



# ACTIVITIES PACK

# Contents

This pack is primarily aimed at parents, but there are some great activities, tips, and links for all. It is not an exhaustive list, but it is designed to give you ideas over the coming weeks to keep the energies high and boredom low.



# Managing the Holidays, Children, and your Workloads

**1**

---

Be kind to yourself whether you have children or not.

**2**

---

Focus on your work/key tasks rather than the hours you are doing.

**3**

---

Plan your day.

**4**

---

Take the pressure off yourself.

**5**

---

For those with younger children, could you discuss with your manager to work half days/reduced days over this period? Give yourself a hard stop and don't feel guilty about it.

**6**

---

If its possible - take holidays and put your laptop away.

# Amazing Attractions

A list of museums, zoos, and other attractions from around the world to visit from the comforts of our home while we self-isolate.

## Museums

- **Anne Franke Museum, Amsterdam, Netherlands**  
<https://www.annefrank.org/en/museum/web-and-digital/>
- **British Museum, London**  
<https://britishmuseum.withgoogle.com/>
- **Guggenheim, Bilbao, Spain**  
<https://www.guggenheim-bilbao.eus/en>
- **Hermitage Museum, St Petersburg, Russia**  
<https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be>
- **Louvre Museum Paris**  
<https://www.louvre.fr/en/visites-en-ligne>
- **MASP, Sao Paulo, Brazil**  
<https://masp.org.br/en>
- **Met Museum, New York**  
<https://www.metmuseum.org/art/online-features/met-360-project>
- **Musée d'Orsay, Paris**  
<https://m.musee-orsay.fr/en/home.html>
- **Musei Vaticani, Vatican City**  
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- **Museum Of London Docklands**  
<https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>
- **National Gallery Of Arts, Washington DC**  
<https://www.nga.gov/>
- **National Gallery, London**  
<https://www.nationalgallery.org.uk/visiting/virtual-tours>
- **National Museum Of US Air Forces**  
<https://www.nationalmuseum.af.mil/>
- **Natural History Museum, London**  
<https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ>
- **Palestine Museum**  
<https://www.palmuseum.org/ehxibitions/virtual-exhibitions>
- **Picasso Museum, Barcelona**  
<http://www.bcn.cat/museupicasso/en/museum/presentation.html>
- **Rijksmuseum, Amsterdam, Netherlands**  
<https://artsandculture.google.com/partner/rijksmuseum>
- **Royal Academy Of Arts, London**  
<https://britishart.yale.edu/>
- **Salvatore Dali Museum, Figueres, Spain**  
<https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#>
- **Tate Britain, London**  
<https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>
- **The J. Paul Getty Museum, Los Angeles, United States**  
<https://artsandculture.google.com/partner/the-j-paul-getty-museum>
- **The Museum of Flight -**  
<https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online>
- **The National Museum of Computing on Bletchley Park**  
<https://britishart.yale.edu/>
- **Uffizi Gallery, Florence, Italy**  
<https://artsandculture.google.com/partner/uffizi-gallery>
- **US Holocaust Museum**  
<https://www.ushmm.org/information/exhibitions/online-exhibitions>
- **Van Gogh Museum, Amsterdam, Netherlands**  
<https://artsandculture.google.com/partner/van-gogh-museum>
- **Virginia Living Museum**  
<https://thevlm.org/visit/about-us/covid-19-update/natural-education/>
- **Women's History Museum, Virginia, USA**  
<https://www.womenshistory.org/womens-history/online-exhibits>
- **Yale Centre For British Art**  
<https://britishart.yale.edu/>



# Amazing Attractions

A list of museums, zoos and other attractions from around the world to visit from the comforts of our home while we self-isolate

