



Make indoors your new play zone!

Being at home with the people you live with can be great fun. Check out our list of 40 things to do indoors – as well as the heaps of activities inside.

Wakefield Families Newsletter

1. Paint a family portrait
2. Watch a movie
3. Make a band from kitchen pots and pans
4. Do a blind taste test
5. Send a video message to family and friends to make them smile
6. Have a toys tea party
7. Have an indoor picnic
8. Read a book
9. Have an indoor treasure hunt
10. Dress up in adult shoes

11. Learn to cook something new
12. Play a board game
13. Play hide and seek
14. Do a puzzle
15. Make an obstacle course
16. Learn a card game
17. Make finger/sock puppets
18. Make up a dance routine
19. Hide some happy notes around the house
20. Be superheroes for a day

21. Play musical statues
22. Make cards for your neighbours
23. Finger paint
24. Bake something together
25. Use your imagination to transform a cardboard box
26. Make a fort
27. Draw a picture
28. Make a paper aeroplane
29. Write a story or poem
30. Make bookmarks

31. Make a peg dolly
32. Play I spy
33. Vacuum your home
34. Make play dough
35. Make binoculars with toilet rolls
36. Play hopscotch
37. Play Simon Says
38. Make a time capsule
39. Create a secret code
40. Play charades



HOW ARE YOU THERE?



MEET CORONAVIRUS

You might have heard the words coronavirus and COVID-19 in conversations, or on the news, or even online. It's the reason why right now we all have to stay home more, not see family or friends, and not go outside very often.

But what really is coronavirus?

It's a virus which is lots of tiny germs you can't see that can make you ill.

It's similar to the flu and the common cold. But because it's new, this strain of coronavirus causes COVID-19 when it gets inside a human body.

It likes to travel from hand to hand, which is why it's so important to regularly wash your hands with soap and water.

When someone catches coronavirus some people might not get ill at all, others can get a fever, cough, and difficulty breathing.

It doesn't stick around for long because bodies are amazing at fighting germs off, and so almost everyone gets better.

Some people may find it harder to fight off though, like older people or those already ill, which is why we have to stay away from other people. It's to keep them and you safer.

There's no cure yet, but lots of people are working hard to help those who are sick and to find a vaccine to stop coronavirus. **So there's no need to worry!** The adults who take care of you will help keep you safe.

Try singing a song whilst washing your hands, it could be the happy birthday song, or one of your faves!



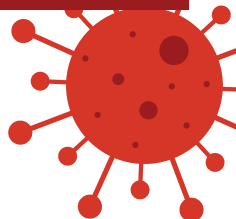
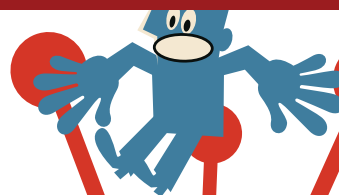
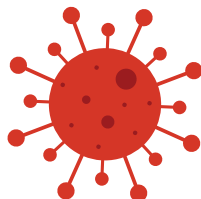
Know when to get help

We know everyone cares about the NHS and the key workers doing their part to help right now. You might have even joined in on a thank you clap!

But remember, if you have a genuine health problem you don't need to be frightened about going to the hospital. It's important you get the help you need, and don't wait for things to get worse.

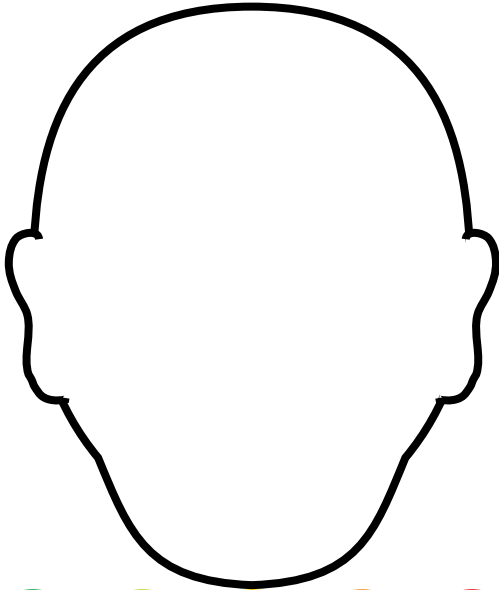
Babies will still need to get their routine injections and you should still visit the doctors or hospital if you are unwell.

