



# Family Activity Resource Pack for Lockdown

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For: Robertson Group and Robertson Residential Group Employees

Department: Human Resources

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# Contents

This resource pack is primarily aimed at parents, however there are some great activities, tips, and links for all to keep energy high and boredom low in the coming weeks of lockdown due to COVID-19.

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## Attractions

A list of museums, zoos, and other attractions from around the world to visit from the comfort of your home during lockdown.

### Museums

- **Anne Franke Museum, Amsterdam, Netherlands**  
<https://www.annefrank.org/en/museum/web-and-digital/>
- **British Museum, London**  
<https://britishmuseum.withgoogle.com/>
- **Guggenheim, Bilbao, Spain**  
<https://www.guggenheim-bilbao.eus/en>
- **Hermitage Museum, St Petersburg, Russia**  
<https://www.youtube.com/watch?v=49YeFsx1rlw&feature=youtu.be>
- **Louvre Museum Paris**  
<https://www.louvre.fr/en/visites-en-ligne>
- **MASP, Sao Paulo, Brazil**  
<https://masp.org.br/en>
- **Met Museum, New York**  
<https://www.metmuseum.org/art/online-features/met-360-project>
- **Musée d'Orsay, Paris**  
<https://m.musee-orsay.fr/en/home.html>
- **Musei Vaticani, Vatican City**  
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- **Museum Of London Docklands**  
<https://www.museumoflondon.org.uk/about-us/business-services/venue-hire/museum-london-docklands/virtual-tour>
- **National Gallery Of Arts, Washington DC**  
<https://www.nga.gov/>
- **National Gallery, London**  
<https://www.nationalgallery.org.uk/visiting/virtual-tours>
- **National Museum of US Air Forces**  
<https://www.nationalmuseum.af.mil/>
- **Natural History Museum, London**  
<https://artsandculture.google.com/streetview/the-natural-history-museum-hintze-hall/yQHjHCmSOMKyhQ>
- **Palestine Museum**  
<https://www.palmuseum.org/ehxhibitions/virtual-exhibitions>
- **Picasso Museum, Barcelona**  
<http://www.bcn.cat/museupicasso/en/museum/presentation.html>
- **Rijksmuseum, Amsterdam, Netherlands**  
<https://artsandculture.google.com/partner/rijksmuseum>
- **Royal Academy of Arts, London**  
<https://britishart.yale.edu/>
- **Salvatore Dali Museum, Figueres, Spain**  
<https://www.salvador-dali.org/en/museums/dali-theatre-museum-in-figueres/visita-virtual/#>
- **Tate Britain, London**  
<https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art>
- **The J. Paul Getty Museum, Los Angeles, United States**  
<https://artsandculture.google.com/partner/the-j-paul-getty-museum>
- **The Museum of Flight -**  
<https://museumofflight.org/Explore-The-Museum/Virtual-Museum-Online>
- **The National Museum of Computing on Bletchley Park**  
<https://britishart.yale.edu/>
- **Uffizi Gallery, Florence, Italy**  
<https://artsandculture.google.com/partner/uffizi-gallery>
- **US Holocaust Museum**  
<https://www.ushmm.org/information/exhibitions/online-exhibitions>
- **Van Gogh Museum, Amsterdam, Netherlands**  
<https://artsandculture.google.com/partner/van-gogh-museum>
- **Virginia Living Museum**  
<https://thevlm.org/visit/about-us/covid-19-update/natural-education/>
- **Women's History Museum, Virginia, USA**  
<https://www.womenshistory.org/womens-history/online-exhibits>
- **Yale Centre For British Art**  
<https://britishart.yale.edu/>

## Attractions

A list of museums, zoos, and other attractions from around the world to visit from the comfort of your home during lockdown.

