

## **Idea 1: Balloons**

Balloons are versatile and fun. You should be able to buy some in supermarkets in the party section.

Ideas to try

- Blowing up balloons and letting them off so that they fly off with the air rushing out
- Blowing up balloon and tying it up so that you can play catch
- Hitting the balloon with hands, rolled up newspapers or bats – this can become a team game e.g. having people sat in 2 rows facing each other with the aim of hitting the balloon over the heads of the opposite team.
- Passing a balloon along a line – could do this as two teams – using different parts of the body e.g. only hands, only feet, only heads
- Bouncing balloons on a sheet or parachute
- Using static electricity to stick the balloon onto the wall



***NB – some people with Autism find balloons difficult to cope with due to the sudden unexpected noise when they burst so check before hand.***

## **Idea 2: Send postcards to family & friends**



## **Idea 3: Learn to juggle**

Can create small balls with balloon and flour

<https://www.instructables.com/id/Easy-flour-stress-ball/>

if you don't have a proper funnel you can make one out of paper – twist into a cone and cut off the end. It can be a fiddly job so do get someone to help!

These also make really good stress balls.



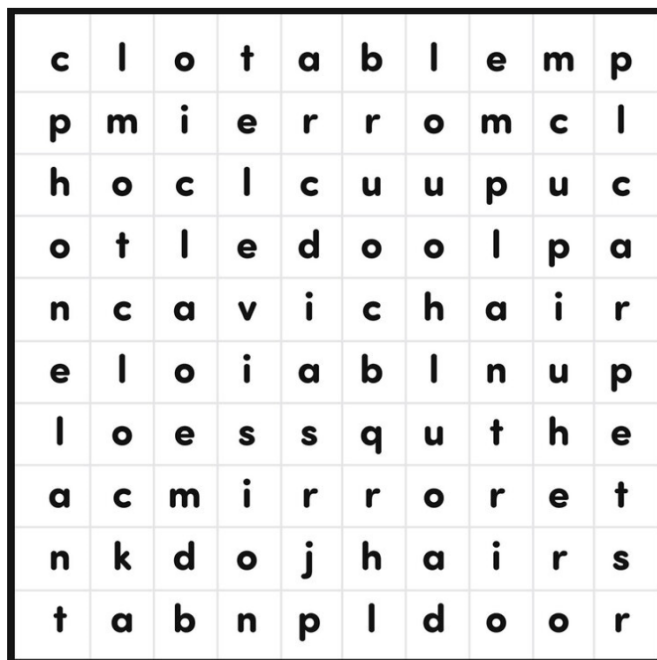
## Idea 4: Make shadow puppets



<https://makezine.com/projects/shadow-puppet-theater/>

## Idea 5: Online activity

Do the weekly puzzle on : <https://www.keepsafe.org.uk/to-do/puzzles-1>




**Can you find these 10 hidden words?**

carpet  
chair  
clock  
cup  
door  
mirror  
phone  
plant  
table  
television

Art competition

<https://www.keepsafe.org.uk/to-do/art-competition-1>



**Calling all artists.  
Open to all**

Do you paint or draw? Why not enter our art competition to win an Amazon Gift Card. The categories are:

- A self portrait
- A view from your window
- A picture to make you smile

**Check back soon to find out when this competition opens**

## **Idea 6: Create a musical instrument out of recyclables**



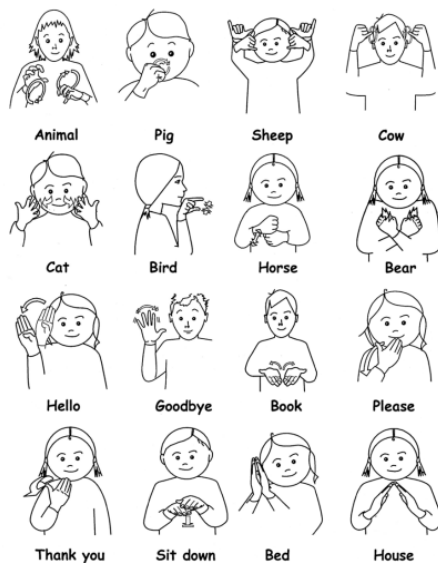
[HTTPS://WWW.ACTIVITYVILLAGE.CO.UK/MUSICAL-INSTRUMENTS](https://www.activityvillage.co.uk/musical-instruments)

Try making a rain maker -see separate sheet

## **Idea 7: Learn sign language/MAKATON**

Practice your Makaton together

<https://www.makaton.org/aboutmakaton/>



Or join in a song with Makaton

<https://m.youtube.com/user/SingingHandsUK>