



THE great

ISOLATION

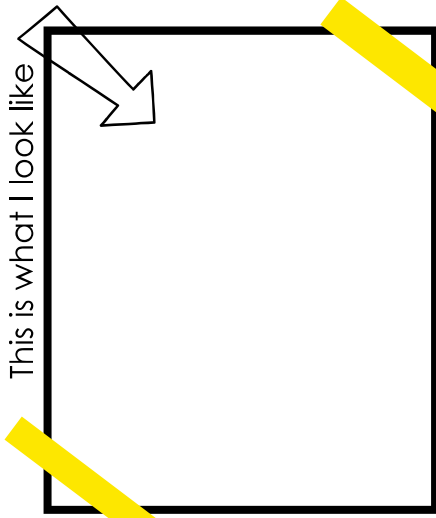
ACTIVITY

BOOK

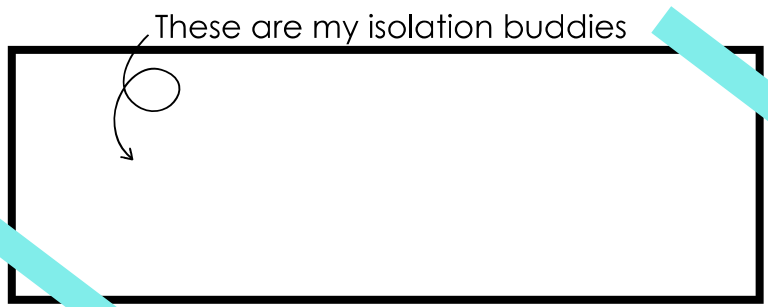
THIS BELONGS TO _____

ALL ABOUT ME

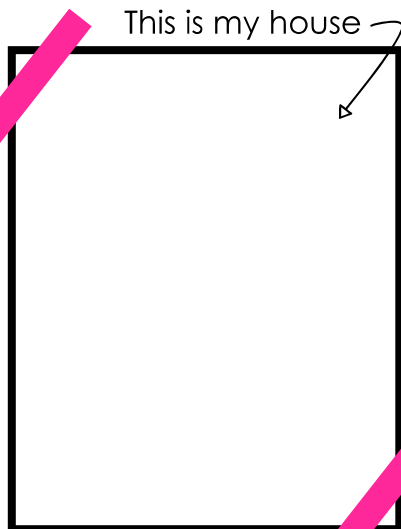
This is what I look like



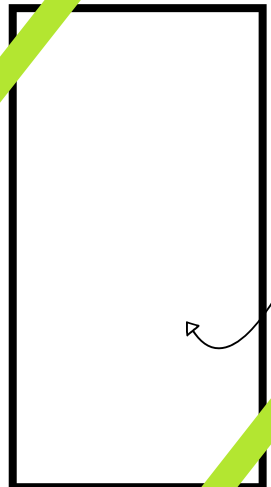
These are my isolation buddies



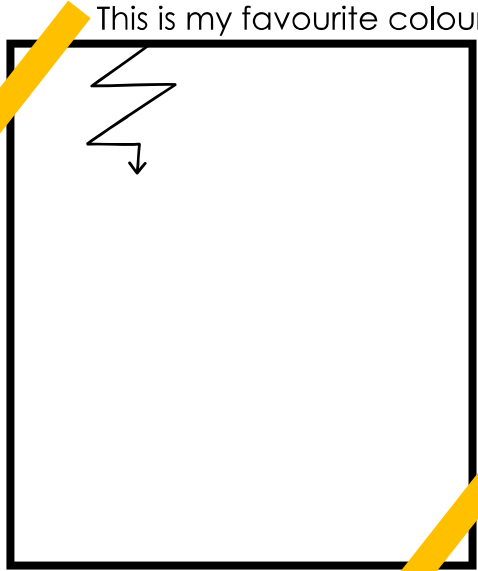
This is my house



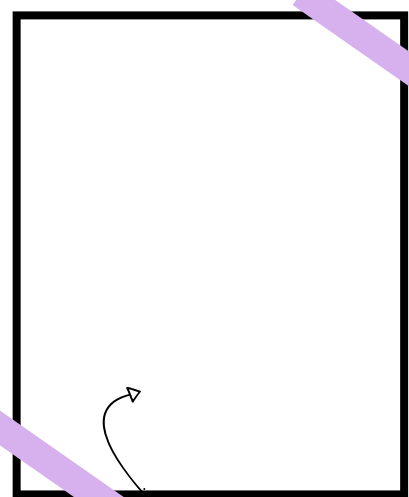
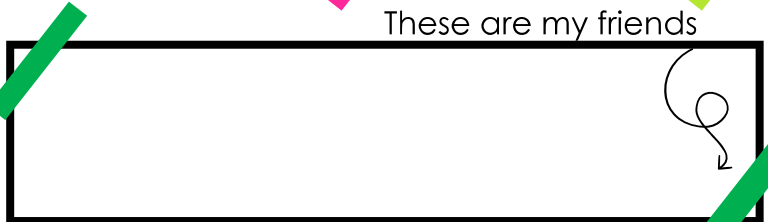
This is my age



This is my favourite colour



These are my friends

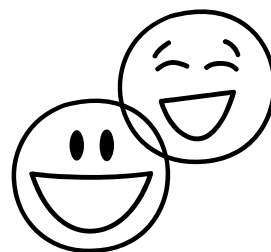


These are a few of my favourite things

This is my teacher

HEY YOU!

please remember...



