



While it can be hard to be isolated with children, this COVID-19 season provides wonderful opportunities for our families. It is a great time to spend some quality time together: building family relationships, reading God's word and investing in our relationships with God, connecting with and supporting those in our local and church communities in new ways. This list is to help myself be more intentional with my time with my children over the next few months. and to hopefully help save my sanity a little. I hope it serves as a help to other mums too!

b | Bible

v | values and character

i | independant

p | play-based

a | activities for 0-2

f | fine motor

g | gross motor

s | sensory

in | inside

o | outside

l | early literacy

n | early numeracy

1. Missional Mums:

Play to Grow | Bible Play Boxes

Coming soon for ages 3+!

b v i p f s in

2. Read the bible

or a kids Bible

b v a in o l

3. Play dough

roll, snip, stretch, squeeze, pinch, push,
pull, tear, mold

i p a f s in

4. Water play

Pour and scoop - kitchen utensils, plastic cups and bowls

Beach day - add water to sand, sunglasses, sand toys

Bath - warm bubbly water, bubble bath, face towel, waterproof dolls

Chef - sand, mud, bowls, wooden spoon, sticks, grass, leaves

Artist - paint brushes, rollers, walls, fence, concrete paths

Small world themes - ocean, pond, arctic, zoo, dinosaurs

i p a f s o

5. Circuit or obstacle course

Use household objects, furniture,
outdoor toys, chalk, tape, string.

Think: walking, running, crawling,
climbing, balancing, pushing, pulling,
hand-eye, jumping, rolling, hopping,
kicking.

i p g in o

6. Call or FaceTime someone

family, friends, someone from church

a in

7. Make and deliver a gift

Packaged goodies or craft to a friend,
family member, neighbour or
vulnerable person from church

v a in



8. Family devotions
There are some great ones! My favourites for primary kids are Marty Mackowski's [Long Story Short](#) and [Old Story New](#).
b v in l
9. Dancing
Spotify, Youtube - [DanceandBeatsLab](#)
Gonoodle - <https://family.gonoodle.com>
i p a g in
10. Craft
prepared packs, Pinterest, recycling creations
a f s in
11. Make pasta jewellery
Dye the pasta for more fun!
i f s in
12. Bake
packet mix, muffins, pikelets, something new
f in l n
13. Make a prayer diary
Stick in pictures of family, friends, your church, missionary partners, government leaders. Write in specific and general prayer points. Pray together.
b v in l
14. Scavengers hunt
objects, colours, senses, nature, numbers
p s o n
15. Board games
p in n
16. Write a letter
To family, friends, neighbours or a vulnerable person or kids leader at church. Post it or drop it in their mailbox.
v in l
17. Build with blocks
free build, build a..., competition, in the bath
i p a f in
18. Balloons
keepie uppie, volleyball, tennis, balloon people
p a g in o
19. Contact collage
Use masking tape to secure a piece of contact paper to a table, floor, glass door or window and supply a collection on: paper, fabric, ribbon, card, feathers, leaves, flowers, other collage materials.
20. **i a f s in o**
Plant something
or weed/water the garden
a f s o
21. Science experiment
Great ideas on Pinterest.
in
22. Read a book
Or call a family member and get them to read one. Set up a teepee or cubby outside and read there.
i a in o l
23. Make cards
Deliver to the doors of family, friends, church kids leaders, community workers or vulnerable neighbours.
v i f in l
24. Imaginative play
Set up a play space in your home such as a: doctors office, vet, grocery store, flower shop, space ship, puppet theatre, post office, school
p in n
25. Make a boat
Use things found around the home such as foil, recycling bin items craft supplies. Fill the bath and see if it floats. How much weight can it hold before it sinks?
p f s in o
26. Make a Bible timeline
Use a kids Bible. Take photos of the key stories and print them out. Put them in the correct order or stick them on butchers paper/string.
b in l
27. Read the psalms
Shoot of short prayers of praise to God in response. I like to use [Prayers For My Day](#) by Carine MacKenzie and Alec Motyer.
b in o l
28. Decorate a box
use crayons, textas, stickers, collage materials
i a f s in o
29. Have a treasure hunt
Hide some treats or have your children hide an object and write you clues to find it.
p in o l
30. Chalk drawing
On the driveway or pavement.
i a f s o
31. Trace around your body.
On butchers paper. Then decorate.
f in o



