

Having a Day Out at Home

Trip to the Beach



Create your own beach at home - set up a beach in the garden (or in the kitchen) use all or some of the below

- sea type music – there are various youtube videos with waves sounds on them for free -usually to help people sleep.
- paddling pool
- water in a washing up bowl to play with and put feet into for paddling
- sand – in a bowl or on a tray to feel with hands and/or feet, larger area for making sand castles,
- buckets and spades
- windbreak
- pebbles - to feel, put in water.
- towel – drying off after getting wet
- Sunscreen – to smell, rub in for protection
- floppy hats - to wear
- suitable clothes
- picnic to eat on the beach
- blankets to sit on whilst having picnic
- ice-creams – naturally

Trip to the Theatre

There are various shows being shown on line so make an event of it

Make sure you are seated with your chocolates and treats

If possible connect the computer through to the TV or if you have a Smart TV use that!!



For a wide variety of musicals – try <https://www.youtube.com/theshowsmustgoon> from and with details <https://parityfordisability.org.uk/smash-hit-full-length-musicals-every-weekend/>

For more serious plays - <https://www.nationaltheatre.org.uk/nt-at-home> weekly free broadcast

Trip to the Cinema – as above but use DVDs or Sky or Virgin if you are a subscriber.



Trip to the Pub



Set up your bar with drinks everyone can enjoy
Make some drinks

<https://www.bbcgoodfood.com/recipes/collection/non-alcoholic-cocktail>

<https://www.bbcgoodfood.com/recipes/collection/summer-mocktail>

Have some snacks as well

Trip to the Zoo

Various zoos have live webcams but there is no guarantee that the animals will be up or active when you visit



Edinburgh Zoo – various animals including Panda, tigers, penguins - <https://www.edinburghzoo.org.uk/webcams/panda-cam/>

London Zoo <https://www.zsl.org/zsl-london-zoo/virtual-london-zoo> - their live streaming is through their facebook channels

Whipsnade Zoo <https://www.zsl.org/zsl-whipsnade-zoo/whipsnade-zoo-webcam> - live streaming also through their facebook channels

Marwell Zoo - <https://www.marwell.org.uk/zoo/keep-in-touch/webcams>

Longleat safari park

<https://www.longleat.co.uk/news/longleat-launches-virtual-safari>

Day Trip

There are various places offering virtual tours at present

English Heritage



ENGLISH
HERITAGE

<https://avirtualpostcard.com/2020/04/08/english-heritage-virtual-tours/>

Stonehenge - <https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/>



National
Trust

National Trust –

<https://www.nationaltrust.org.uk/lists/virtual-tours-of-our-places>

And for your afternoon tea after the visit try making one of the recipes from the National Trust

<https://www.nationaltrust.org.uk/recipes?pageIndex=9&pageSize=9>