## Tourist Destinations

- **Buckingham Palace, London**  
<https://www.royal.uk/virtual-tours-buckingham-palace>
- **Colosseum, Rome**  
<https://tinyurl.com/thrprzf>
- **Machu Picchu**  
<https://www.youvisit.com/tour/machupicchu?pl=f>
- **Northern Lights**  
<https://explore.org/livecams/aurora-borealis-northern-lights/northern-lights-cam>
- **Pyramids**  
<https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200>
- **Stonehenge**  
<https://tinyurl.com/wz3xqz7>
- **Street Art with Google**  
<https://streetart.withgoogle.com/en/>
- **Taj Mahal, Agra, India**  
<https://tinyurl.com/qpz7vmt>
- **The Great Wall Of China**  
<https://www.thechinaguide.com/destination/great-wall-of-china>
- **Tour of Rome, Italy**  
<https://tinyurl.com/s5v1zbc>

## General Sites

- **AirPano**  
<https://www.airpano.com/>
- **Berliner Philharmoniker**  
<https://www.digitalconcerthall.com/en/home>
- **ExoPlanets NASA**  
<https://exoplanets.nasa.gov/>
- **Legoland**  
<https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>
- **NASA, Langley Research Centre**  
<https://oh.larc.nasa.gov/oh/>
- **The Kennedy Centre**  
<https://www.kennedy-center.org/digitalstage/>
- **Walt Disney Parks**  
<https://tinyurl.com/v7qano5>
- **Wellcome Collection**  
<https://my.matterport.com/show/?m=rMGsprcVCAR>

## Zoos

- **African Animals**  
<https://explore.org/livecams/african-wildlife/african-animal-lookout-camera>
- **Atlanta Zoo**  
<https://zooatlanta.org/panda-cam/>
- **Cincinnati Zoo**  
<https://www.facebook.com/events/2915534028492292/>
- **Dublin Zoo**  
<https://www.dublinzoo.ie/animals/animal-webcams/elephants/>
- **Edinburgh Zoo**  
<https://www.edinburghzoo.org.uk/webcams/panda-cam/>
- **Explore.org Live Cams**  
<https://explore.org/livecams>
- **Flamingo Land**  
<https://www.flamingoland.co.uk/virtual-tour/>
- **Florida Aquarium**  
<http://www.flaquarium.org/sea-span>
- **Hirakawa Zoo, Japan**  
<https://hirakawazoo.jp/animal/movie>
- **International Wolf Centre**  
<https://wolf.org/wolf-cams2/>
- **Kansas City Zoo**  
<https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/>
- **Melbourne Zoo**  
<https://www.zoo.org.au/animal-house>
- **National Aquarium, USA**  
<https://www.aqua.org/Experience/live>
- **National Zoo, Washington DC**  
<https://nationalzoo.si.edu/webcams>
- **Osaka Zoo**  
<http://www.wombat-tv.com/>
- **San Diego, California, Zoo**  
<https://zoo.sandiegozoo.org/live-cams>
- **Smithsonian, Washington DC**  
<https://nationalzoo.si.edu/webcams>
- **Yellowstone National Park**  
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

# Mindfulness and Keeping Active Ideas and Apps

## These are all available as apps too

### Joe Wicks on YouTube or BBC iPlayer

[https://www.bbc.co.uk/iplayer/episode/m000h1z9/blue-peter-were-staying-home?xtor=CS8-1000-\[Discovery\\_Cards\]-\[Multi\\_Site\]-\[SL07\]-\[PS\\_IPLAYER~C~~P\\_BuePeter:JoeWicks](https://www.bbc.co.uk/iplayer/episode/m000h1z9/blue-peter-were-staying-home?xtor=CS8-1000-[Discovery_Cards]-[Multi_Site]-[SL07]-[PS_IPLAYER~C~~P_BuePeter:JoeWicks)

### Smiling Mind

Short audio session to help with mindfulness

<https://app.smilingmind.co.au/>

### Cosmic Yoga – YouTube

Yoga videos designed for kids aged 3+

[www.youtube.com/user/cosmickidsyoga](http://www.youtube.com/user/cosmickidsyoga)

### BBC Supermovers

Interactive videos to support with KS1 Maths, literacy and PSHE and PE learning. Great for times tables too

