

# Activity Guide For Kids

IN LOCKDOWN



Blanket Fort | Playdough | Treasure Hunt  
Lava Lamp | Virtual Tours

# Homemade Playdough Recipe



- 2 cups all-purpose flour
- 3/4 cup salt
- 4 teaspoons cream of tartar
- 2 cups lukewarm water
- 2 Tablespoons vegetable oil (coconut oil works too)

Stir together flour, salt & cream of tartar in a large bowl then add to large saucepan. Add water and oil. Stir in colour now IF only making one colour.

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02



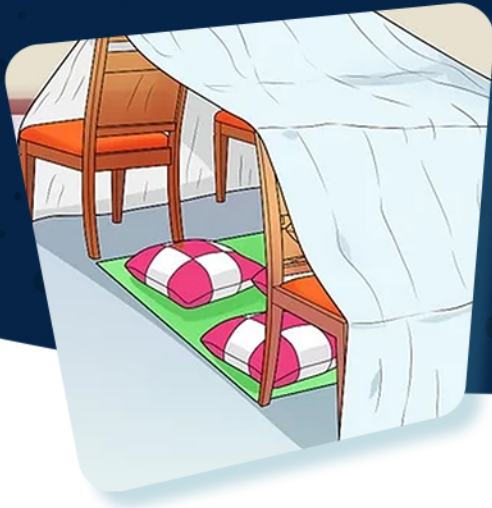
Over medium heat, stirring continuously until dough has thickened and begins to form into a ball. Remove from heat and place in bowl to allow to cool. Once slightly cooled, knead dough till smooth. Split into desired amount of balls, fold in colours and place into plastic bags. This will stop staining your hands.

Take out of bags and let the FUN begin! If stored properly will keep soft for up to 3 months.

03







# How to Make a Blanket Fort

01

Make two rows of chairs with backs facing each other or other furniture like laundry hampers, ottomans, boxes or couches.



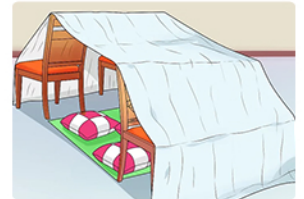
02

Place blankets and pillows on floor. This will make the King or Queen of the Fort comfortable.



03

Drape a sheet or blanket over the top of the furniture. You can use different coloured material or layer if you are wanting a darker fort.



04

Secure the blankets with heavy objects or clothes pegs



05

Get creative! Use a box for a tunnel. Have fairy lights or a lamp, bring books and games or watch a movie, even have a teddy bear's picnic. Make a sign and agree on a secret password.



06

Now, let us have some fun! And remember to help Mum and Dad clean up once your fort has fallen into disrepair, movie time is over, teddy bears have gone home, or the game is finished.





# Create an awesome Treasure hunt

01

Plan your route and scout locations. This could be from a bedroom in your house, to a big tree near your house to a rose bush in a front yard. Make sure it's within your radius of your home and give the kids their first clue within first 5 minutes.



02

Write clues, number and place into numbered envelopes. Have bad poetry or kid cryptic clues, scramble the kids names and have little puzzles they may have to put together. First clue given to a child which will lead to a clue and the next child will take lead and so on.



03

Give yourself lot of time to plan. Use your 1 hour of external activity to identify places and write clues.



04

Add in random rewards like a lollie or a popper. Maybe even add some extra activities between clues such as 10 jumping jacks, 5 sit ups or 3 laps of the drive way with in 30 secs.



05

Set ground rules in advance and go with them. This includes making sure no one races ahead and ruins the game for everyone else. If you have teenager/s and a younger child/ren encourage the older kids to help the younger ones. Even ask if they would like to help with creating clues or finding locations.



06

Delegate. The treasure could be as easy as having a pinata in the back yard, having hot dogs for lunch or pizza and movie night being organised while the kids are out of the house. This could be left for older kids or parent. Get everyone involved.







# Penpal Printable Template

This is super easy! Choose a letter, might be first letter of each child's name. Go for a walk and have them find 5 or 10 things starting with that letter. You could add something extra in there, like every 3 items found they need to do 10 star jumps before moving onto the next 3. Once all items are found you can have a reward for them like a movie night, favourite dinner, or favourite board game to be played as a whole family.







