

# learning at home

  
off grid

New  
Edition  
V2

## A guide for parents and carers

This is a guide to support parents and carers develop fun learning activities for younger children and big kids of all ages. This off grid guide is all about what you can do at home without technology.

Make sure to manage and provide the level of support and supervision your child needs to keep them safe.

## Top Tips



Keep to a routine, with structured bed times



Make a plan, make it as structured or flexible as it needs to be and change it when required



Have lots of fun, games, arts and crafts activities



Engage in children's interests, hobbies or obsessions (everything might need to be about dinosaurs!)



Don't forget to think about and include everyday tasks in you plan – cooking, washing, tidying, looking after pets etc

This is a guide to help and support, if for any reason your child has to stay at home for a period of time.

This is only a guide and not a manual. You should always consider your child's needs and any medical or health conditions they have before you do any activity or make any plans. This is intended for parents/carers to use.

Please consider any other current Government public health advice also.



[www.hants.gov.uk/educationandlearning/virtual-school](http://www.hants.gov.uk/educationandlearning/virtual-school)

[www.iow.gov.uk/virtualschool](http://www.iow.gov.uk/virtualschool)

support  
&  
nurture



## Read Listen Talk

Put in lots of story reading, use what ever books you have. Don't worry about reading the same ones over again, children love repetition.

Listen to any story audio books you might have.

Make sure you do lot of talking – face to face or as a family, away from the tv or any other distractions.



Make sure you are all having fun and enjoying learning through play and exploration

Play lots of talking and listening games...

Guess Who  
Twenty Questions  
Charades  
When I went to the shop  
I spy



Use interest and hobbies to explore new challenges...

Can you build, create, make...



Ask your children what they would like to do or explore...

Get all the games out... Create a pile to play each week and mix them up, allow plenty of time for games or puzzles

- Tallest building/tower
- Fire Engine
- Helicopter
- Bridge
- Robot
- Rollercoaster/ride
- Spaceship
- Rocket
- Animal
- Box / Basket
- Car / Truck
- Dinosaur
- Kite



I would like to  
• Camp  
• Bake  
• Sew  
• Construct  
• Take Apart  
• Watch



## PLAY – PLAY – PLAY

We all learn through play...



Touch, Smell, Hear, Taste use our senses to explore and learn.

Can you guess the food by smell, taste, feel...?

Can you guess what's in the box by feeling?

Can you guess the animal by the noise it make?



Can you guess the animal by my acting?

Make sure you are all **having fun** and **enjoying learning** through **play** and **exploration**

**Mud Kitchen**  
If you have any outside space get any old tubs, spoons and pans and make a mud kitchen – hours of fun!



### Daily Record

Each day record what you have done in a short diary or scrap book with your children. Get them to draw or write with you. This can be short and done every other day if that suits.



### Daily Routine

Establish a routine that works for you and your children. Involve them in that making and clearing away food; washing and tidying up etc. Put tokens in a jar for each thing they do and reward everyone once the jar is full.





# numbers digits - letter words



Use every opportunity to observe, comment, count, multiply, take away, measure...



Plan and have lots of time for reading ...stories

- How many...?
- Can you count the birds?
- How many spots on ladybird?
- Weigh out these ingredients
- Share this cake into ...?
- How many shapes can we spot?
- How many shapes can we make?
- If we share these out how many do we each have?
- Lets do a kitchen stock take – how many?
- Share out bricks/blocks?
- How tall is our tower?
- Measure this, measure that ?



- Start the day with a story
- Have a quiet time after lunch for some bedroom reading
- End the day with a story
- Write your own short stories
- Draw and illustrate a short story
- Read to your teddies
- Call a relative and read with or to them
- Get Granny to video call and read the children a story
- Write a postcard, take a picture and email to a relative



## Get all the games out...

Snakes and Ladders, Cards, Monopoly any games that require adding and counting.

Keep connected with friends and family



## Create a Library

Make a library card for each child and check in and out a book every other day.

## Have a film afternoon

All settle down and watch a film and make it an event with popcorn and lights out.



## Run Around

Make sure children have time and space to burn off some energy inside or out.



## Make, Bake & Cook

Get the children making their own food, bake some cakes and make a meal for everyone.



## Music & Dance

Make time to listen to music, make some music, dance around and burn off some energy



## Daily Measures

Plant some seed or take a daily measure of something growing. Get children to do this every day, write down the measure and perhaps plot a graph. Bring in any counting, weighing or measuring into daily activity such as cooking/baking.