32. Jigsaws
i f in
33. Sponsor a Compassion child
Write them a letter, draw a picture and send them a photo of your family. www.compassion.com
b v in l
34. Learn about a famous Christian
Possibly use [Everyone a Child Should Know](#) by Clare Heath-Whyte. Make a poster, infographic or information report about them.
b v in l
35. Make slime
f s in o
36. Make salt dough models
Some ideas include: people, bowls, pots, ornaments, beads.
f s in
37. Dress up
Use your imaginations, have a fashion show, take photos.
p in
38. Chart the weather
in o l n
39. Make smoothies or milkshakes
a in o
40. Indoor bowling
Use plastic cups and a ball.
p a g in
41. Have a picnic in the yard
Make something special and pack a basket.
a o
42. Paint with water
On the driveway, paths or fences.
i p a f s o
43. Make paper airplanes
See how far they'll fly.
i p f g in o
44. Masking tape car track
i p a f in
45. Memorise Bible verses
Use [Missional Mums Verses For The Heart | For Kids and Teens](#). www.deeshandmade.com.
b in l
46. Draw self portraits
i f in
47. Learn a Bible catechism
b in l
48. Listen to Christian kids music
My kids love Josh Goscombe, Colin Buchanan and Emu Music for kids.
b v a in o
49. Home cinema
in
50. Look at photo albums
a in
51. Make pizza
a s in
52. Camp in the backyard
o
53. Scissors
cutting and snipping
f in
54. Make patterns
with beads, blocks, stickers, flowers
in o l
55. Talk about a hot topic
Use the God Made Me series: [God Made All of Me: A Book To Help Children Protect Their Bodies](#) by Justin & Lindsey Holcomb, [God Made Me and You: Celebrating God's Design For Cultural Diversity](#) by Shai Linne, [God Made Boys and Girls: Helping Children Understand the Gift of Gender](#) by Marty Machowski, [God Made Me Unique: Helping Children See Value In Every Person](#) by Joni & Friends.
b v in l
56. Write a story
Try the Scholastic online story starter generator - <http://www.scholastic.com/teachers/story-starters/adventure-writing-prompts/>
i in l
57. Write a song
in l
58. Make your own book
i in l
59. Have a bubble bath
Add a bath bomb or glow sticks.
a s in



50. Record a video message
For friends, family or someone from church.
v i n
51. Make a fort
Use blankets or boxes.
p a i n o
52. Colouring in
i a f i n
53. Play through the Bible
Use [Play Through The Bible](#) by Alice Buckley and [Bake Through The Bible](#) by Susie Bentley-Taylor & Bekah Moore.
b v p a i n o l
54. Watch ABC Kids
Via the app. We love Bluey, Play School, Play School Story Time, Andy's Baby Animals.
i i n
55. Learn about God's world
Read an informative text. Research something that interests your child, explore the garden or local park or reserve to see if you can find what you've been learning about. Kmart AU has some great informative lift-the-flap books at the moment such as their [Questions and Answers](#) series which includes: World, Animals, Science, Long Ago, Nature, Growing Up. We also love the [Big Book Of](#) series by Yuval Zommer including: Beasts, Bugs, Birds and Blue.
b i n o l
56. Make a string phone
p f i n o
57. Retell a Bible story
Act it out, draw a picture, use play dough or finger puppets. Talk about what it teaches us about God and how it points to Jesus.
b p i n l
58. Make a prayer jar
Write prayers on paddle pop sticks and put into a jar. Write a couple each day, Prayers can be for: for family, friends, your community, your church, your country, the world. Read through prayers and see how God has answered. Talk about prayer and how God listen to us and cares for us. Don't forget to decorate the jar!
b v i n l
59. Make box/recycling art
Use items from your recycling bin or boxes from deliveries to create other objects such as a car, washing machine, castle, cubby or marble maze. Pinterest has some great ideas.
i p a f i n o
60. iPad apps
Such as [ABC Kids iview](#), [ABC Reading Eggs Learn to Read](#) (you can get a free trial of this), [Bible App for Kids](#) or [Think & Learn Code-a-pillar](#), [Baby Sparks - Development App](#) (for 0-2).
b i p f i n l n
61. Learn about the life cycle of a bug
Watch a youtube video about the life cycle of an insect of your choice. Record the life cycle by drawing or filling in a worksheet. There are stacks of resources for this online. Explore in the garden and see which stages of the life cycle you can find.
i n o l
62. Listen to an audiobook
Many libraries have a collection of free audiobook available. Spotify and Audible also has some great options.
i i n l
63. Make a thank you card for God
Make a giant card and decorate. Discuss and record all the things you can think of that you are thankful to God for. Say some short popcorn prayers to thank God for these things.
b v i n l
64. Make a thank you card for others
Make a thank you card for someone in your community. It might be someone that serves your children at church, a health care worker or other community worker.
v i n l
65. Watch the sunset
s o
66. Create and perform play
Make up a story or retell a favourite book or Bible story. Record it and send it to a friend or family member.
p i n o l
67. Read a chapter book series
Read aloud as a family.
i n l
68. Have a family road trip
Explore somewhere new. Have a picnic or go for a bush/beach walk if somewhere away from people, or simply enjoy the drive with yummy snacks, car games and good music for a sing along.
i n o



