

STUCK INSIDE?

Here are some activities you can do if you or your family and friends are in quarantine because of the COVID-19 Pandemic.

Print the list below and check it off once complete. **You can choose one or a couple of activities to do each day with your family.** Let's make this situation an opportunity to reconnect with family and to reach others safely for Jesus.



Write your story or draw a picture of how you are feeling. Share with each other.



Draw a family tree. How far back can you go?



Learn some songs and go for walk or visit neighbours and sing these songs to them. (Maintaining social distancing guidelines)



Paper areoplane races. Whose goes the furthest?



Do a chore you've never done before.



Bake a cake or make some cookies, pack an afternoon picnic in the backyard.



Create an "I'm thankful for..." list or poster.



Do a science experiment.
www.mumsatthetable.com/5-easy-kids-activities-to-do-at-home



Create a 'marble maze run' using household items and balls.



Call a relative or friend that you have not spoken to for a while.



Make cloud dough.

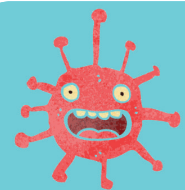


Look through YouTube together to find your top five songs of encouragement.

1 part hair conditioner
2 parts cornstarch/cornflour
(food colouring optional)
Mix and build.



Create a 'wash your hands' song.



Write a family newsletter and email it to extended family.



Fill in the blank with your family's idea



Create a family obstacle course throughout the house. Time each family member to see who is the fastest.



Watch all episodes of The Tuis.
thetuis.tv
Make a plan to share Jesus with your neighbours in the street.



Find 15 stories in the Bible where people were put in isolation eg. Daniel in the Lion's Den.