

# IDEAS TO DO AT HOME WITH KIDS

- 1. MAKE A GOALS / VISION BOARD**  
Perfect to give you some motivation in life, use quotes, magazine cutouts, and internet pictures to create your own vision board.
- 2. DO ONLINE KIDS YOGA, MEDITATION AND EXERCISE**  
Great as down time before bed or naps, or even for the start to the day!
- 3. TREASURE HUNTS**  
You can create treasure hunts suitable for indoors or outdoors using nature items or toys. Create a list for your child to find them.
- 4. COLOUR IN**  
If you have any colour in books lying around, or printable images, you can have bonding time by colouring with your child together
- 5. LEARN A LANGUAGE**  
Head to YouTube and find some cool little videos to help learn a new language, even just the basic phrases.
- 6. CLEAN THE BEDROOM**  
This might be a bit boring for kids, but there is no harm in teaching them responsibilities, getting the dreaded job out of the way – and they will certainly appreciate a tidy room after.
- 7. HAVE AN AT HOME DISCO**  
All you need to do is dim the lights, and get a funky YouTube play list happening to create a little disco in your own living room.
- 8. HAVE A MOVIE NIGHT / DAY**  
Whilst we all love to limit screen time, having a dedicated movie night or day is exciting for kids, and makes memories – especially if the whole family are involved.
- 9. PLAY HOPSCOTCH OR DO CHALK DRAWINGS**  
If you have some spare chalk laying around, teach your child how to play hopscotch or do some cool artwork using chalk outside (Chalk easily washes away with water or the rain)
- 10. BOARDGAMES, GAME NIGHTS**  
Time to get out those boardgames and get into some family gaming.
- 11. CREATE A VEGETABLE GARDEN**  
You can find videos on YouTube to help set you up a vegetable garden, specifically with kids in mind.