SOME THINGS

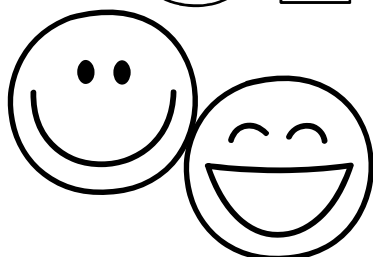
TAKE TIME.

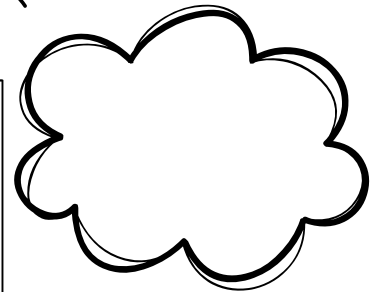
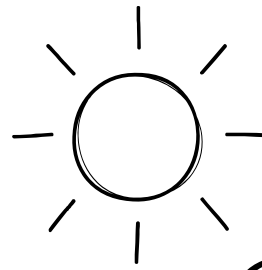
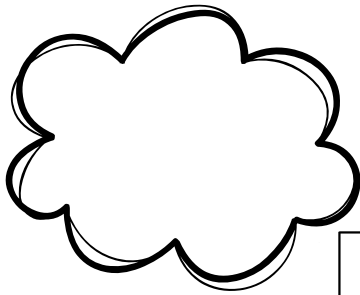
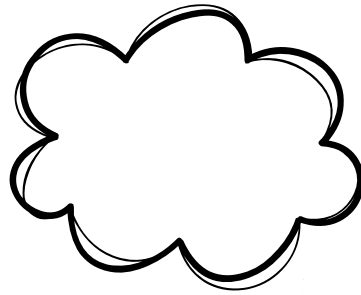
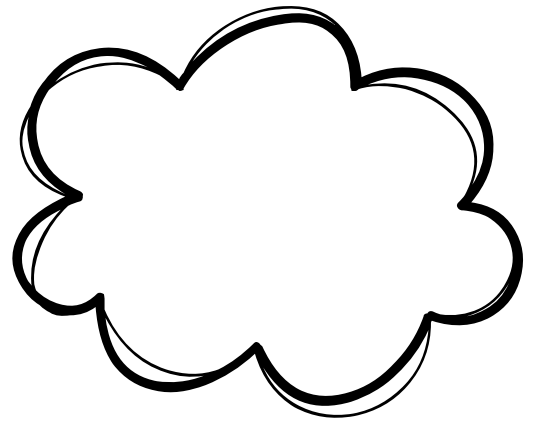
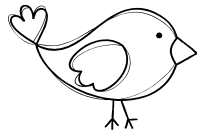
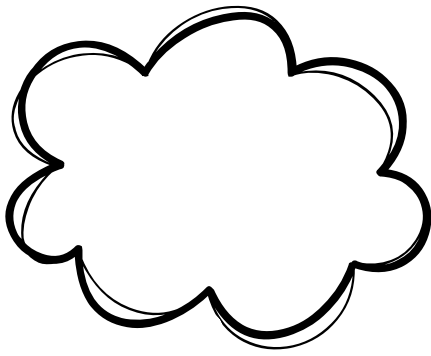
STAY PATIENT.

STAY POSITIVE.

THINGS WILL

GET BETTER.



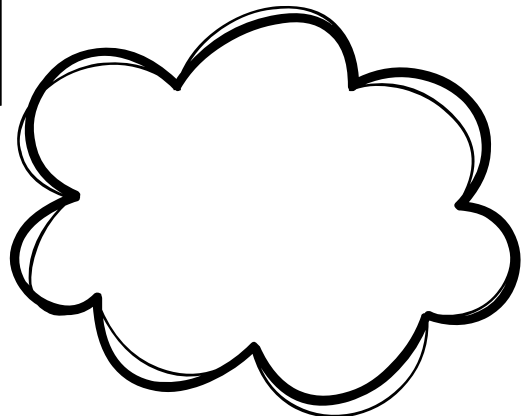


EVERY CLOUD HAS
A SILVER LINING

There is something **good** in every situation!
It's your job to find it! Write something
you're finding difficult and try and think of
the positive silver lining!

