



# Virtual Activities



## Arts and Crafts

### Painting

Follow a YouTube painting tutorial, or just let your creativity flow!

[https://www.youtube.com/results?search\\_query=painting+for+beginners](https://www.youtube.com/results?search_query=painting+for+beginners)

### Make a Boardgame

We all love games such as Monopoly, Scrabble and Uno... But why not make your own!

<https://www.instructables.com/id/Build-your-Own-Board-Game/>

### Learn to Crochet

Crocheting is easy to learn, and you should only need some yarn and a crochet hook.

<https://www.thesprucecrafts.com/how-to-crochet-for-beginners-979092>

<https://www.diyncrafts.com/23080/knitting-crocheting/100-free-crochet-patterns-perfect->

## Something Challenging

### Trick Shots

Whether it's getting a ping pong ball to land in a cup in a crazy way or perfecting that basketball trick shot you saw on YouTube, this can be a fun way to spend some time! Make sure to record it for bragging rights!

### Beat a World Record

Why not? There are literally hundreds of records that you could beat from the comfort of your own home. Choose a record and practice, practice, practice! But remember to be safe!

<http://kids.guinnessworldrecords.com/activities/try-this-at-home>

<http://kids.guinnessworldrecords.com/books/science-and-stuff-2018/make-and-break/>

## Outdoors

### Sport Drills

Missing Rugby, Footy, Soccer?? Keep fit and stay ready to compete with some backyard drills.

### Agility and Speed:

[https://www.youtube.com/watch?v=oJRFri\\_gVc](https://www.youtube.com/watch?v=oJRFri_gVc)

### Cone Drills:

<https://www.youtube.com/watch?v=a2sCgSIOFlg>

### Dynamic Stretching:

<https://www.youtube.com/watch?v=nPHfEnZD1Wk>

### Exercise Routines

Take advantage of online resources and follow exercise guides, or try to create your own.

[https://www.boredteachers.com/resources/30-free-physical-education-classes-and-reseources?fbclid=IwAR1rvojvEBGVx4RBX\\_4r1EUjnrC3dp2UEXT\\_HjhWitl2ozkPKT4HPYAkV4Ew](https://www.boredteachers.com/resources/30-free-physical-education-classes-and-reseources?fbclid=IwAR1rvojvEBGVx4RBX_4r1EUjnrC3dp2UEXT_HjhWitl2ozkPKT4HPYAkV4Ew)

### Swimming

Beat the heat and spend some time in your backyard pool. But remember water safety and supervision!

<https://www.swimmingpool.com/pool-living/pool-fitness/pool-games/>

## Technology

### Digital Escape Room

Spark imagination and test your Harry Potter knowledge by entering this Harry Potter themed digital escape room!

[https://kidsactivitiesblog.com/136211/digital-escape-room-harry-potter/?fbclid=IwAR2ld51BUI\\_J3piUKzCUvN2sduXiNAYUym\\_e5eg984g1fPOnAcin5MMpg0XQ](https://kidsactivitiesblog.com/136211/digital-escape-room-harry-potter/?fbclid=IwAR2ld51BUI_J3piUKzCUvN2sduXiNAYUym_e5eg984g1fPOnAcin5MMpg0XQ)

### Podcasts

You can find podcasts on a range of topics, and they can be an interesting way to spend some quiet time.

### Young Changemakers:

<https://www.global-changemakers.net/podcast>

### The Lively Podcast:

From the minds and mouth of host Tyler Lively and co-host Anthony Golden, come along as they discuss topics of sport, culture and life-style.

Available on many platforms, including:

- Spotify
- Anchor
- Google podcasts

### Blogs

There are some interesting and helpful blogs that can help you to understand what is happening in the world today, and may provide you with tips on how to explain this to younger children.

<https://www.happyfamilies.com.au/blog/my-child-is-struggling-because-everything-is-being-cancelled/>

### Virtual Activities

Read books, take dance classes, attend art classes and even visit the zoo! All from the comfort of your own home.

<https://www.bountyparents.com.au/news-views/isolating-kids-virtual-activities/?fbclid=IwAR2rU6QbbOlq1t3tn1emVr2oGDQRhhzujwVYiMZV8xsONT1Xc-t-oWlmtXM>

## Beauty



### Face Masks

Whether you have dry skin, oily skin or pores that are enlarged... Face masks can benefit your skin in many ways.

<https://www.elle.com/uk/beauty/skin/articles/a38190/homemade-diy-face-mask-recipes/>

### Hair Masks

Just like face masks, using hair masks can be very beneficial to your hair.

<https://www.goodhousekeeping.com/beauty/hair/g29627145/diy-hair-masks/>

### Nail Painting

Try some of these nail painting hacks!