If you have a medical problem and you're not sure what to do, you can get help online at 111.nhs.uk or on the phone by calling 111.



How are you feeling?

Sometimes being at home with the people you live with can be great fun. But you can also experience a mixture of feelings. These are all normal – and your parents and the grown-ups around you can often feel them too! A good thing to do is explore how you're feeling. Why not fill in the above or answer the questions on your own piece of paper?



Words to describe how I feel:



What I have learned most from this experience:

I am most thankful for

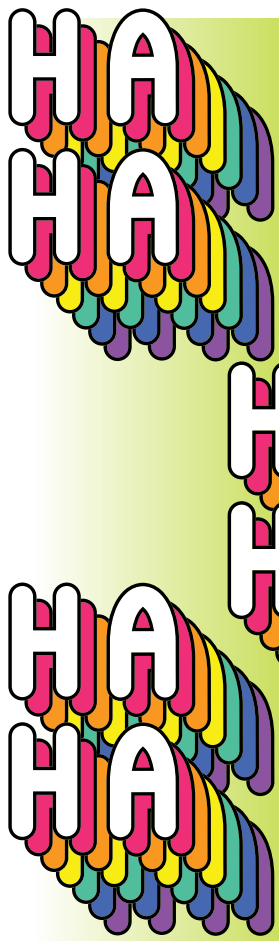
The 3 things I am most excited to do when this is over

1

2

3

WHERE IS THE END OF QUARANTINE ?



How does a cucumber become a pickle?

It goes through a jarring experience.

What kind of tree fits in your hand?

A palm tree.

Why are fish so smart?

Because they live in schools.

Why did the banana go to the doctor?

Because it wasn't peeling well.

Why was the Easter bunny upset?

Because he had a bad hare day.

What did the traffic light say to the car?

Don't look. I'm about to change.

Why did the golfer wear two pairs of pants?

In case he got a hole in one.

What did the marlin say to the swordfish?

You're looking sharp.

What did the big flower say to the little flower?

Hey bud.

What is the longest word in the dictionary?

Smiles. Because there are miles between each 's'.

Find your smile

You're a star

How you breathe can really help to calm you down and feel relaxed.

This breathing star is a great tool to help you if you ever feel a little worried or anxious.

Follow your finger over the line of the star, starting at the top. Breathe in for 4 seconds, hold for 5 seconds, and breathe out for 6 seconds.





Spring up and about!

It is important that we keep on having fun and staying active while coronavirus is making us all stay home more. Get the whole family smiling and enjoying themselves with some of the activities listed.

With more sunny days now that spring is here, if you have safe outdoor space, why not try them out there too?

Don't worry if you can't, they can all be done indoors too with little or no equipment. Remember even if it does need something, think outside the box – it could be cones, balls, bean bags, or even things from around the house like teddies, blocks, or loo rolls!



Relay race: Race in and out of items/cones, at the end pick up an item and bring it back. Try balancing the item or throw and catch as you walk. Try different movements down the relay course e.g. Hopping, skipping and jumping

Target Practice: set up some areas e.g. blue area with blue paper, or red area with Lego. Give the person a soft item and ask them to throw to a certain target area. Make the targets bigger, smaller, closer or further away.

Hand Tennis: Screw up a piece of paper to make a ball. Mark out a line with a rolled up towel. Stand at either side and use your hands as bats to hit the 'ball' back and forth.

Treasure hunt: A person chooses 3 items for another person to go find as fast as they can

Musical Statues: Play some music, sing a song, or make some sound... everyone dances around until the 'music' stops.

Obstacle Course: Find items you can climb over, go under, jump on, balance...and create your own course indoor or out.

