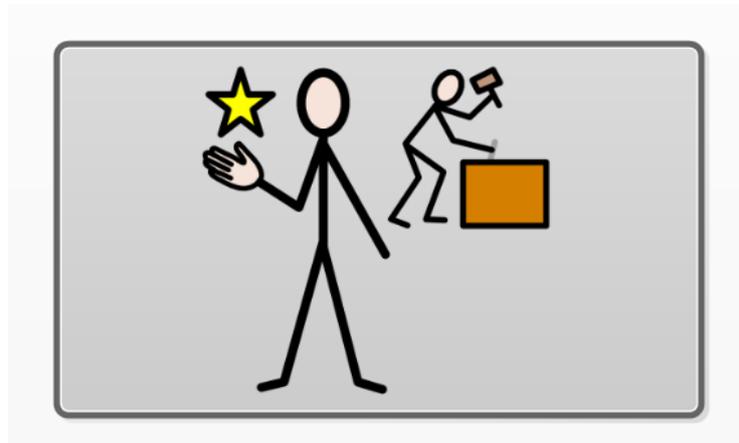


OT Self isolation Grab and Go

Activity Ideas



A 'Grab and Go' guide to Activities to keep you busy during self isolation.

Some of these activities may make a little bit of mess but this is okay and can all be cleaned up!

Advice and Guidance

You can use these activities throughout the day or week; if we are doing activities that we enjoy this may help us to feel well and happy.

The activities can range from 5-20 minutes, and the same activity can be used several times in the day.

Don't force yourself to do an activity that you don't want to do.

You should be interested in the activity.

If the activity feels like too much try breaking it down into small parts.

Don't be afraid to take breaks.

Remember to have fun!



'Wipe Clean'; disinfect any items before and after use.

Bird Watching

Which birds do we see in the outdoor area?



robin



blue tit



sparrow



blackbird



magpie



pigeon



Bird hunt

Can you find all these birds next time you're in the woods?



Large



A bird with brown feathers



Flying



Perched in a tree



Small



Eating



Drinking



Singing



Hopping along the ground

Drinking trays for birds

Birds in your garden need access to clean water all year round, but especially when the weather turns cold and water turns to ice. See how to make a drinking tray:-



What to do:

Make a small hole in the pot about 1cm from the rim.

Fill the pot with cold water

Put the plant pot tray on top.

Very carefully and holding on tightly, turn the two, still pushed together, so that the yoghurt pot is now upside down. The water will flow into the tray and will stop at the level of the hole in the yoghurt pot.

As the birds have a drink the water will refill from inside the yoghurt pot.

Watch and see which birds come to drink the water.

I

CHEERIO BIRD FEEDER



Things you will need:-

- Cheerio's
- Pipe Cleaners



- Thread the cheerio's onto the pipe cleaner

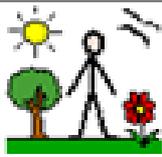


- Twist the pipe cleaner to make a circle or a heart

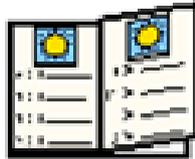


- Hang outside for the birds

Garden Nature Diary

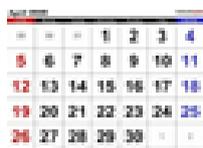


It is important to get fresh air everyday.

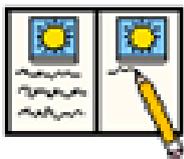


Start a Nature Diary using a notebook or pieces of paper together.

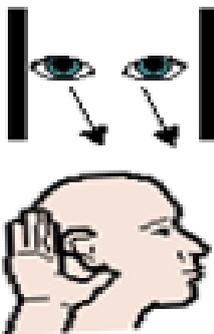
A Nature Diary is a place for you to write down all the things you see, hear, smell and do in your garden.



Start a new page for each day you spend time in the garden.

