

## Keeping people Occupied - Activity ideas for indoors and in the garden



### Key tips

All of these activities can be adapted to suit different skill levels. Some people may be able to engage with every stage of an activity, some may be able to engage with some steps/ elements of the activity; others may need hand over hand support or prefer to be around others and watch the activity.

- Baking Bread/ scones to experience deep pressure touch - calming <https://www.youtube.com/watch?v=YZH0iKMrXTI>
- Making scented doughs - calming <https://www.youtube.com/watch?v=EdraObo-23c>
- Making and icing cakes
- Making cards to keep in touch with loved ones <https://www.myhappybirthdaywishes.com/homemade-birthday-card-ideas/>
- White board cartoons
- Create own videos using White board cartoons and stop motion app on android <https://www.youtube.com/watch?v=8uOcBIJQco>
- Works of art on Canvas with acrylic paints or pens <https://www.youtube.com/watch?v=Bxv02NJR4Ms>
- Finger painting [https://www.youtube.com/watch?v=uFEvoMe\\_J-I](https://www.youtube.com/watch?v=uFEvoMe_J-I)
- Painting using different techniques <https://www.youtube.com/watch?v=sMaRRR5YWo0>
- Paper collaging <https://www.youtube.com/watch?v=0hG-mgQPess>
- Toilet roll art [https://www.youtube.com/watch?v=jqb\\_RuuWVWI](https://www.youtube.com/watch?v=jqb_RuuWVWI)  
<https://www.youtube.com/watch?v=YxZR04zVfik>
- Wool art - tactile activity <https://www.youtube.com/watch?v=HO6QpPU1lms>
- Rice art <https://www.youtube.com/watch?v=dzHM5ZNSWBU>
- Plasticine - Modelling figures, modelling games (who can make a cat the fastest) Using stop motion app on android to create own plasticine stories/ videos <https://www.youtube.com/watch?v=WzzW9PgsFoY>  
<https://www.youtube.com/watch?v=P9BOQOAHcVM>  
<https://www.youtube.com/watch?v=bVL0Cm1HyIA>
- Make own puppet theatre and puppets <https://www.youtube.com/watch?v=X4QaKvZqzX4>
- Glass painting <https://happyhooligans.ca/stained-glass-with-sharpie-markers-and-a-jar/>
- Make pom poms <https://www.youtube.com/watch?v=aA8LRIIHD4>
- Make own pitch and play finger football

Remember that all activities provide opportunities to engage at different stages. Keep in mind the planning and organising stage, for example themed lunches - Planning the menu, preparing the food, making decorations, setting up the environment and Tidying up afterwards.

- <https://www.youtube.com/watch?v=82DR2J3efXI>
- Paper mache craft  
<https://www.youtube.com/watch?v=OTKQGM1Joo>  
<https://www.thriftyfun.com/Making-a-Paper-Mache-Hot-Air-Balloon.html>
- Matching games make own cards with favourite characters/images (use widget, word or powerpoint)
- Board games
- Balloon tennis <https://www.youtube.com/watch?v=bS-8EUlu7L4>
- Movement to music exercises - please see attached sheet
- Joe wicks exercise programs - Sessions are daily  
<https://www.youtube.com/watch?v=d3LPrhI0v-w>
- Wheelchair exercises  
<https://www.bing.com/search?q=youtube+wheelchair+exercise&FORM=R5FD>
- Using exercise/ therapy ball for bouncing or slow rocking
- Themed lunchtimes (Indoor picnic)
- Home -made Sensory Skittles  
<https://www.hometalk.com/14513931/indoor-outdoor-recycled-sensory-bowling-skittles>
- Make your own quiz
- Making bunting from paper and card  
<https://www.allfreeholidaycrafts.com/Party-Ideas/Recycled-Party-Bunting>
- Jewellery making <http://www.handywithscissors.com/extra-fancy-pasta-beads/>
- Pamper sessions - Manicure, footbath
- Singing/ Karaoke/Dancing/ Disco/ Music sessions



- Treasure hunt or Scavenger hunt  
<https://www.pinterest.co.uk/pin/13159023896203586/>  
<https://www.createcraftlove.com/scavenger-hunt-printables-for-kids/>
- Picnic
- BBQ
- Craft activities facilitated in the garden if weather permits
- Ball games
- Croquet
- Boules

When facilitating an activity try and keep distractions to a minimum, make sure you have all the things you need before you start so you don't have to keep stopping and starting, this interrupts the flow of the activity and engagement of people.

Make sure people are safe, please risk assess dynamically and in line with local policy and procedures.

Build on the ideas provided here, adapt activities to suit the materials you have access to. Access Pinterest and YouTube with people for visual/pictorial guides and easy videos on how to, further inspiration can also be sought from these platforms and many more online, get creative 😊

- DIY Ring toss <https://kidfriendlythingstodo.com/paper-plate-diy-ring-toss-game-easy-to-set-up-kid-friendly-things-to-do/>
- Gardening
- Make bottle flowers to go in the garden - <https://www.thechillydog.com/2014/07/craft-tutorial-plastic-bottle-flowers.html?m=1>
- Grow your own cress heads <https://nurturestore.co.uk/eggheads-with-cress-hair>
- Grow your own grass head <https://www.homemade-gifts-made-easy.com/grass-heads.html>
- Planting sunflowers - fast growing
- Planting Tomatoes
- Hula hooping
- Skipping
- Trampoline in the garden
- Swing in the garden
- Painting faces on rocks <https://paint.linkiim.com/painting-ideas/painted-rock-faces>
- Chalk drawings on patio/ path (Art, marking out trails or make a movement game!) <https://richard-t.com/18-sidewalk-chalk-art-ideas/>
- Make bird feeders <https://growingfamily.co.uk/craft/homemade-bird-feeders/> <https://www.therealisticmama.com/12-kid-made-bird-feeder-crafts/>
- Bird watching
- Taking up-close photos of plants and leaves in the garden - using this as Art inspiration



#### Some Sensory activities

- Water beads <https://www.youtube.com/watch?v=JDbtLxk20Yk>
- Make own Sensory box or board <https://www.youtube.com/watch?v=mwapkSZ9WME>
- Sensory bottles <https://www.youtube.com/watch?v=QU1gXEKb90o>
- Textured Balloons <https://www.pinterest.co.uk/pin/73887250124119366/>