## Daily Games

Try and play lots of games each day. Any that involve dice, counting, using money etc will all be good for mental arithmetic. If you don't have any find or make some dice and create your own game to play – just need piece of paper and pens.





# observe predict record reflect



## WHY? HOW?



Think about, observe, predict, record, watch and reflect to start to discover science and nature all around.

Here are some simple ideas. For each of these talk to children about what they think may happen and make predictions. Watch what happens, record this. Then talk about and reflect on the What Why & How?



If you have time watch some clips or programmes on things that are of most interest.



### Night Sky

Look at the stars and talk about what you see. Look up some star maps or use app to explore with children.



### Changing Shape

What things do we have than can change shape and why? Gather some items (toys or objects) and explore with children and ask them Why?



### Cornflour

Mix cornflour with a little water and what do you get? Ask the children to predict and then play.

### Hot Warm Cool

Fill some different types of cups/glasses with hot (not too hot) water. Ask the children to predict which one will be warmest to touch on outside – predict, record and discuss why / how?



### Archaeology

Bury some old toys in area of garden or sandpit. Get children to explore what they can find, like an archaeologist they need to be careful and clean the items after.



### Magnets

If you have any magnets, gather some items and ask children to predict what sticks, then explore. Don't forget to talk about the why?



Create a target, make paper planes and score who gets closest. Work on different rounds and tally your scores. Measure distances.

Use every opportunity to observe, predict, record and reflect. Discover the science & nature around us

### Estimation Game?

See who can be closest, record guesses and results. How many tins in the cupboard. How many petals on a flower etc.



### How Long?

Make some ice cubes from different shapes and guess and time how long they take to melt.

### What is it made of?

Talk about a type of material and then send children to find 3 objects in house made of this. Talk about what they find and repeat with a different materials.

### Make a volcano

Construct a volcano out of anything you have, use vinegar and bicarbonate soda to set it of. Ask the children **why** and **how**?

### Sink or Float?

Fill the sink with some water, gather up a range of object ask the children to predict will it float or sink. Don't forget to ask **Why** they have made their predictions.



### Explore Garden

What creatures, flowers, insects etc do children predict they might find. Record what they find in words and pictures.

### Daily Explorations

Use and explore any spaces you have inside or outside. What are things made of and why? What creatures live where and why? What do ants do? What birds can you here in morning? What flowers are growing outside?

### Daily Experiments

Use what you have in the house and kitchen to safely explore some simple scientific experiments. Bake with and without a raising agent...what acids and alkalise do we have in the kitchen...what will happen when we mix these things together...??



Think about what you have in your home and available to you. Get creative and crafty.



Keep and clean any plastic pots, cardboard packets etc and keep in bag or box for creative projects



## Fashion show

Create new outfits with old clothes.



## Costume Making

Create some new dressing up costumes from old clothes and junk modelling – become an astronaut or cowboy



## Craft

Make a 3D picture, using old card in your recycling.



## Rubbings

If you have crayons and paper try going around the house or garden finding things with texture.



## Flower pressing

Its spring. If you can pick some flowers pop between two pieces of paper and place under some heavy books.



## Junk Modelling

Gather anything you have and get cutting and sticking.



## Become a Knight

Use old cardboard to create Knights shield, sword and helmet.

## Make a Puzzle

Draw a picture or use one from magazine and cut up and create your own puzzle.



## Make your own glue

Mix a little flour and water, like single cream and heat gently until smooth....wait to cool before use.



## Paper Mache

Tear up strips of paper (newspaper is best, but most paper will work) and layer with glue around a shape/mould. Use PVA glue or make your own. Leave to dry before painting.



## Bunting

Make a template, cut your bunting shapes and string together



## Daily Creations

Make sure you have some creativity each day. Allow children to explore and create their own masterpieces. Take pictures and put in their own diaries and scrapbooks. Keep some form of record so they can share with others.



## Daily Tidy

There is going to be mess and clutter. Use a timer at the end of the day to do a 10 Minute Tidy. Everyone works together play some music dance around and clear up and then set the children to Hoover before time runs out!