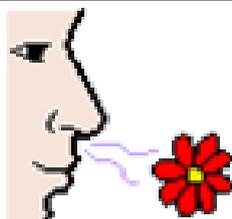


Write the date at the top of each page to help you organise your diary.



Walk in garden what can you see ?

Listen carefully, what can you hear?



What can you smell in the garden ?



Draw pictures in your Nature Diary

Garden Insect House

You will need:



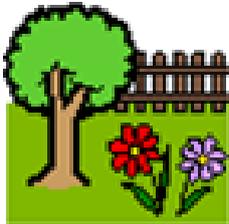
Sticks



Leaves



Small plant pot



Find a sheltered place in your garden to build an insect home.

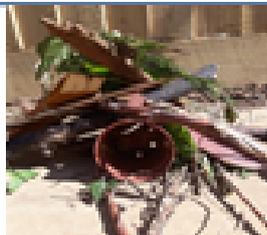


Lay sticks on the ground to make the base of your insect house.



Lay a small plant pot on its side on top of the sticks.

If you don't have a plant pot use a stone



Lay lots of other sticks and leaves over the plant pot carefully.

This will shelter and camouflage the house.



Check your Insect House everyday write down what you see in your Nature Diary.

Nature Mobile

Materials

- Collection of natural materials
- Try seed pods, shells, nuts etc
- String
- Longer Stick

Method

- Cut several lengths of string and
- Tie the pine cones and feathers on along the string.



Sensory Nature Trail in the Garden

Woodland Trust
Nature
detectives



What can you feel?

Help little hands learn through touch.

Furry
catkins

Crunchy
twigs

Spongy
moss

Bumpy
pine cone

Tickly
feather

Smooth
stones

Rough
bark

Touchy
feely

Nature Scavenger Hunt in the Garden

Nature Scavenger Hunt



Sounds in the Garden

0-2



Sounds of spring

Head outside and listen for busy birds and buzzing bees.

Spring is a noisy time – the woods are alive with the sounds of nature!

How many of these can you hear?



Grown-ups: Buzz and quack with your little one. It's a fun way for them to practice making different sounds and helps improve speech development.

Sensory Arts and Craft Ideas

Musical rain maker

Materials:

- Pringles Tube, Glue, Lentils, rice or pasta (or all 3)
- Run your hands through the rice, pasta & lentils if you want to see how it feels.
- Add a combination of rice, pasta and lentils to the tube until it is around $\frac{1}{4}$ full.
- Glue the lid on securely. Allow the glue time to dry.
- Tip the tube from side to side to hear the mixture moving.
- You can hold it up close to your ear then further away, tip it slowly then quickly to create different sounds.



- **Extra activity:** decorate the rain maker
- Put on some music. Shake the rainmaker in time to the beat and sing along to the tune!

Milk Bottle Elephant



You will need:

Milk bottle



Tissue paper



PVA glue



Paintbrush



Scissors

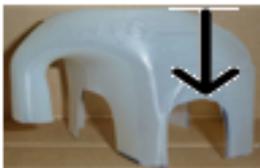


Googly eyes



Instructions:

Cut the top off the milk bottle, at the bottom of the handle



Cut out an arch on each side of the milk bottle to make the elephant's legs

Milk Bottle Elephant



Rip or cut up lots of pieces of tissue paper



Paint PVA glue onto the milk bottle and cut out pieces of milk bottle



Stick the tissue paper pieces onto the PVA glue until everything is covered



Wait for the glue to dry



Stick on the googly eyes



Your elephant is finished!

Set up a disco in your front room.

What are your favourite songs ?

Dig out your old CD's—find a music channel on the TV

Have you got a karaoke machine—if not why not make your own microphone or sing into a hairbrush !!!

Teach each other dance moves: This could be done with family or friends over video chat!

