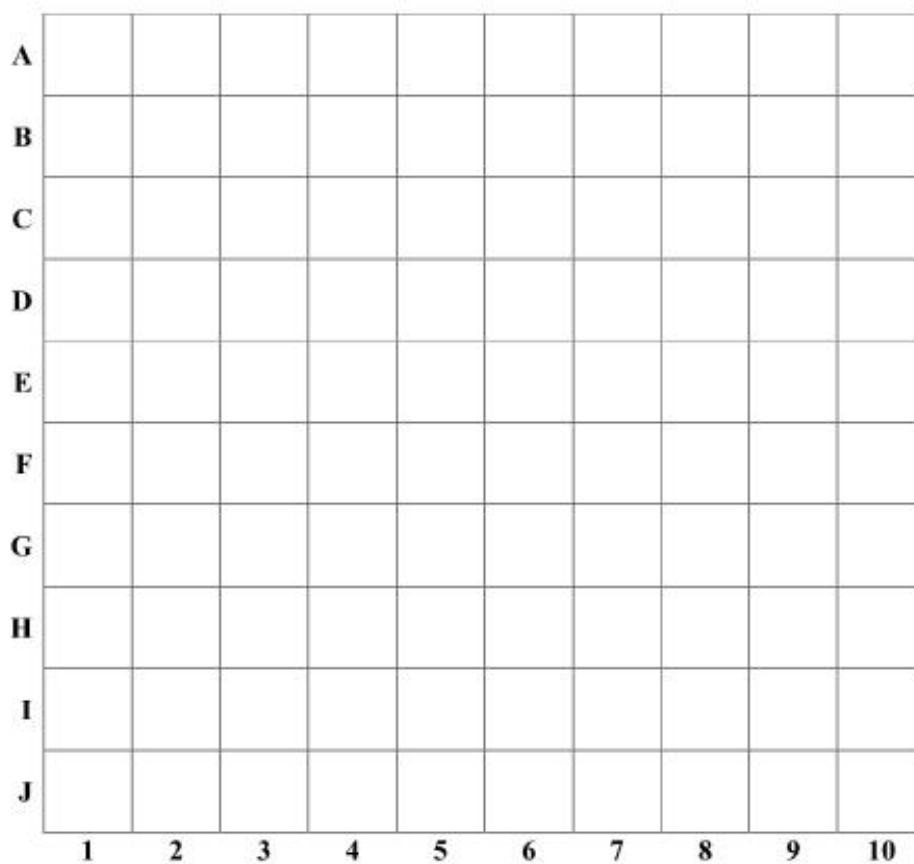
Submarine (3 Spaces)



Destroyer (3 Spaces)