Tourist Destinations	General Sites	Zoos	
<ul style="list-style-type: none"> <li>• <b>Buckingham Palace, London</b> <a href="https://www.royal.uk/virtual-tours-buckingham-palace">https://www.royal.uk/virtual-tours-buckingham-palace</a></li> <li>• <b>Colosseum, Rome</b> <a href="https://tinyurl.com/thrprzf">https://tinyurl.com/thrprzf</a></li> <li>• <b>Machu Picchu</b> <a href="https://www.youvisit.com/tour/machupicchu?pl=f">https://www.youvisit.com/tour/machupicchu?pl=f</a></li> <li>• <b>Northern Lights</b> <a href="https://explore.org/livecams/auro-ra-borealis-northern-lights/northern-lights-cam">https://explore.org/livecams/auro-ra-borealis-northern-lights/northern-lights-cam</a></li> <li>• <b>Pyramids</b> <a href="https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200">https://www.tripsavvy.com/virtual-field-trip-pyramids-1259200</a></li> <li>• <b>Stonehenge</b> <a href="https://tinyurl.com/wz3xqz7">https://tinyurl.com/wz3xqz7</a></li> <li>• <b>Street Art with Google</b> <a href="https://streetart.withgoogle.com/en/">https://streetart.withgoogle.com/en/</a></li> <li>• <b>Taj Mahal, Agra, India</b> <a href="https://tinyurl.com/qpz7vmt">https://tinyurl.com/qpz7vmt</a></li> <li>• <b>The Great Wall of China</b> <a href="https://www.thechinaguide.com/destination/great-wall-of-china">https://www.thechinaguide.com/destination/great-wall-of-china</a></li> <li>• <b>Tour of Rome, Italy</b> <a href="https://tinyurl.com/s5vlzbc">https://tinyurl.com/s5vlzbc</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Anatomy</b> <a href="https://www.innerbody.com/htm/body.html">https://www.innerbody.com/htm/body.html</a></li> <li>• <b>AirPano</b> <a href="https://www.airpano.com/">https://www.airpano.com/</a></li> <li>• <b>Berliner Philharominker</b> <a href="https://www.digitalconcerthall.com/en/home">https://www.digitalconcerthall.com/en/home</a></li> <li>• <b>ExoPlanets NASA</b> <a href="https://exoplanets.nasa.gov/">https://exoplanets.nasa.gov/</a></li> <li>• <b>Legoland</b> <a href="https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/">https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/</a></li> <li>• <b>NASA</b> <a href="https://oh.larc.nasa.gov/oh/">https://oh.larc.nasa.gov/oh/</a> <a href="https://climatekids.nasa.gov/">https://climatekids.nasa.gov/</a></li> <li>• <b>The Kennedy Centre</b> <a href="https://www.kennedy-center.org/digitalstage/">https://www.kennedy-center.org/digitalstage/</a></li> <li>• <b>Walt Disney Parks</b> <a href="https://tinyurl.com/v7qano5">https://tinyurl.com/v7qano5</a></li> <li>• <b>Welcome Collection</b> <a href="https://my.matterport.com/show/?m=rMGsprcVCAR">https://my.matterport.com/show/?m=rMGsprcVCAR</a></li> <li>• <b>Explore the surface of Mars</b> <a href="https://accessmars.withgoogle.com">https://accessmars.withgoogle.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>African Animals</b> <a href="https://explore.org/livecams/african-wildlife/african-animal-lookout-camera">https://explore.org/livecams/african-wildlife/african-animal-lookout-camera</a></li> <li>• <b>Atlanta Zoo</b> <a href="https://zooatlanta.org/panda-cam/">https://zooatlanta.org/panda-cam/</a></li> <li>• <b>Cincinnati Zoo</b> <a href="https://www.facebook.com/events/2915534028492292/">https://www.facebook.com/events/2915534028492292/</a></li> <li>• <b>Dublin Zoo</b> <a href="https://www.dublinzoo.ie/animals/animal-webcams/elephants/">https://www.dublinzoo.ie/animals/animal-webcams/elephants/</a></li> <li>• <b>Edinburgh Zoo</b> <a href="https://www.edinburghzoo.org.uk/webcams/panda-cam/">https://www.edinburghzoo.org.uk/webcams/panda-cam/</a></li> <li>• <b>Explore.org Live Cams</b> <a href="https://explore.org/livecams">https://explore.org/livecams</a></li> <li>• <b>Flamingo Land</b> <a href="https://www.flamingoland.co.uk/virtual-tour/">https://www.flamingoland.co.uk/virtual-tour/</a></li> <li>• <b>Florida Aquarium</b> <a href="http://www.flaquarium.org/sea-span">http://www.flaquarium.org/sea-span</a></li> <li>• <b>Hirakawa Zoo, Japan</b> <a href="https://hirakawazoo.jp/animal/movie">https://hirakawazoo.jp/animal/movie</a></li> </ul>	<ul style="list-style-type: none"> <li>• <b>International Wolf Centre</b> <a href="https://wolf.org/wolf-cams2/">https://wolf.org/wolf-cams2/</a></li> <li>• <b>Kansas City Zoo</b> <a href="https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/">https://www.kansascityzoo.org/ouranimals/list-of-animals/king-penguin/</a></li> <li>• <b>Melbourne Zoo</b> <a href="https://www.zoo.org.au/animal-house">https://www.zoo.org.au/animal-house</a></li> <li>• <b>National Aquarium, USA</b> <a href="https://www.aqua.org/Experience/live">https://www.aqua.org/Experience/live</a></li> <li>• <b>National Zoo, Washington DC</b> <a href="https://nationalzoo.si.edu/webcams">https://nationalzoo.si.edu/webcams</a></li> <li>• <b>Osaka Zoo</b> <a href="http://www.wombat-tv.com/">http://www.wombat-tv.com/</a></li> <li>• <b>San Diego, California, Zoo</b> <a href="https://zoo.sandiegozoo.org/live-cams">https://zoo.sandiegozoo.org/live-cams</a></li> <li>• <b>Smithsonian, Washington DC</b> <a href="https://nationalzoo.si.edu/webcams">https://nationalzoo.si.edu/webcams</a></li> <li>• <b>Yellowstone National Park</b> <a href="https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm">https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm</a></li> </ul>