Touch a colour: Spread items around the space, shout a colour/ shape/name and you have to race to it. Carry on jogging around until another command is called.

Fox and rabbits: 1 person is the fox and has to steal the tail of the rabbits. The tail can be a t-shirt, sock, towel etc.

Practice your gymnastics: With support if necessary, have a go at handstands, forward rolls, backwards rolls, balancing, hopping, jumping...or be a wheel barrow!

Traffic lights: Choose 3 items coloured red, orange and green. One person pretends they're a vehicle when the colour is called out or raised high, they follow the command: red = stop, orange = jog on spot, green = go. Add in other commands. If you don't have coloured items you can just shout the colours.

Hopscotch: Create your own hopscotch using paper or cushions

Steal the treasure: Each person has their safe zone and all the treasure is in the middle (any items), each team must race to collect 1 item and bring it back to their safe house (if there's more than 1 person per team then only 1 person can collect treasure at a time).

Guess what?

Bonus, all these activities will help you to reach your recommended daily activity levels!

- Under 5's should be active for 180 minutes with 60 minutes of this being of moderate to vigorous intensity.
- 5 – 18 year olds should be active for 60 minutes a day at a moderate to vigorous intensity.
- Adults should be active 30 mins a day (5 days per week) at a moderate to vigorous intensity.



What's your name?

Spell out your name and complete the activity listed for each letter. Try your full name, favourite characters, food, or places!

- | | | |
|---|--|---|
|  A Jump up and down 10 times |  J Pretend to play football for 30 seconds |  R Do 10 press ups |
|  B Spin around in a circle 5 times |  K March for 30 seconds |  S Jump up and reach for the clouds 10 times |
|  C Hop on each foot 5 times |  L Crawl like a crab for 30 seconds |  T Do 10 sit ups or crunches |
|  D Jog on the spot for 1 minute |  M Do side steps for 1 minute |  U Pretend to swim for 30 seconds |
|  E Walk like a penguin for 10 seconds |  N Bend down and touch your toes 20 times |  V Jog on the spot for 1 minute |
|  F Do 10 star jumps |  O Do 10 squats |  W Pretend you are hula hooping for 30 seconds |
|  G Flap your arms like a bird for 30 seconds |  P Pretend to ride a horse for 30 seconds |  X Do a silly dance for 30 seconds |
|  H Hop like a frog 10 times |  Q Walk on your knees for 30 seconds |  Y Skip for 30 seconds |
|  I Balance on one leg for 10 seconds | |  Z Punch in the air like a boxer for 30 seconds |

Chalk full of surprises

There's so much fun to be had outdoors with chalk! And best of all – you don't need to worry about cleaning up because it washes away with the rain.

Classic hopscotch

Use chalk to draw a hopscotch pattern on the ground and number them.

Jump and hop back and forwards, or add in items to throw and collect by hopping.

You could even make it harder by trying to only hop in odd or even numbers.

Maze

Design your own web of squiggly lines, circles, and other lines to design a maze through which others can walk, run, cycle, or scooter.

The bigger, more colourful, more detailed the maze, the more fun!

Bullseye

Use different colours of chalk to draw circles inside one another, with a bullseye in the middle.

Try seeing who can throw an item closest to the bullseye – on a hot day, why not use wet sponges or water balloons?

You could even brush on maths skills by giving points to each circle, and seeing who can get the most.

Alphabet hop

Use chalk to make 26 squares or circles with the letters of the alphabet in each.

If you're only just learning the alphabet, practise your letters by getting someone to shout one out and hop to the correct one.

If you are a more confident speller, call out words and bounce around to spell them out.

LOVE
YOU ALL
HOLD ON

Fun foodie activities

Cooking and baking is a great way to spend time together, practise skills like reading, measuring, following directions, and of course you get to enjoy a treat!

Chocolate Rice Krispy cakes

Got any leftover Easter egg chocolate?

Why not try making these classic Rice Krispy cakes.