[https://www.youtube.com/results?search\\_query=nail+painting+hacks](https://www.youtube.com/results?search_query=nail+painting+hacks)

### Make Up

This could be the perfect time to practice all the things you struggle with in your beauty routine!

[https://www.youtube.com/results?search\\_query=make+up+tutorials](https://www.youtube.com/results?search_query=make+up+tutorials)

## Mindfulness

### Journaling

Express your inner thoughts in a journal while making it as creative or as simple as you like.

<https://www.bustle.com/p/11-journaling-tips-for-making-it-a-part-of-your-everyday-routine-9538923>

### Meditation

Meditation can be very beneficial to your mind and body. Take some time out of your day to relax and breathe.

<https://www.gaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to>

### 5 Minute Meditation You Can Do Anywhere:

<https://www.youtube.com/watch?v=inpok4MKVLM>



## Educational

### Learn a Language

Learning a new language can be both fun and educational!

Duolingo is a free app that you can use to learn a range of languages.

### Read a Book

Fantasy, Crime, Biographies, Fiction, Non-Fiction... There is something for everyone!

<https://www.dymocks.com.au/promotions/reading-challenge>

<https://time.com/100-best-young-adult-books/>

<https://www.penguinrandomhouse.com/the-read-down/21-books-youve-been-meaning-to-read>

### Virtual Tours

Take a virtual walking tour of some of the world's most interesting places.

Smithsonian National Museum of Natural History, Washington:

<https://naturalhistory.si.edu/visit/virtual-tour>

The Natural History Museum, London:

<https://artsandculture.google.com/partner/natural-history-museum>

Vatican Museums, Rome:

[www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.1.html](http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.1.html)

Melbourne and Werribee Open Range Zoo, Australia:

<https://www.zoo.org.au/animal-house>

Pyramids of Giza, Egypt:

<https://www.google.com.au/streetview/gallery/#pyramids-of-giza/pyramid-of-khufu>

The Great Wall, China:

<https://www.thechinaguide.com/destination/great-wall-of-china>

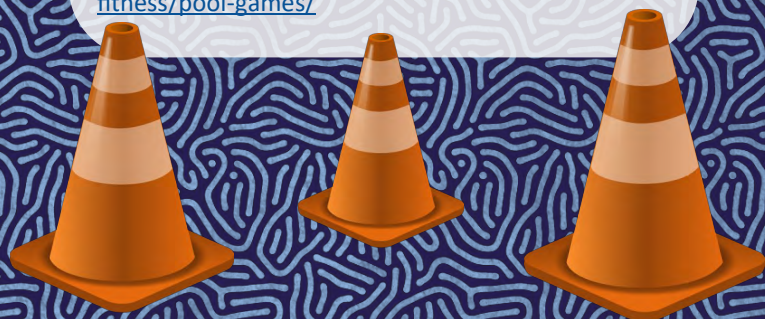
40+ Other Virtual Field Trips:

<https://kidsactivitiesblog.com/135714/virtual-field-trips/>

### Basic Car Maintenance

Learn basic car maintenance skills such as checking oil and changing tyres. (Adult Assistance Required)

<https://www.idrivesafely.com/defensive-driving/trending/routine-vehicle-maintenance-101-what-you-should-know>





# Happy Easter!



## Easter Fun for Everyone

### Family Games

This is the perfect time to have some fun with your family! Get a little competitive and see who can come out as the champion!

<https://playtivities.com/easter-games/>

### Easter Treats—Cooking

Spend some time in the kitchen creating some yummy Easter treats!

<https://www.kidspot.com.au/kitchen/recipes/collections/easter-baking-recipes>

<https://www.allrecipes.com/gallery/easy-easter-treats/>

### Easter Origami

Origami can be challenging, but the outcome is worth it. Here are some Easter inspired walk-throughs for you to try.

<https://www.redtedart.com/easy-easter-origami-for-kids/>

### Easter Puzzles

Educational and fun! Try some of these Easter puzzles.

<https://www.puzzles-to-print.com/easter-puzzles/index.shtml>

[https://www.bigactivities.com/word\\_searches/easter/index.php](https://www.bigactivities.com/word_searches/easter/index.php)

### Easter Camping

Camping in the backyard is a great way to spend time this long weekend! And here are some links to some great camping games which you could adapt to an Easter theme:

<https://www.brokenheadholidaypark.com.au/5631/15-camping-games-for-adults-teens-kids/>

<https://www.care.com/c/stories/3336/17-fun-camping-games-for-kids/>

<https://www.gazebosaustralia.com.au/blogs/camping/camping-games-win-your-kids-hearts>

<https://www.gocampingaustraliablog.com/2017/06/campinggamesnight.html>

### Easter Egg Decorating

Decorate your very own Easter Eggs!

