



Activity Jar



We have been staying at home for a number of weeks now and at times it can feel as if there is nothing to do so why not try an activity jar!

All you need is a

- Container
- Craft sticks or pieces of paper
- Pens



As a household think of all the different activities you can do at home. Include your favourite activities such as nature games, reading, dressing up, your favourite toys and also household jobs! Remember to include some outside activities. Write one activity on each stick or piece of paper and put it into your jar. Now whenever there is a time when you're unsure of what to do, pick a stick or piece of paper and try the chosen activity!

Here are some ideas you can use!

build a tent with blankets and chairs	pull weeds out of the garden	make a jelly
invent a circus act	prepare a "restaurant" lunch with menu	string noodles into a necklace
act like your favourite wild animal	feed the birds	make a treasure hunt
explore the garden with a magnifying glass	have a paper aeroplane race	get sidewalk chalk and play hopscotch
make up a song	play dress up	put on a sock puppet show