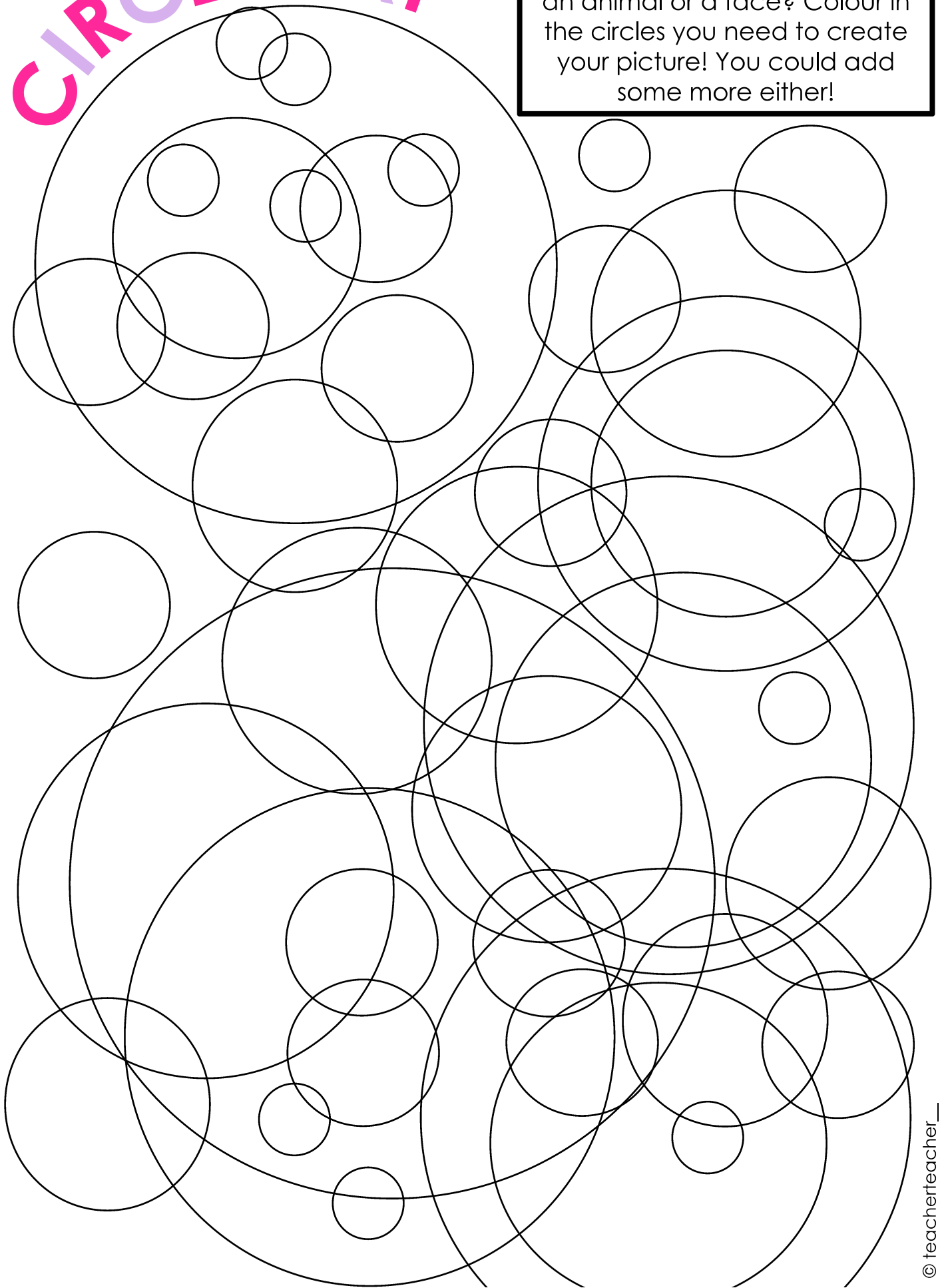
I can't see my friends at the moment because I'm stuck at home.

→ Being apart from them has made me realise how much I love them!

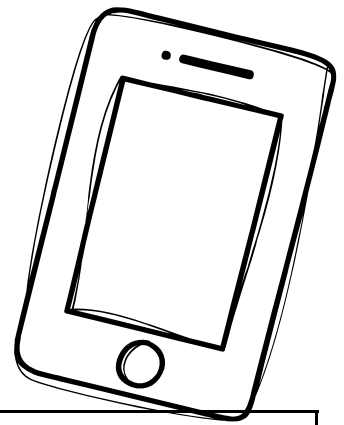


CIRCLE ART

What can you create from the following **circles**? Do you see an animal or a face? Colour in the circles you need to create your picture! You could add some more either!