[www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers)

### Go Noodle – YouTube

Brainercise, dancing, strength and mindfulness videos – as well as videos that are “just for fun”

[www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)

### Premier League Stars

Videos and activities to support Maths, Literacy, PSHE and PE

[www.plprimarystars.com](http://www.plprimarystars.com)

## Free Theatre and Drama



### Theatre

5 streaming services to watch Broadway and West End shows in your living room

<https://www.londontheatre.co.uk/theatre-news/west-end-features/theatre-streaming-services-west-end-broadway-musicals>



### Harry Potter

Expelliarmus boredom! JK Rowling launches 'Harry Potter at Home' hub for kids in lockdown.

<https://www.cnn.com/2020/04/01/world/harry-potter-at-home-hub-jk-rowling-scli-intl-gbr/index.html>

## Books: Links to Free Audio Books

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

[https://www.audible.co.uk/search?keywords=free+children+books&ref=a\\_hp\\_t1\\_header\\_search](https://www.audible.co.uk/search?keywords=free+children+books&ref=a_hp_t1_header_search)  
(free audible books for kids)



<https://www.storynory.com/>

<http://www.audiobooktreasury.com/free-audiobooks/childrens/>



# Fun and Educational



## FUN

Meet a tiger up close and personal

- Type in your phones Google browser “tiger” and scroll down to view in 3D.
- Try with different animals



## BBC website – Bitesize

- <https://www.bbc.co.uk/bitesize> (by age groupings)
- Bitesize app available for both iOS and Android users

100+ things to do in Doors/in the Garden.  
Please view in presentation mode to be able to use the hyperlinks

## SENSORY PLAY

Make [Homemade Playdough](#)

Make [Rainbow Rice](#)

Make [Homemade Slime](#). You may want to try some of our other fun slime recipes too like [Fluffy Slime](#), [Rainbow Slime](#), or [Clear Slime](#)

Make [Fake Snow](#)

Make [Play Mud](#)

Make a [Sensory Bin](#)

# 100+ things to do in Doors/in the Garden.

## Please view in presentation mode to be able to use the hyperlinks

### CRAFTS

- Make [Paper Airplanes](#)
- Salt Painting: We have a [snowflake](#) or [firework template](#)
- Make Suncatchers
- Make [handprint](#) or [leaf suncatchers](#)
- Make [Salt Dough](#)
- Make [Sponge Stamps](#)
- Make a [Cereal Box Aquarium](#)
- Make [Scratch Art](#)
- Make Your Own Bookmarks: We have templates to make [Minion](#), [Olaf](#), [Trolls](#) or [Toy Story Bookmarks](#)
- Paint [Pet Rocks](#)
- Make [Recycled Crayons](#)
- Make Paper Boats
- Finger Paint
- Make Friendship Bracelets
- Make a Bird Feeder
- Make Paper Bag Puppets
- Make [Handprint Art](#)
- Make a Scrapbook
- Decorate T-Shirts
- Make a Thankful Jar
- Make a [Sensory Bag](#)
- [Paint Leaves](#)
- Make a Time Capsule
- Make [Button Art](#)
- Paint with Watercolors
- Color in a Coloring Book
- Make Paper Crafts: Make [paper butterflies](#), [paper sailboat](#), or [paper flowers](#)
- Build a Cardboard Castle
- Our recycled crafts for kids book has a step-by-step tutorial to make your own cardboard castle. See the book [here](#).
- Make [Tissue Box Monsters](#)
- Make a [Toilet Paper Roll Butterfly](#). More toilet paper roll crafts: [paper roll flower and butterfly](#), [toilet paper roll flowers](#), [toilet paper roll monsters](#)
- Stamp with Celery: Make [celery flowers](#) with the stumps of your celery.
- Draw a Self Portrait
- Do [Scrape Painting](#)
- Paint a Recycled Jar
- Make Your Own Superhero Costume