69. Explore theology
Watch episode of Theo: Teaching Children God's Word and discuss the theology topics that Theo taught. Read The Ology: Ancient truths Ever New by Marty Machowski and discuss. Make an poster or infographic, write a song, draw a picture, write a poem or call a family member and tell them about one of the topics.
b v in l
70. Origami
f in
71. Help with jobs
Have your children help with some age appropriate jobs around the house such as: vacuum, hang out washing, sort clothes, wipe cupboard doors, clean room, dust.
v i f s in o
72. Have a car wash
Wash your own and neighbours cars. Fill a bucket with soapy water and line up outdoor toys for cleaning.
v a f s o
73. Decorate paper dolls
i a f in
74. Throwing practise
Play catch, throw a ball into a bucket or washing basket, pop a target on the wall or fence.
i p g in o
75. Painting
On an easel, on butchers paper on a fence or wrapped around a tree, with cotton buds or sponges, with puffy paint or watercolours, on foil, with fingers, with frozen pain popsicles, with string, on paper towel, with spray bottles or tape resist.
a f s in o
76. Make a bird feeder
Try to capture a bird feeding with your camera. Can you identity the bird and research it to learn more?
f in o
77. Blow bubbles
p a in o
78. Play freeze tag
p g o
79. Have quiet time
Read, do puzzles or play quietly in bedrooms for some time out.
i p in l
80. Have a bbq
a s o
81. Have a talent show
Give some preparation time. Friends or family could send in videos of their talent too.
p g in o
82. Paint rocks
i a f s in o
83. Have a photo scavengers hunt
in o
84. Play hide-and-seek
With people or toys.
p a in
85. Hole punch
Develop fine motor skills by hole punching a range of coloured scrap paper. Make a collage with the small holes that are cut.
i f in
86. Make a suncatcher
With coloured tissue paper or cellophane on contact paper, or a natural version with leaves and flowers.
a s
87. Outside sticky wall
Use asking tape to stick a strip of contact paper on a path or fence. Children collect things from the garden/yard to stick to the wall.
i a s o
88. Weaving
Cut slots in the wall of a cardboard box around 2mm wide, 1cm apart. Have children weave strips of paper, ribbons and wool through the slots.
i f in
89. Explore size and texture
Have children order a collection of objects according to size. These could include toys, measuring cups, buttons, coins, pasta, stickers, leaves, sticks or flowers. Discuss the size of objects by comparison using words such as: biggest, smallest, tallest, longest, shortest and widest. Talk about how the objects feel using words such as: smooth, cool, rough, bumpy, fluffy, wrinkly, hard, squishy, spikey, sticky or dry.
in o l n



90. Read-along books

Come with a CD to play. Kids read along and turn the page when the bell dings.