Ingredients (makes 9)

150g chocolate, broken up

100g butter

4 tbsp golden syrup

100g Rice Krispies®

To decorate

50g chocolate, melted

Sprinkles, mini marshmallows, nuts, smarties, dried fruit or white chocolate buttons

Method

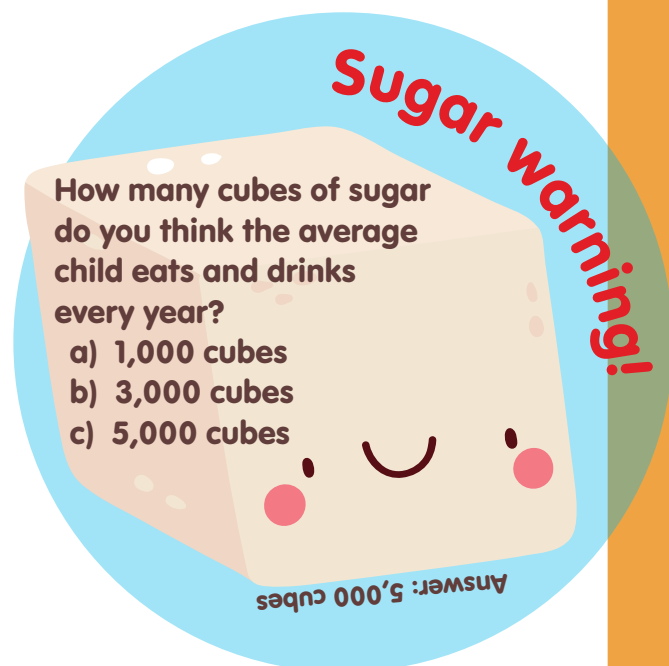
1. Put the chocolate in a heatproof bowl with the butter and golden syrup and gently melt in 10-second bursts in the microwave, or melt it over a pan of simmering water (making sure the bowl doesn't touch the water). Stir until smooth, then take off the heat and stir in the rice pops, coating them gently with the chocolate until they are all completely covered.
2. Divide the mixture between 9 cupcake or 12 fairy cake paper cases – it's easier if you slide these into a muffin tin as it will help them hold their shape. Leave to set.
If you want them to set faster, put in the fridge for 1 hour.
3. To decorate, drizzle with a little melted chocolate and decorate with sweets, dried fruit or nuts while they are still wet enough to stick them on.
They'll keep in an airtight container for five days.

However, it's important to remember these should just be a rare treat. Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay. Ouch!

Ideally you should keep snacks to 100 calories, 2 a day max. That could include...

- Lower-fat, lower-sugar fromage frais (some flavours include strawberry, raspberry, banana, apricot)
- Fresh or tinned fruit salad
- Chopped vegetables and lower-fat hummus
- Plain rice cakes or crackers with lower-fat cheese
- Sugar-free jelly
- One crumpet
- One scotch pancake

For more information and ideas on recipes and snacks visit [nhs.uk/change4life](https://www.nhs.uk/change4life)



Your digital footprint

Staying home may mean you have more of a chance to spend extra time using devices and going online. Think about the ways you use the internet.

Do you visit websites? Message friends? Play games? Listen to music?

Complete your digital footprint below by writing or drawing all the ways you use the internet, and compare with your family.

If you don't have a printer, use a piece of paper and pen to draw around the outline of your own foot and fill it in!

Tech check

But remember, it's important you stay safe and sensible when online. Think SMART.

