

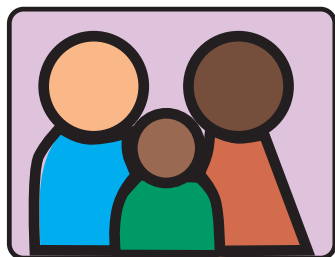
Distraction Activities

If your child is feeling bored, lonely, sad or scared in lockdown, doing a fun activity to distract them from their difficult feelings can really help. Here are a few to try. There are many more ideas online, such as craft activities and games. Make sure all the activities follow our Golden Rules: What I choose doesn't hurt me or anyone else.

After they've finished, you can ask them: Did that help you to feel better?

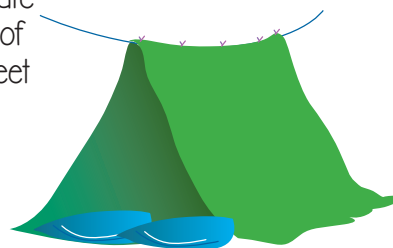
Family portrait

Draw a picture of everyone in your home with you.



Build a den

Make your own private place using a couple of chairs and an old sheet or towel.



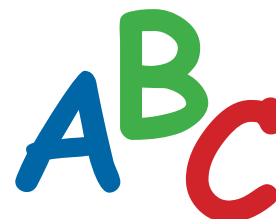
My favourite song

Make up a dance to your favourite song. If you want you can perform it to the rest of the family!



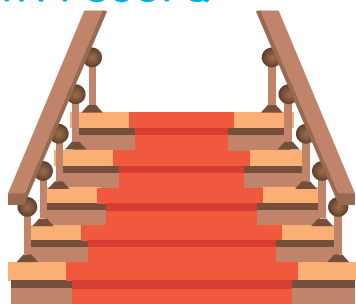
Same colour or letter

Make a list or draw a picture of all the things in your home which start with the same letter or are the same colour.



Beat your own record

Run up and down your stairs or living room. Start with 10 times, and then do more each day so you beat your record each time.



Three things

Stop and keep very still. Listen – what are three things you can hear? Look – what are three things you can see? Feel – what are three things you can touch?



Pebble art

On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt-tips.



Drive-in movie

Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit in front of your screen and enjoy your favourite film, TV show or game.