### GAMES

- Learn to Draw
- Put on a Play
- Make Indoor Hopscotch. Use masking tape to make your own hopscotch on tiles in your own
- Do a Family Chore Together
- Have a Dance Party
- Have a Tea Party
- Play with Water In a Bin With Toys
- Set up a Play Store. Grab a shopping basket and set up the merchandise. We like this [play cash register](#) too!
- Make a Sock Toss Game. Use mismatched socks and fill them with beans or rice. Then try to see how many you can 'score' in a laundry basket.
- Make [Perler Bead Art](#)
- Write in a Journal
- [Use Dot Markers](#)

# 100+ things to do in Doors/in the Garden.

## Please view in presentation mode to be able to use the hyperlinks

### ACTIVITIES

- Build a Fort
- Have a Pillow Fight
- Write a Story
- Make [Ice Cream in a Bag](#)
- Make [Homemade Gummy Bears](#)
- Make [Fruit Roll-Ups](#)
- Have a Movie Day
- Put on a Fashion Show
- Bake Cupcakes or Muffins
- Do Yoga
- Build an Obstacle Course
- Make Dinner Together
- Play with [Magnetic Tiles](#)
- Build Something With Lego: You can even make your own [travel lego case!](#)
- Build a Stack of Cards
- Put on a Puppet Show
- Make a Treasure Hunt
- Make Your Own Indoor Bowling. Use paper towel rolls as your bowling pins and use a ball to bowl
- Learn to Draw
- Put on a Play
- Make Indoor Hopscotch. Use masking tape to make your own hopscotch on tiles in your own
- Do a Family Chore Together
- Have a Dance Party
- Have a Tea Party
- Play with Water In a Bin With Toys
- Set up a Play Store. Grab a shopping basket and set up the merchandise. We like this [play cash register](#) too!
- Make a Sock Toss Game. Use mismatched socks and fill them with beans or rice. Then try to see how many you can 'score' in a laundry basket.
- Make [Perler Bead Art](#)
- Write in a Journal
- [Use Dot Markers](#)

### EDUCATIONAL

- Read Books
- Do a [Science Project](#)
- Learn Origami
- Learn About a New Animal
- Learn a New Card Game
- Learn to Sew
- Learn to Knit
- Do Brain Teasers
- Learn About a Country

# 100+ things to do in Doors/in the Garden

Indoor obstacle race

Fill a jam jar of things you want to do when you're out of lockdown

Paint a fence outside with water

Put old wallpaper on a fence and let them do outdoor painting

Hand/foot print animals

Home Workhours for Lockdown

<https://www.facebook.com/groups/141368677202953/?fref=mentions>

Tic toc video

Create your own NHS dedication (lego, chalk, draw, paint, collage)

Create a den you can sleep in – have sleep overs in sibling's bedroom

# 100+ things to do in doors / in the garden

## Indoor Scavenger Hunt – List items to find around your house or garden.

- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text





# 100+ things to do in doors / in the garden

## Rainbow Scavenger hunt - List colourful items to find around your house or garden.

- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text



# 100+ things to do in doors / in the garden

## Book Scavenger Hunt - List books to find around your house or garden.

- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text
- Text



This is a marketing communication

This PowerPoint™ presentation is based on sources we believe reliable and should be understood to be general risk management and insurance information only.

This publication contains third party content and/or links to third party websites. Links to third party websites are provided as a convenience only. Marsh is not responsible or liable for any third party content or any third party website nor does it imply a recommendation or endorsement of such content, websites or services offered by third parties.

The information contained within this document is strictly confidential and may not be reproduced or disclosed to any third party without prior written approval and nothing herein shall be construed as conferring to you by implication or otherwise any licence to use any MMC intellectual property. This PowerPoint™ presentation is based on sources we believe reliable and should be understood to be general risk management and insurance information only. Copyright © 2020 Marsh Ltd. All rights reserved. If you wish to use any of this material please contact [webteam@norfolk.pnn.police.uk](mailto:webteam@norfolk.pnn.police.uk)