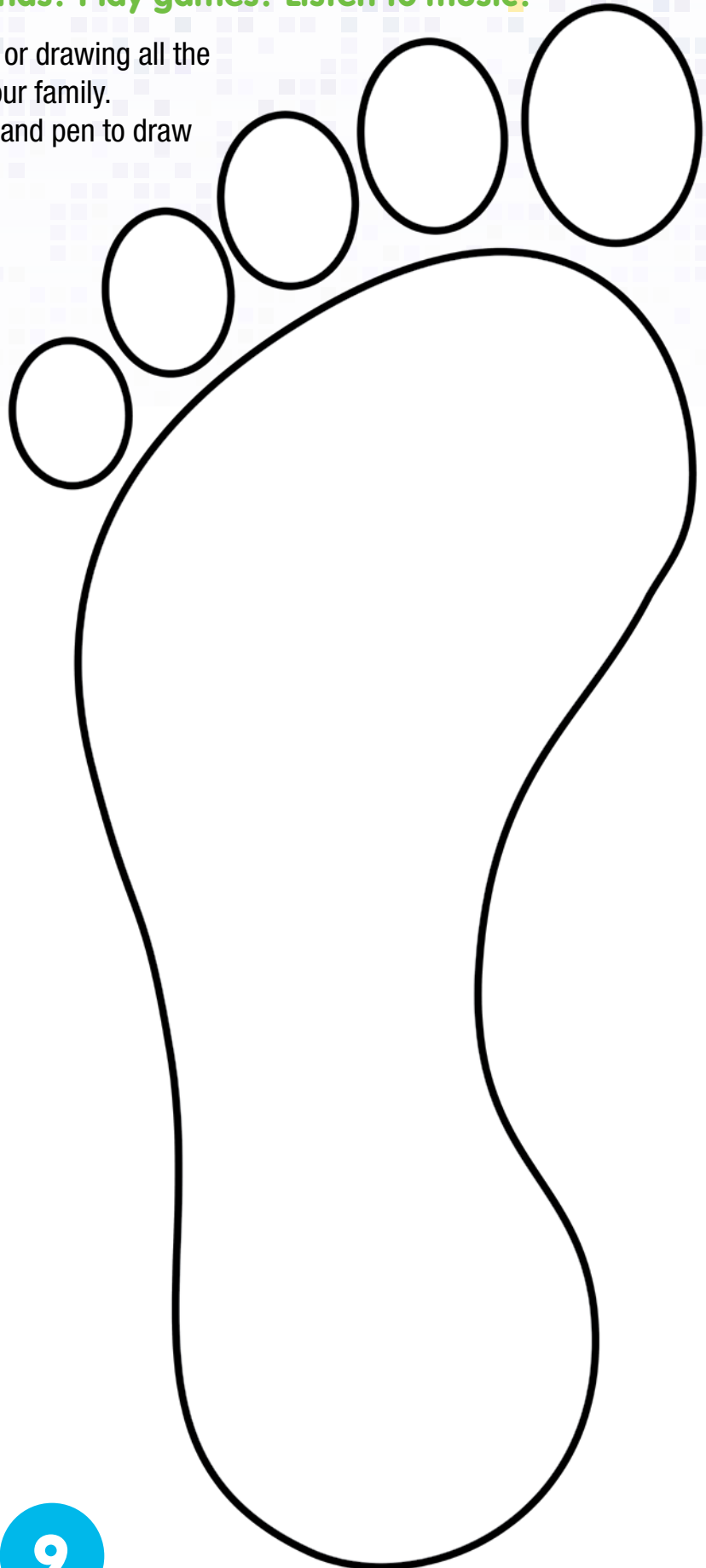
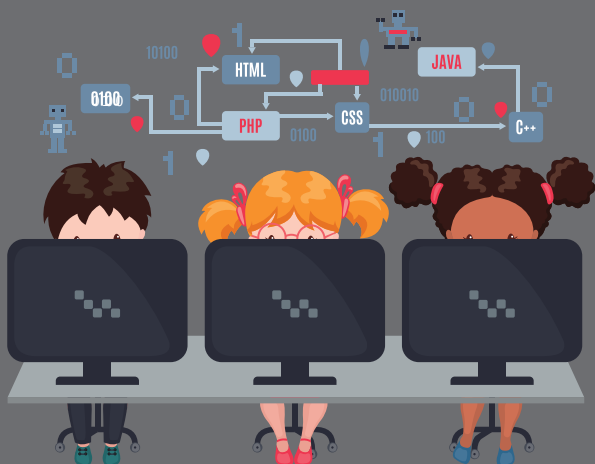
S – Safe: Keep safe by not giving out information about yourself when you're chatting or posting online. This could be your full name, phone number, email, and passwords.