# Create a Scavenger Hunt

Call a friend or family member. They may be in a different state or different suburb. Get your child to ask if they would like to be pen pals for each other. Have your child draw a picture of their favourite pet or toy, write about things they are interested in knowing about the other person, what has been happening or even how the weather is. Get your child to write if they can. It is great practice for spelling, grammar, and sentence structure. If you can get to a newsagency, have your child pick out some special paper or stickers. Make it fun for both your child and their pen pal. Even take a picture of your child posting the letter and message it to their pen pal. Check out our Invisible Ink recipe for some top- secret letter writing!







# Invisible Ink with Lemon Juice

- Half a lemon
- Water
- Spoon
- Bowl
- Cotton bud
- White paper
- Lamp or other light bulb

Squeeze lemon juice into a bowl, add a few drops of water and mix with a spoon.

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Dip a cotton bud into the mixture and write a message on white paper. Set aside and wait till dried.

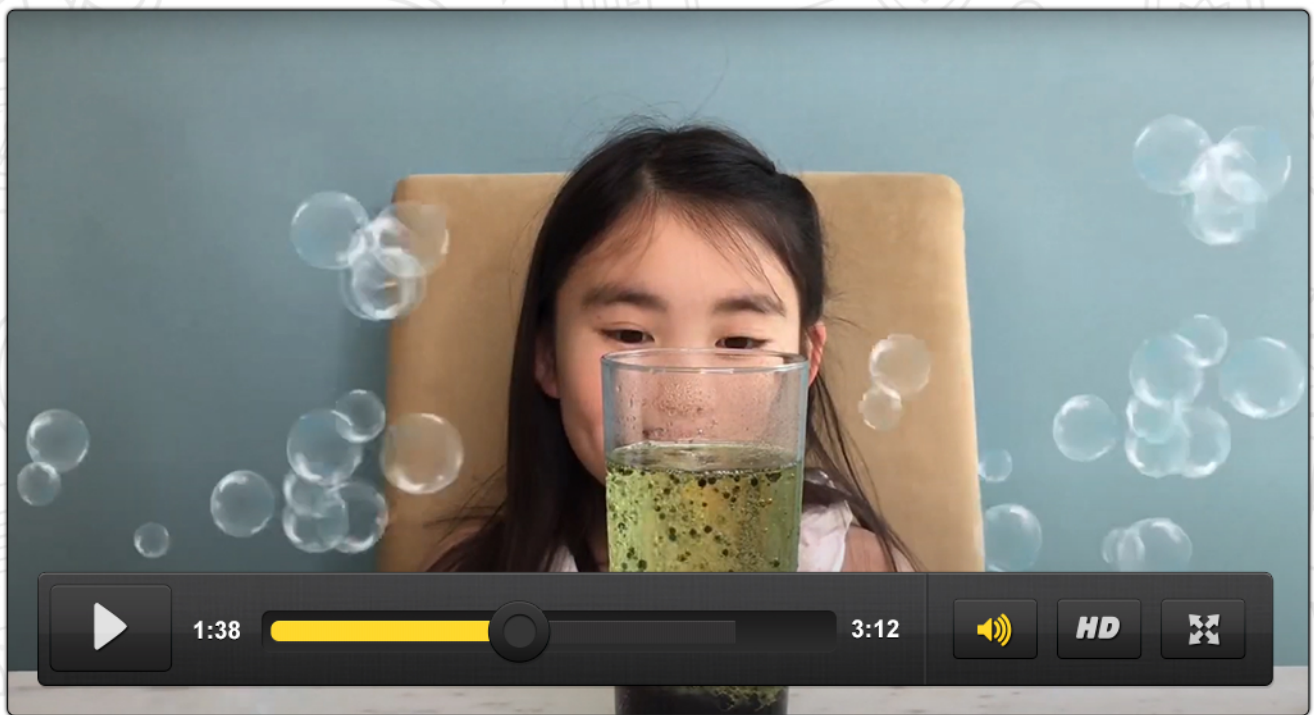
Hold up to a lamp or bulb and see what your mysterious note reveals

03





# DIY Lava Lamp

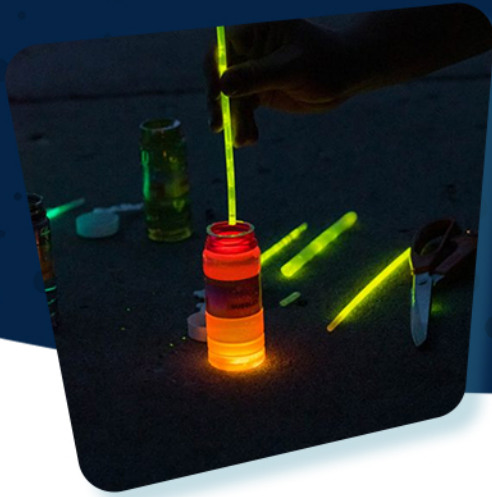


## DIY Lava Lamp - Easy Science Experiment

[https://www.youtube.com/watch?v=nqSUy5PyY\\_k](https://www.youtube.com/watch?v=nqSUy5PyY_k)

 click on the link  
to play the video





# Easy Glow in The Dark Bubbles

● Glow Sticks

● Bubbles

● Scissors

● Gloves

Open your bubbles and crack your glow sticks. Have an adult cut open the glow stick and start to pour into your Bubbles bottle. You may need to snip both end of the glow stick to help move the liquid.