i in l

91. Coloured spaghetti

Add a little food colouring and water to cooked spaghetti. Younger children can play with it in their highchair, older children can play with it in a sensory tray with scissors, tongues, other utensils or in an outdoor mud kitchen.

p a f s in o

92. Brain breaks

These are great for short activities to break up activities or get your children's minds and bodies engaged. Consider: a one minute dance party, jumping jacks, yoga poses, freeze dance, keep it up (with a ball or balloon), animal pretend, pattern clap or give compliments. There are ma

p g in

93. Have a backyard fire pit

s o

94. Toy swap

Clean toys with alcohol wipes and swap with friends or neighbours to have some variety.

p a in o

95. Thread beads on pipe cleaners

i f in

96. Poke pipe cleaners into a colander

i p a f in

97. Pots and pans drumkit

Set up the pots and pans upside down and give your child a wooden spoon. Even pop on some other music for them to play along to.

i p a s in

98. Window drawing

Use a whiteboard marker to draw on a window or glass door. Wipe off with wet wipes. Don't leave it too long to wipe off or it can be harder to get off.

i f in

99. Tracing mats

Draw or print some lines and shapes, considering different types such as: straight, curvy, wavy, zig zag, swirly and broken lines. Slip it inside a plastic document sleeve and allow your child to trace over the lines with a whiteboard marker. Wipe with a tissue or wet wipe.

i f in

100. Tape toys rescue

Use masking tape to stick some of your child's toys to a window, cupboard or piece of cardboard. Encourage your child to 'rescue' their toys by pulling them free.

i p a f s in

101. Whisk and pom poms

Fill a whisk with pom poms. Have your child shake/pull all of the pom poms free.

i p a f g s in

102. Paint bag

Put a few squirts of paint inside a zip lock bag and seal/tape shut. Have your child play with it at their highchair.

p a f s in

103. Water balloons

Fill water balloons. Children can play with them outside or in the bath.

p a f s in o

104. Edible paint

Make some edible paint (there are some great recipes for yoghurt paint online), strip off your child down to their nappy either outside or in their highchair and let them finger paint a piece of paper or cardboard.

p a f s in o

105. Water bead sensory window

Partially fill a zip lock bag with coloured water beads and seal/tape shut. Take the outside out the bag to a window or glass door. Allow your child to explore and move the beads inside the bag.

i p a f s in o

106. Bubble wrap walk

If you have bubble wrap stored from a delivery, you can tape it to the floor or pavement to create a fun sensory path for your baby or toddler to explore.

i p a g s in o

107. Noodle tub

Make up a packet of 2 minute noodles and place in a large tub. Strip off your child down to their nappy and let them play freely with the noodles. It's a great full body sensory experience.

i p a f s in

108. Learn my name

Pinterest has great ideas for how to learn your name in fun ways.

in l



109. Sticker lines

Draw different types of lines on a piece of paper or butchers paper. Tape to the wall and allow your child to develop fine motor skills and hand-eye coordination by sticking dots or star stickers along the lines.

i f in

110. Measurement

Measure the length of items around the house using objects. For example, the spoon is x buttons long or the TV is x spoons long.

Measure the weight of items around the house using objects and a set of balance scales (you can make your own). For example, the teddy is as heavy as x blocks or the car is as heavy as x coins.

Measure the capacity of items around the house using water. For example, the cup holds x teaspoons of water or the jug holds x cups of water.

f s in o n

111. Jump on the trampoline

i p a g o

112. Go for an open air walk

i p a g o

113. Go for a bike ride

i p a g o

114. Celebrate an obscure holiday

There is at least one for every day. Some coming up include:

April 2 - International Children's Book Day

April 27 - Tell a Story Day

May 4 - International Star Wars Day "May the 4th be with you"

May 11 - Eat What You Want Day

May 24 - Scavengers Hunt Day

June 1 - Say Something Nice Day

June 5 - World Environment Day

June 29 - International Mud Day

July 1 - International Joke Day

July 10 - Teddy Bears Picnic Day

July 30 - International Day of Friendship

September 13 - Positive Thinking Day

September 15 - Make A Hat Day

September 17 - International Country Music Day

p f in o l n