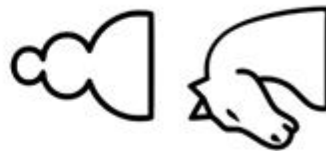
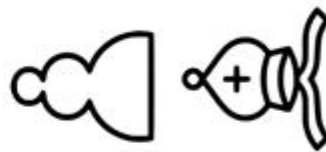
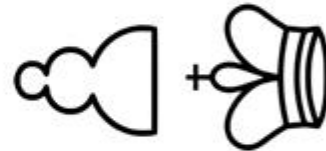
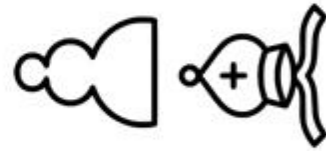
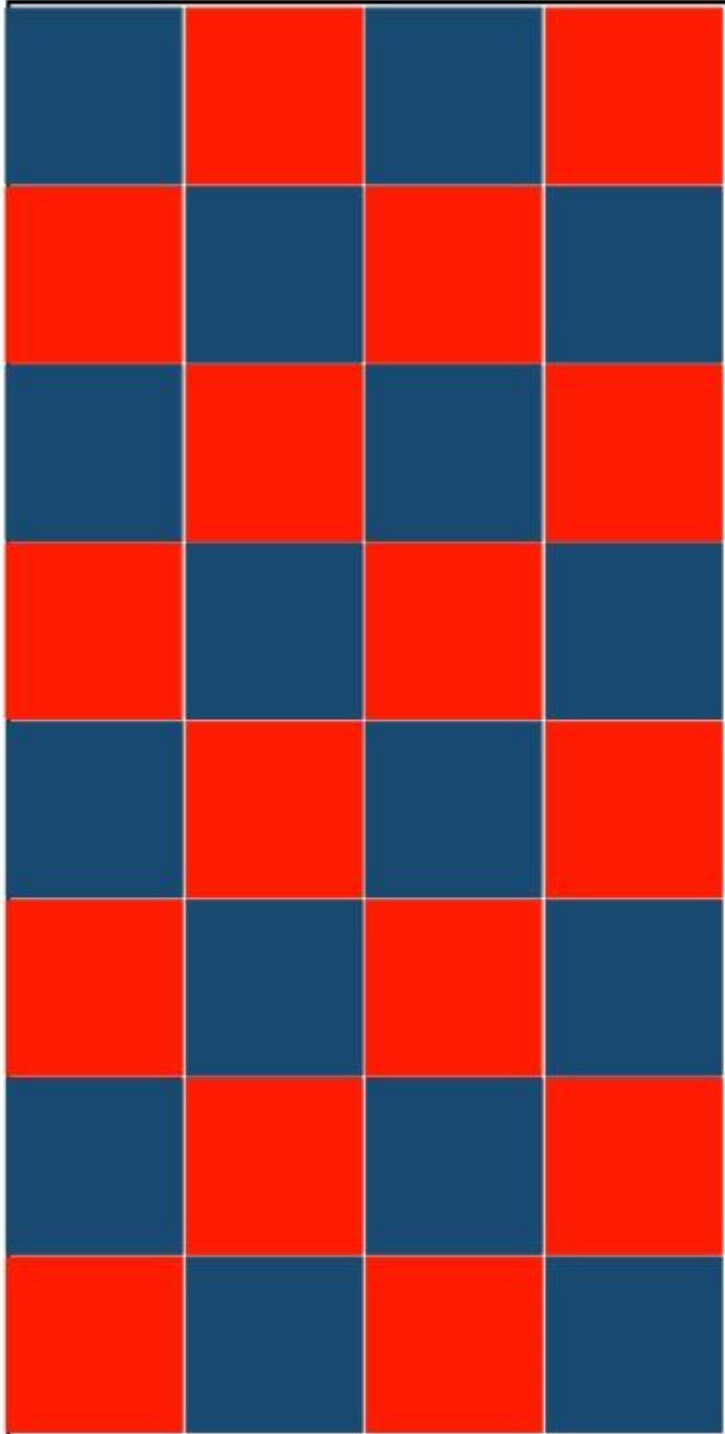


Patrol (2 Spaces)