# 140 FUN THINGS TO DO INDOORS

- DRAW A CHARACTER FROM YOUR FAVOURITE BOOK
- MAKE A BIRD FEEDER
- CAR DRAWING ON A LARGE SCALE
- BUILD A DEN USING BLANKETS
- MAKE ICE PAINTS
- HAVE AN INDOOR PICNIC
- PLAY WITH BUBBLES AND WARM WATER IN THE SINK
- FOLLOW A SIMPLE DRAWING CHALLENGE ONLINE
- CREATE YOUR OWN BUBBLES/BUBBLE WANDS
- HAVE A TEA PARTY
- PLAY HIDE AND SEEK
- LEARN HOW TO COUNT IN A NEW LANGUAGE
- GO ON A TREASURE HUNT
- USE PAPER CUPS TO CREATE DIFFERENT FORMATIONS
- USE CHALK OUTSIDE
- EXPLORE PAINTING TECHNIQUES BY FAMOUS ARTISTS
- MAKE AND PLAY WITH GLOOP
- WRITE A STORY
- VIDEO YOURSELF TELLING A STORY TO SHARE WITH A FRIEND
- CREATE A VILLAGE USING CONSTRUCTION TOYS
- BAKE SOME CAKES/BISCUITS
- EXPLORE SCIENCE WITH A SIMPLE INVESTIGATION
- DESIGN AND MAKE YOUR OWN BOOKMARKS
- BUILD A BOAT THAT FLOATS
- CREATE POM POM SOUP
- PLAY CHARADES
- MAKE POTIONS
- MAKE NATURE PORTRAITS
- MAKE A FAMILY TIME CAPSULE
- WRITE A LETTER TO SOMEONE SPECIAL
- ENJOY A MOVIE
- JUNK MODELLING
- BUILD A TALL TOWER USING BLOCKS
- HOST YOUR OWN PUPPET SHOW
- WATCH SOME FUNNY VIDEOS ON YOUTUBE
- ROLL CARS THROUGH PAINT
- MAKE YOUR OWN PIZZA
- GO ON A NUMBER HUNT AROUND THE HOUSE
- CREATE AN OBSTACLE COURSE
- POTATO PRINTING
- MAKE A PAPER PLANE AND FLY IT
- MAKE COLLAGES USING MAGAZINES/CARDS/CRAFT MATERIALS
- LOOK AT FAMILY PHOTOS TOGETHER
- PLANT SOME SEEDS
- ICE AND DECORATE BISCUITS
- DESIGN A KITE
- BABY/TOY WASH STATION
- MAKE A FUNNY VIDEO - SEND TO FAMILY/FRIENDS TO MAKE THEM SMILE
- HAVE AN INDOOR DISCO
- ART ON A LARGE SCALE
- LEARN A MAGIC TRICK
- DO SOME ROCK PAINTING
- PAINT ON FOIL
- FREEZE TOYS IN ICE AND RESCUE THEM USING WARM WATER
- MAKE PRINTS WITH PAINT USING LEGO BLOCKS
- PAINT A PICTURE
- CREATE YOUR OWN DANCE ROUTINE
- PLAY SNAP USING A DECK OF CARDS
- MAKE YOUR OWN PLAYDOUGH
- PHOTO CHALLENGE - TAKE PHOTOS WITH A CAMERA OF ITEMS ON A LIST
- DRAW FLAGS FROM DIFFERENT COUNTRIES
- MAKE YOUR OWN SLIME
- RESEARCH A FAMOUS AUTHOR
- MAKE A MUSICAL TUNE
- DESIGN A FAIRY GARDEN
- MAKE A PICTURE USING STICKERS
- MAKE YOUR VERY OWN SHOP
- PLAN, PREPARE AND COOK A FAMILY MEAL TOGETHER
- DRAW YOUR OWN PORTRAIT
- MAKE A TOWER WITH SHAVING CREAM AND WOODEN BLOCKS
- MAKE A FRUIT KEBAB
- WRITE YOUR OWN QUIZ
- FACETIME A FAMILY MEMBER OR FRIEND
- HIDE A SEEK WITH TOYS - WRITE CLUES TO HELP OTHERS FIND THEM
- MAKE PAPER CHAIN DECORATIONS
- DO A PUZZLE
- MAKE A WRITING TRAY TO DRAW PICTURES AND WRITE MESSAGES
- GO ON A SHAPE HUNT AROUND THE HOUSE
- KEEP A TALLY OF THE COLOURS OF CARS PASSING BY YOUR HOME
- HAVE AN INDOOR TEDDY BEARS PICNIC
- FIND OUT ABOUT FAMOUS LANDMARKS AROUND THE WORLD
- HAVE A BUBBLE BATH
- LEARN SOME NEW SONGS
- MAKE A PAPER PLATE CREATION
- MAKE A BUG HOTEL
- MAKE A CARDBOARD TUBE MARBLE/POM POM/CAR RUN
- MAKE A TOWN IN A CARDBOARD BOX
- HAVE A SORT OUT AND TIDY YOUR ROOM
- PLAY A BOARD GAME OR TWO
- MAKE SHADOWS/SHADOW PUPPETS
- CREATE A LIFE SIZED DRAWING OF YOURSELF. ASK SOMEONE TO DRAW AROUND YOU