## Mindfulness and Keeping Active

### Workouts

PE with Joe Wicks

<https://www.youtube.com/c/TheBodyCoachTV/videos>

### Smiling Mind

Short audio session to help with mindfulness.

<https://app.smilingmind.co.au/>

### Cosmic Yoga – YouTube

Yoga videos designed for children aged 3+

[www.youtube.com/user/cosmickidsyoga](http://www.youtube.com/user/cosmickidsyoga)

### Occupational Therapy

Parent Toolbox

<https://www.theotttoolbox.com/parent-toolbox/>

### Go Noodle – YouTube

Brainercise, dancing, strength and mindfulness videos – as well as videos that are just for fun.

[www.youtube.com/user/GoNoodleGames/featured](http://www.youtube.com/user/GoNoodleGames/featured)

### Robertson Hub- Wellbeing

Resources

<https://safeandsustainable.workingtherobertsonway.co.uk/wellbeing/>

## Theatre, Drama and Art

### Broadway and West End

5 streaming services to watch shows in your living room.

<https://www.londontheatre.co.uk/theatre-news/west-end-features/theatre-streaming-services-west-end-broadway-musicals>

### Harry Potter at Home

Children's hub

<https://www.wizardingworld.com/news/introducing-hp-at-home>

### Art Games

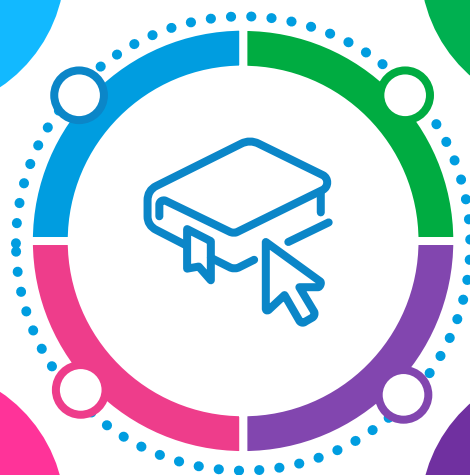
An introduction to art history

<https://artsology.com>

## Free Audio Books

<https://www.worldofdavidwalliams.com/elevenses/>

[https://www.audible.co.uk/search?keywords=free+children+books&ref=a\\_hp\\_t1\\_header\\_search](https://www.audible.co.uk/search?keywords=free+children+books&ref=a_hp_t1_header_search)



<https://www.storynory.com/>

<http://www.audiobooktreasury.com/free-audiobooks/childrens/>

## Fun and Educational Ideas



Meet a tiger up-close and personal.

Type in your Google browser "tiger" and scroll down to view in 3D.

Try with different animals.



