

Such a small word
but so important.

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Here at The STLS we are reading a lot about fun and how it is even more important to grab the opportunities to laugh and have fun with family, friends, colleagues and classes as much as possible during these times. Whilst we are busy home schooling and working from home, worrying about what the return to school will look like and managing the anxiety surrounding it, it is easy to forget the importance of fun!

Being able to immerse yourself in a moment so that you forget all else is a skill in itself. Laughing with friends and family has so many benefits for our well-being. Is there a session on your home schooling timetable just for having fun? If not, grab that marker pen and add one now!

Hold a family fashion show



Have a movie night! Can't agree on what to watch? Have each family member choose a film, ideas are all placed into a pot so that the film is chosen at random.

Make salt dough figures of family

Just dance!

Water bombs

Ideas and activities:

- Games such as Twister, balloon tennis, pass the parcel with forfeits, charades.
- Family joke time.
- "I remember when..." work around the circle, remembering people's funny moments.
- Bubbles.
- Messy play.
- Cooking.
- Watch funny YouTube clips together.
- Singing and dancing.
- Look at old photos together.

Scavenger hunt

Kitchen table ping pong

Plan a family dance off

Useful links:

Ideas for early years and younger children - <https://doverstls.co.uk/wp-content/uploads/2020/03/Activity-booklet.pdf>

The Happiness Box – an activity for home or school - <https://barrycarpentereducation.files.wordpress.com/2020/05/rationale-for-the-happiness-box.pdf>

Ideas for teenagers - <https://actuallymummy.co.uk/2020/03/19/activities-for-teenagers-during-lockdown/>

Bingo cards and ideas – myfreebingocards.com

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

<https://www.funbrain.com>

<https://funology.com>

Scavenger hunt ideas – www.goodhousekeeping.com

And remember not to leave anyone out....

- Invite extended family to read bedtime stories via FaceTime.
- Invite friends and families to join you via FaceTime or Zoom to play bingo, do a quiz, online scrabble, online Yahtzee etc.
- Invite family and/or friends to join you for a scavenger hunt via FaceTime.
- Online talent shows with family and friends.
- Make slide shows and photo albums to send to family and friends.