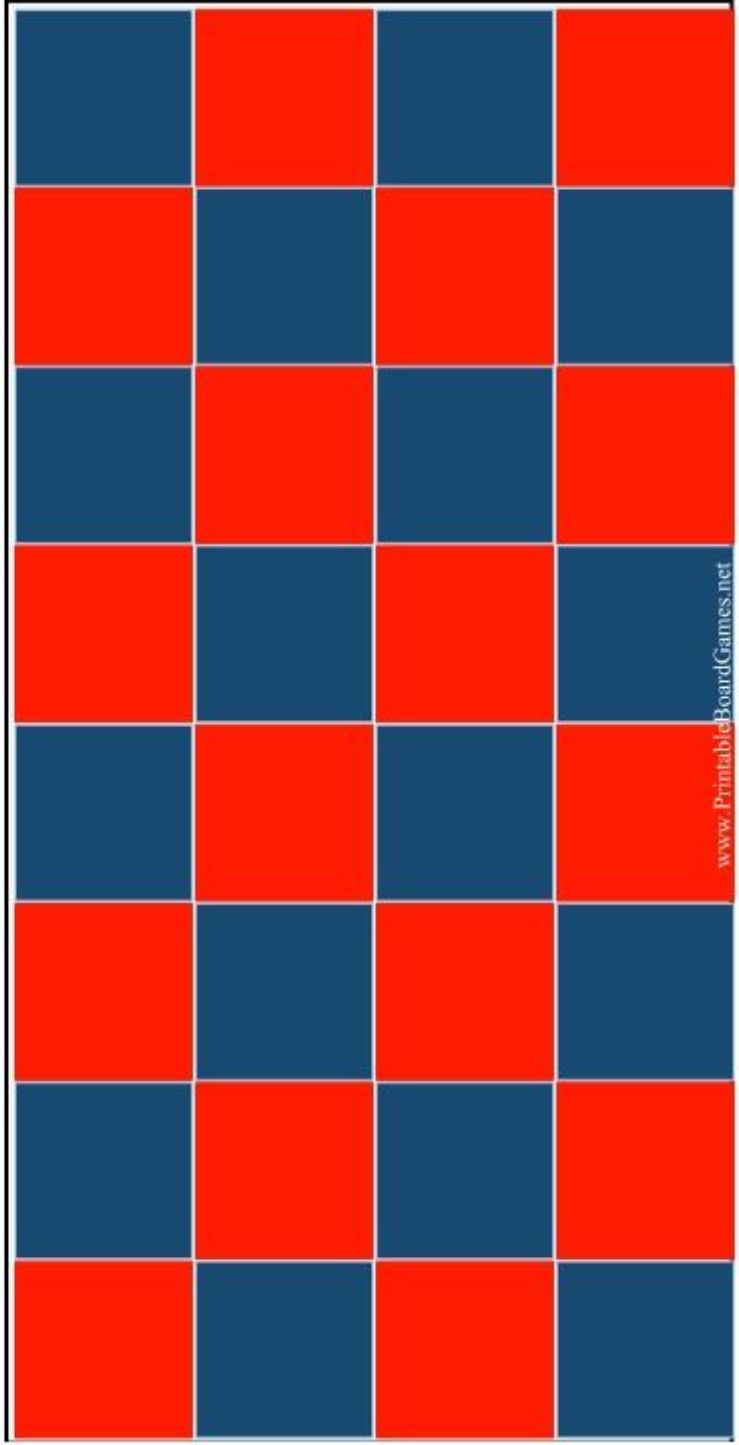
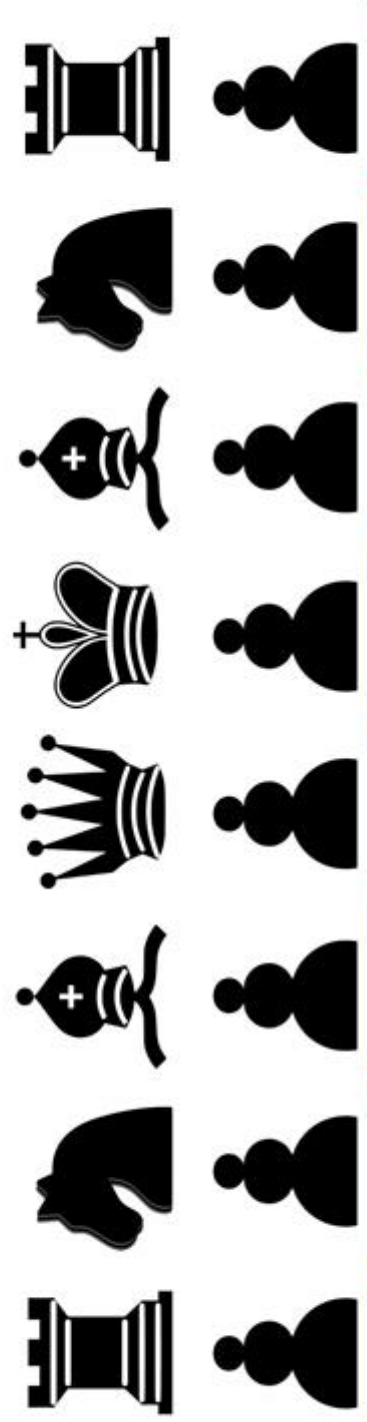


My Board

Chess



www.PrintableBoardGames.net



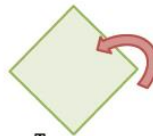
Fortune Teller



Fold all corners
to the centre



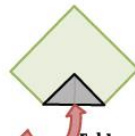
Fold all corners
to the centre



Turn over



Turn over



Fold a corner
to the centre



Insert fingers
and play!



2

3



www.Vintage-Toys.co.uk

1

4



www.Vintage-Toys.co.uk

8

5



7

9





YOU ARE BRAVER

THAN YOU BELIEVE

STRONGER

THAN YOU SEEM

SMARTER

THAN YOU THINK

AND  LOVED

MORE THAN YOU KNOW