M – Meet: Online friends are still strangers remember. Only ever meet someone when your parent or carer have said it is okay and can be present.

A – Accepting: Accepting emails, messages, or opening files, images or texts from people you don't know or trust can lead to problems – like nasty messages and bugs that damage your devices!

R – Reliable: People online might tell lies about who they are and information might not be true. Be careful about what you believe and check with your parent or carer.

T – Tell: Tell a parent or trusted adult if someone, or something, makes you uncomfortable or worried.



Your guide for support services

Information and contact details for support services surrounding mental health wellbeing for children, young people, and families.

National Autistic Society

For impartial, confidential information along with advice and support for autistic people and their families and carers.

☎ 0808 800 4104
🌐 www.autism.org.uk/

CALM (Campaign Against Living Miserably)

Help and support online to help against suicide.

☎ 0800 585858
🌐 www.thecalmzone.net

Change Grow Live (CGL)

A confidential drug and alcohol service for young people using drugs and/or alcohol as a way to cope.

☎ 0808 169 8711
🌐 www.changegrowlive.org

ChildLine

Free, anytime, day or night for help with any worry (under 19's).

☎ 0800 1111. If you're worried about a child call 0808 800 5000.
🌐 www.childline.org.uk

Combined Minds

A useful app to provide help for families and friends to support young people with their mental health. Available on your app store.

🌐 www.combinedminds.co.uk

Doc Ready

Discover information and advice to help you prepare to talk to somebody about mental health, including a doctor.

🌐 www.docready.org

Elefriends

A safe place to listen, share and be heard.

🌐 www.elefriends.org.uk

Family Action

Providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.

☎ 0808 802 6666
or text 07537 404 282
🌐 www.family-action.org.uk/

Family Lives

Providing help and support to families who are struggling.

☎ 0808 800 2222
🌐 www.familylives.org.uk/

Galop

Emotional and practical support for LGBT+ people experiencing domestic abuse.

☎ 0800 999 5428
🌐 www.galop.org.uk/domesticabuse

Heads Above the Waves

Online advice, support, and coping strategies for young people suffering from depression and self-harm.

🌐 www.hatw.co.uk

Karma Nirvana

Supporting victims of honour-based abuse and forced marriage.

☎ 0800 5999 247
🌐 www.karmanirvana.org.uk/

Kooth

Free, safe, and anonymous online support for 11 to 19 year olds.

🌐 www.kooth.com

Lone Parent Helpline

Information and advice on the key issues faced by lone parents, including maintenance, benefits, legal rights, and childcare.

☎ 0800 018 502

ManKind Initiative

Support for male victims of domestic abuse.

☎ 01823 334244
🌐 www.mankind.org.uk/

Meetwo

A safe and secure forum for teenagers to discuss any issues that are affecting their lives.

🌐 www.meetwo.co.uk

Mindout

An anonymous online instant message service to support and improve the mental health and wellbeing of LGBTQ communities.

🌐 www.mindout.org.uk

NCDV (National Centre for Domestic Violence)

Providing information, advice, and help for speedy protection against domestic violence.

☎ 0800 970 2070 or text NCDV to 60777
🌐 www.ncdv.org.uk/

PALS (Patient Advice and Liaison Service)

Offers confidential advice, support and information on health-related matters for patients, families, and carers.

☎ 0800 587 2108



Papyrus

Providing confidential suicide prevention advice.

☎ 0800 0684141 or text 0786 0039967

🌐 www.papyrus-uk.org

Prisoners' Families Helpline

Providing advice and support to the families of people in prison.

☎ 0808 808 2003

Refuge

For confidential, non-judgemental information and support on domestic abuse.

☎ 0808 2000 247

🌐 www.nationaldahelpline.org.uk/

Relate

Advice, tips, and counselling services to help your relationship stay healthy.

Telephone: 0300 100 1234

🌐 www.relate.org.uk/

Runaway

Support for if you are thinking about running away, if you have already run away, or if you have been away and come back.