<https://www.eggs.ca/eggs101/view/70/how-to-decorate-an-easter-egg>

### Easter Fun for the Little Ones

There are lots of crafty activities for you to try with the little ones. Try some of these!

<https://www.easypeasyandfun.com/15-must-do-easter-crafts-and-activities-for-kids/>

## Get Creative

### Scrapbooking

If you have lots of photos you could turn them into lasting memories by making a scrapbook. Here are some ideas to get you started.

<https://www.creativelive.com/blog/scrapbook-ideas-for-beginners/>

### Lego Creations

You can create some pretty cool things using the Lego you might have laying around the house. Here are some amazing creations for inspiration.

<https://speckyboy.com/lego-creations/>



## Virtual Events

### Australia's Biggest Virtual Easter Celebration

Socially is hosting an online celebration complete with two awesome virtual competitions! This is your chance to get into the Easter spirit and win a \$100 Catch.com.au gift card! So hop on over to the Socially Facebook Page and find the Event Page.

#### Most Popular Easter Craft:

Have you started working on some crafty Easter decorations, costumes or bonnets? Share your Easter crafts and the most liked post by 9pm AEST on Monday 13 April will pick up a prize!

#### Most Popular Best Dressed Pet:

Who doesn't like a good pet dress up contest? Seeing as it's Easter we want to see your Easter themed pet costumes! Post your pet pictures here and the most liked picture by 9pm AEST on Monday 13 April will pick up a prize!

Important Note: this is a public event, so please ensure no faces of children are used in your images or posts.

Winners will be announced Tuesday 14 April at 12pm!

<https://www.facebook.com/events/247746619591593/>

### Cadbury's Biggest Virtual Easter Egg Hunt

Participate in the biggest virtual Easter Egg hunt hosted by Cadbury's.

<https://www.facebook.com/events/977419902654851/>

## Discussing COVID-19

### How to Discuss COVID-19 with Young People

Here are some links to help you better understand COVID-19, and to help you discuss this with young people:

<https://headspace.org.au/young-people/how-to-cope-with-stress-related-to-covid-19/>

<https://www.redcross.org.au/stories/covid-19/talking-to-kids-about-covid-19>

<https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-stress/how-to-talk-to-your-teenager-about-coronavirus>

<https://emergingminds.com.au/resources/communicating-with-your-child-about-covid-19/>

<https://ntcoss.org.au/coronavirus-covid-19-nt-general-advice-16-march/>

## Performing Arts

### Get Up and Dance!

Dancing is a good way to stay moving and have some fun at the same time. See if you can learn a new dance, follow a Just Dance video or make your own choreography to your favourite song!

#### Just Dance:

[https://www.youtube.com/results?search\\_query=just+dance](https://www.youtube.com/results?search_query=just+dance)

#### YouTube Dance Tutorials:

[https://www.youtube.com/results?search\\_query=easy+dance+tutorials](https://www.youtube.com/results?search_query=easy+dance+tutorials)

### Karaoke

Have a passion for singing? Try some of these karaoke videos or think of your favourite song to sing and play it on repeat. You could even sing for your family.

#### YouTube Karaoke Videos:

[https://www.youtube.com/results?search\\_query=karaoke](https://www.youtube.com/results?search_query=karaoke)

[https://www.youtube.com/results?search\\_query=singstar](https://www.youtube.com/results?search_query=singstar)

## Learn Something New

### Experimental Fun

Have you seen those videos on social media of people doing some pretty crazy science experiments? Why not have a go yourself? Just remember to clean up!

<https://www.noguiltmom.com/very-simple-science-experiments/>

### Learn to Play a New Instrument

Do you have an instrument laying around that you haven't learnt how to play yet? Now is the perfect time to give it a try!

<https://nationalguitaracademy.com/how-to-learn-guitar/>

<http://www.piano-keyboard-guide.com/>

### Learn to Make Damper

Have a go at baking some damper. You could even use it for your backyard camping trip!

<https://www.taste.com.au/recipes/damper/80391c40-8eab-4e67-9cfc-0c802f9fb7a1>

### Create Your Own Vegetable Patch

Get out in the garden and learn how to grow your very own vegetables!

<https://www.biome.com.au/blog/veggie-garden-beginners-guide/>

## Online Safety

### Remember to be Safe Online!

It is important to be safe online, so here are some links that can help:

<https://www.esafety.gov.au/young-people>

<https://www.esafety.gov.au/about-us/blog/covid-19-online-safety-kit-parents-and-carers>