BBC website – Bitesize

<https://www.bbc.co.uk/bitesize> (by age groupings)

Bitesize app available for both iOS and Android users



Interactive videos to support with KS1 Maths, literacy and PSHE and PE learning. Great for times tables too

[www.bbc.co.uk/teach/supermovers](http://www.bbc.co.uk/teach/supermovers) Videos and activities to support Maths, Literacy, PSHE and PE

[www.plprimarystars.com](http://www.plprimarystars.com)

Videos and activities to support Maths, Literacy, PSHE and PE



## Fun things to do indoors and outdoors

### Crafts

- Make [Paper Airplanes](#)
  - Salt Painting: Templates- [snowflake](#) or [firework template](#)
  - Make Suncatchers –[handprint](#) or [leaf suncatchers](#)
  - Make [Salt Dough](#)
  - Make [Sponge Stamps](#)
  - Make a [Cereal Box Aquarium](#)
  - Make [Scratch Art](#)
  - Make Your Own Bookmarks: Templates- [Minion](#), [Olaf](#), [Trolls](#) or [Toy Story Bookmarks](#)
  - Paint [Pet Rocks](#)
  - Make [Recycled Crayons](#)
  - Make Paper Boats
  - Finger Paint
  - Make Friendship Bracelets
  - Make a Bird Feeder
  - Make Paper Bag Puppets
  - Make [Handprint Art](#)
  - Make a scrapbook
  - Decorate T-Shirts
  - Make a Thankful Jar
- Make a [Sensory Bag](#)
  - [Paint Leaves](#)
  - Make a Time Capsule
  - Make [Button Art](#)
  - Paint with Watercolors
  - Color in a Coloring Book
  - Make Paper Crafts: Make [paper butterflies](#), [paper sailboat](#), or [paper flowers](#)
  - Build a Cardboard Castle
  - Recycled crafts book has a step-by-step tutorial to make your own cardboard castle. See the book [here](#).
  - Make [Tissue Box Monsters](#)
  - Make a [Toilet Paper Roll Butterfly](#). More toilet paper roll crafts: [paper roll flower and butterfly](#), [toilet paper roll flowers](#), [toilet paper roll monsters](#)
  - Stamp with Celery: Make [celery flowers](#) with the stumps of your celery.
  - Draw a Self Portrait
  - Do [Scrape Painting](#)
  - Paint a Recycled Jar
  - Make Your Own Superhero Costume

### Games

- Learn to draw
- Put on a play
- Make indoor hopscotch. Use masking tape to make your own hopscotch tiles
- Do a family chore together
- Have a dance party
- Have a tea party
- Play with water in a bin with Toys
- Set up a play store. Grab a shopping basket and set up the merchandise. Use this [play cash register](#) too!
- Make a sock toss game. Use mismatched socks and fill them with beans or rice. Then try to see how many you can 'score' in a laundry basket.
- Make [Perler Bead Art](#)
- Write in a journal
- [Use Dot Markers](#)

## Fun things to do indoors and outdoors

Activities	Educational
<ul style="list-style-type: none"><li>• Build a Fort</li><li>• Have a Pillow Fight</li><li>• Write a Story</li><li>• Make <a href="#">Ice Cream in a Bag</a></li><li>• Make <a href="#">Homemade Gummy Bears</a></li><li>• Make <a href="#">Fruit Roll-Ups</a></li><li>• Have a Movie Day</li><li>• Put on a Fashion Show</li><li>• Bake Cupcakes or Muffins</li><li>• Do Yoga</li><li>• Build an Obstacle Course</li><li>• Make Dinner Together</li><li>• Play with <a href="#">Magnetic Tiles</a></li><li>• Build Something With Lego: You can even make your own <a href="#">travel Lego case!</a></li><li>• Build a Stack of Cards</li><li>• Put on a Puppet Show</li><li>• Make a Treasure Hunt</li><li>• Make Your Own Indoor Bowling- use paper towel rolls as your bowling pins and use a ball to bowl</li></ul>	<ul style="list-style-type: none"><li>• Read books</li><li>• Do a <a href="#">Science Project</a></li><li>• Learn origami</li><li>• Learn about a new animal</li><li>• Learn a new card game</li><li>• Learn to sew</li><li>• Learn to knit</li><li>• Do brain teasers</li><li>• Learn about a country</li></ul>

## Fun things to do indoors and outdoors

Indoor obstacle race

Fill a jam jar of things you want to do when lockdown is lifted

Paint a fence outside with water

Put old wallpaper on a fence and let them do outdoor painting

Hand/ footprint animals

Cook or bake together with these child-friendly recipes

<https://www.nomsterchef.com/nomster-recipe-library>

Tik Tok video

Create your own NHS dedication (Lego, chalk, draw, paint, collage)

Create a den you can sleep in – have sleep overs in sibling's bedroom

## Scavenger Hunt

### **Book hunt –**

shout out specific books for them to find



### **Indoor hunt –**

shout out household items for them to find

### **Rainbow hunt –**

shout out specific colour items for them to find