01



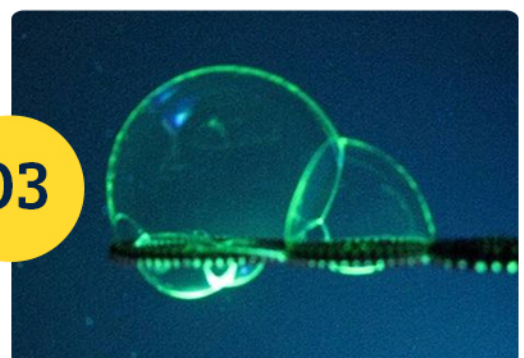
02



Repeat step 1 for all colours and all Bubbles bottles. Use 5- 6 sticks per bottle.

Get ready for some WOW! Bubbles. Start blowing! Go outside and blow the bubbles and watch them float away.

03





# Visit Famous Places via Virtual Tours

This can be anything and everything. You can join in a virtual quiz game, to watching a rollercoaster in Disneyland you can even go to a museum in Paris or Rome! Try using Google Street View and go to some exotic places without leaving your home or see a Broadway musical like The King and I. The opportunities are endless and better yet, a lot of them are free! Simply Google your interest and away you go!







# How to make Crumpet Pizzas

- 6 crumpets
- 4 tbsp passata
- 4 tbsp ketchup
- ½ tsp dried oregano
- toppings of your choice (peppers, cherry tomatoes, red onion, sweetcorn, olives, ham and basil all work well)
- 75g cheddar cheese, grated

Heat oven grill to high. Lightly toast the crumpets. Mix passata, ketchup and oregano in a bowl. Prepare your chosen toppings. Kids can tear basil leaves or chop soft veggies.

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Line a baking tray with foil. Spread sauce over crumpets and top with topping and cheese. Place onto tray and bake till cheese is melted.

03

Take out from grill and place on plate, allow to cool slightly before allowing kids to eat them





# How to make Rainbow Spaghetti

- 200g spaghetti
- a mix of food colourings (we used red, yellow, green and blue)
- To serve (optional)
- salad dressing or melted butter
- 50g cheese, grated
- Mixed salad Veggies

Cook Spaghetti following packet directions. Drain and divide into separate bowls (this is to make it easy for the colouring process) Add a few drops of colouring into each bowl. Mix well, add a few drops of water. Leave for 5 minutes then rise under cold water. This will help to set the colour.

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This is great for sensory activities. Let them use their hands and play with the spaghetti or add ice cubes. For older toddlers or Preppies, have safety scissors to practise their cutting.

Alternatively, have this as an eating dish. Add some cheese or serve with mixed salad or steamed vegetables.

03







# How to make Cake Pops

For the cake

- 100g butter
- 100g caster sugar
- ½ tsp vanilla extract
- 2 eggs
- 100g self-raising flour

For the buttercream

- 75g butter
- 150g icing sugar
- ½ tsp vanilla extract
- 1 tbsp milk
- 200g white chocolate - melted, to dip
- sprinkles, to dip

Make cake first. Heat oven to 170C. Grease and line a base of 20cm sandwich tin. Place butter, sugar and vanilla extract into a bowl and beat well to a cream-like look. Slowly beat in eggs, one at a time and fold in flour mix. Pour into tin and back for around 20 mins, or till golden. Set aside and leave to completely cool.

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Now, make buttercream. In a bowl, beat butter and icing sugar till smooth, add vanilla extract and milk. Again beat well. Once your cake is cooled, crumb into large crumbs. Add buttercream and stir together. Take chunks of cake mixture and roll into balls. Transferring onto a lined tray or plate. Push lollypop stick into each cake pop. Place into the fridge allow to set.

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Melt chocolate in microwave, stirring it every 10 seconds until smooth. Dip cake pop into bowl of melted chocolate and top with sprinkles. Stand in a mug to set for at least an hour or the fridge for 30 minutes