- MAKE BUBBLE SNAKES
- GET OUT THE CRAFT STASH AND MAKE SOMETHING
- DRESS UP
- DO SOME GARDENING
- MAKE SOCK PUPPETS USING UNPAIRED SOCKS
- MAKE SOME MUD CAKES IN THE GARDEN
- DO SOME COLOURING
- FIND OUT ABOUT LOCAL WILDLIFE IN YOUR AREA
- MAKE A SCRAPBOOK
- READ TO A SIBLING
- PLAY SIMON SAYS
- DO A GARDEN BIRD WATCH AND KEEP NOTE OF THE BIRDS YOU SEE
- MAKE A MASK
- SEE WHAT PICTURES YOU CAN FIND IN CLOUDS
- DISCOVER SOME NEW JOKES
- DO SOME PAINTING WITH SHAVING CREAM
- MAKE SOME HOMEMADE WRAPPING PAPER
- THROW AN ITEM (BALL/BEAN BAG) AND TRY TO HIT A TARGET
- MAKE A MUSICAL INSTRUMENT
- MAKE JELLY
- RE-GROW SOME VEGTABLE SCRAPS
- USE CARDBOARD ROLLS TO MAKE SHAPES TO PRINT IN PAINT
- PRACTISE USING SCISSORS
- MAKE A SENSORY SMALL WORLD AND BRING A TOPIC/FAVOURITE BOOK TO LIFE
- LEARN ABOUT THE WONDERS OF THE WORLD
- DO A FLOAT OR SINK SCIENCE EXPERIMENT
- DO THE HAND WASHING EXPERIMENT WITH HERBS, WATER - SOAP AND NO SOAP
- PLAY NAUGHTS AND CROSSES
- PLAY I SPY WITH MY LITTLE EYE
- PAINT A GLASS JAR
- CHOOSE AN AUTHOR AND RESERACH ALL THE TITLES THEY HAVE WROTE
- KEEP A PLAY DIARY OF WHAT YOU GET UP TO
- LEARN ABOUT DIFFERENT ANIMAL HABITATS
- ACT OUT A STORY YOU LOVE
- PLAY DOMINOES
- DRAW A PORTRAIT OF YOURSELF
- MAKE A CROWN/HAT TO WEAR
- CHECK IN ON A RELATIVE OVER THE PHONE
- MAKE SOME SALT DOUGH AND CREATE A KEEPSAKE
- PAINT ON ICE
- EXPLORE COLOUR MIXING USING THE 3 PRIMARY COLOURS
- MAKE PLAY MUD
- CREATE AND IMAGINE USING A LARGE CARDBOARD BOX
- TRY SOME MESS FREE PAINTING IN A BAG
- PLAY HOT POTATO
- PLAY HANGMAN
- HAVE A PJ DAY
- INDOOR BOWLING
- DO SOME BUBBLE PAINTING





Oops sorry a few links which might be useful...

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

<https://www.scouts.org.uk/activities/?size=Individuals,Pairs&setting=Indoors>

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

<http://www.openculture.com/2019/02/download-free-coloring-books-from-113-museums.html>

<https://www.bbc.co.uk/teach/live-lessons/primary-live-lessons/zmc9jhw>

<https://pstt.org.uk/resources>

<https://www.harpercollinschildrensbooks.co.uk/free-teaching-resources-activities/>

<https://www.worldofdavidwalliams.com/activities/>

<https://education.theiet.org/key-stage-1-2-3-and-4-free-stem-resources/>

<https://merakimother.com/ultimate-list-sensory-activities-kids/>

<https://www.twinkl.co.uk/resources/parents/extra-subjects-parents/activities-crafts-parents>

<https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/>

<https://www.thebestideasforkids.com/craft-ideas-for-kids/>

<https://www.twinkl.co.uk/home-learning-hub>

<https://beaconhouse.org.uk/resources/>

<https://www.theparentsguideto.co.uk/coronavirus>

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

<https://www.anxietyuk.org.uk/blog/how-to-talk-to-children-about-covid-19/>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

<https://www.heysigmund.com/help-kids-feel-calm/>