☎ 116 000 (or free text)

Samaritans

Free, anytime support. Providing a listening ear, and emotional support.

☎ 116 123

🌐 www.samaritans.org/branches/wakefield/

SelfharmUK

Peer-to-peer communications for young people aged 14-19. A space for them to share their encouraging experiences through the use of blogs, stories, poetry and art.

🌐 www.selfharm.co.uk

Shout

Available for UK residents of any age, in need of crisis support.

Text Shout to 85258

🌐 www.giveushout.org

Star Bereavement

Providing support for children and young people who have been bereaved.

☎ 01924 787384

🌐 www.starwakefield.org.uk

Stay Alive

An app available to support those at risk of suicide or those worried about someone.

🌐 www.prevent-suicide.org.uk

Stop It Now!

Access confidential advice and guidance on an appropriate course of action for those unsure or worried about their thoughts or behaviour towards children, or the behaviour of someone you know – adult or child.

☎ 0808 1000 900

🌐 www.stopitnow.org.uk

Talking Therapies

Support and psychological services for young people aged 16 years or older who are registered with a GP surgery in the Wakefield District.

☎ 01924 234860

🌐 www.talking.turning-point.co.uk/wakefield

The Mix

Offers young people under 25, 1-2-1 chat plus advice and support on a range of issues.

☎ 0808 808 4994 or text

THEMIX to 85258 for crisis support.

🌐 www.themix.org.uk

The Money Advice Service

Free and impartial money advice.

☎ 0800 138 7777

🌐 www.moneyadvice.service.org.uk

Victim Support

Emotional and practical support to anyone under 18 who has been affected by a crime

☎ 0300 303 1971

🌐 www.victimsupport.org.uk

Wakefield Social Services

☎ 03458 503 503

Wakefield Council Coronavirus Helpline

For information or support related to coronavirus.

☎ 0345 8 506 506 (choose option 3)

🌐 bit.ly/CoronaWFD

Wakefield & District Domestic Abuse Service

Support for people who are experiencing abuse, and also for those who recognise that they are using abusive behaviours and want to make changes.

☎ 0800 915 1561 / 07899717771 / 07876395460

Well Women Centre

Online support for young women aged 16 years or older for their health and wellbeing.

🌐 www.wellwomenwakefield.org.uk

WF-I-Can

A new Wakefield district website to connect young people to activities and support to help them develop resilience, and manage life events and changes.

🌐 www.wf-i-can.co.uk

Winston's Wish

Giving hope to grieving children and supporting families through their support and advice.

☎ 08088 020021

🌐 www.winstonswish.org

Young Minds

Information and resources for children and young people, parents, and professionals about looking mental health and wellbeing.

☎ Text YM to 85258 for urgent help. Parents can call the helpline on 0808 802 5544.

🌐 www.youngminds.org.uk



Zzzz Zzzz

Getting enough Zzzz's?

Some animals, like koalas, sloths, and brown bats spend lots of their life sleeping. Then there are animals like the giraffe who only spend 2 hours a day sleeping – and take it in little 7 minute naps! It all depends on what kind of animal you are and what your age is. Do you think you get enough sleep?

Check below to find out...



Babies (Birth to 11 months)
11 to 17 total hours per day from birth to 3 months: 12-15 total hours per day from 4-11 months

Toddlers (1-2 years)
11 to 14 total hours per day

Teenagers (14-17 years)
8 to 10 hours per day

School-age (6-13 years)
9 to 11 hours per day

Nursery & reception age (3-5 years)
10 to 13 total hours per day

How did you do?

It's important to get enough sleep so you have enough energy for the next day, and give your body and brain time to relax and grow.



Tips for a good bedtime routine

- Keep to the same timings, this will help strengthen your body clock.
- Switch off screens an hour before bedtime as the bright screen could delay you from falling to sleep.
- Don't rely on leaving music playing or the TV on to fall asleep, you need to be able to resettle in the night without them.
- Do calming activities before bedtime; colouring in, listening to music, and reading a story are all great ways to relax just in time for sleep.



PLEASE STAY HOME