Prizes and certificates for the best dancer 😊



Physical Activity—Movement Breaks

Activity:-

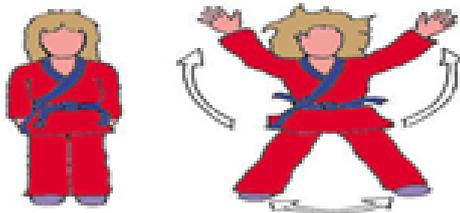
- . Make sure you have enough space for the activity
- . Pick from the following activities, throughout the day:-



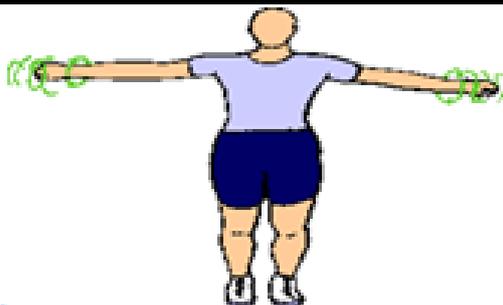
Wall push ups



Hip circles and a wiggle



Jumping Jacks



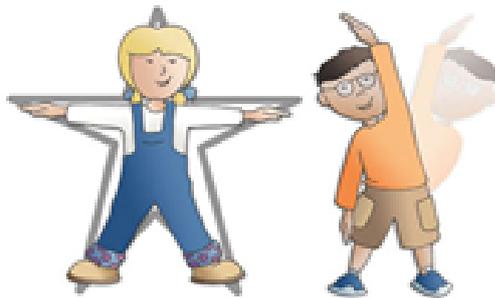
Arm circles and a wiggle

Physical Activity—Movement Breaks



Marching

Try singing when the saints



Stretch—standing or sitting



Self Squeeze—give your self a hug

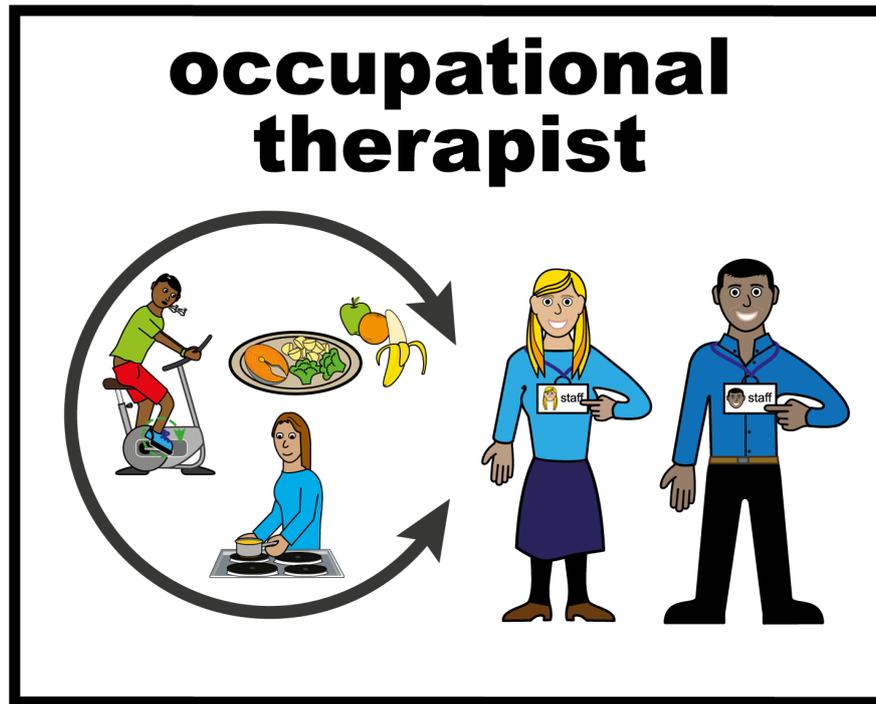


Go for a walk in the garden or around the house



Hand Squeeze

Try ball games in the garden



This activity pack was created by the Learning Disability Occupational Therapy team for more information please call **(01604) 657700** or visit the website at

hwww.nhft.nhs.uk/



This folder was made on:- 20th April 2020