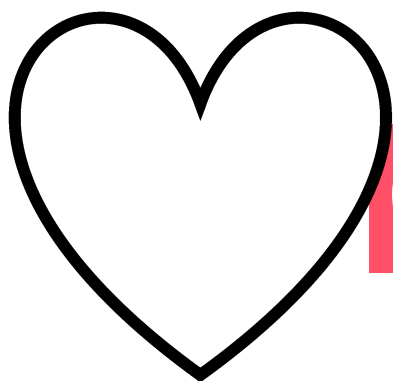
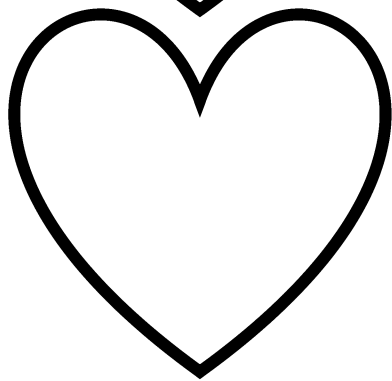
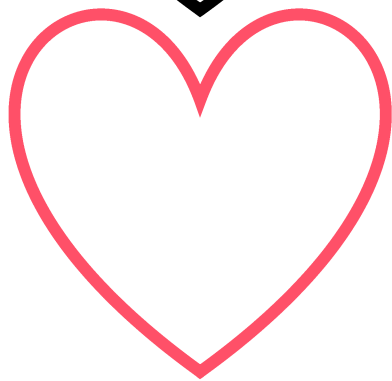
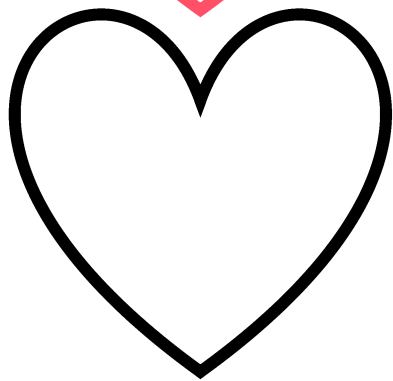
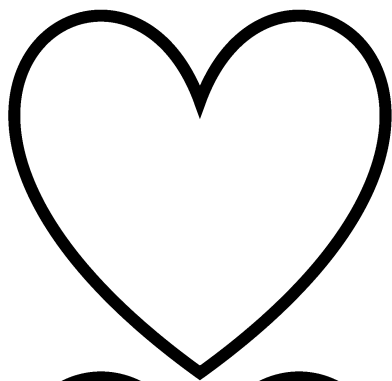
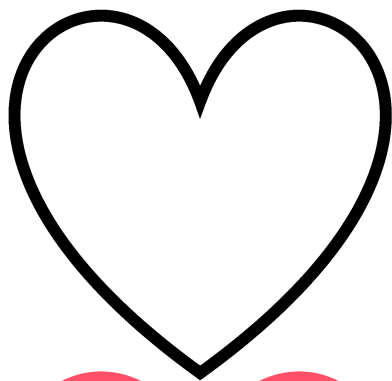


PHONE A FRIEND!



It is important to check in with the people you love! Use this questionnaire to see how well you know one of your friends or family members. You may learn something new!

QUESTION	MY GUESS	REAL ANSWER
What is your favourite food?		
What is your favourite hobby?		
What is your favourite animal?		
Would you rather be as tall as a house or as small as a mouse?		
What have you been doing to keep busy?		
Who is your biggest role model? Why?		
Who inspires you the most? Why?		
What is your favourite country you've visited?		
What is your favourite memory of me?		
What is your most embarrassing moment?		
What are you missing the most?		
Where is the last place you visited?		
Do you have a question for me?		

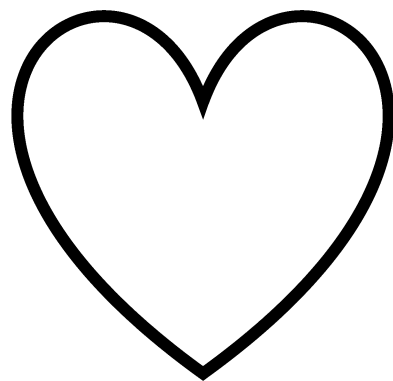
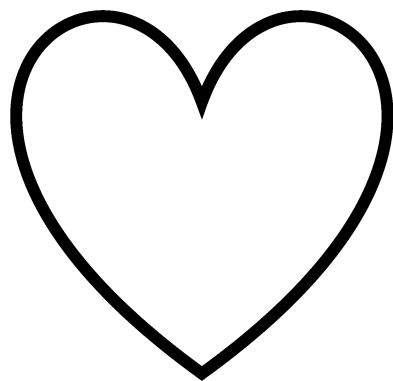
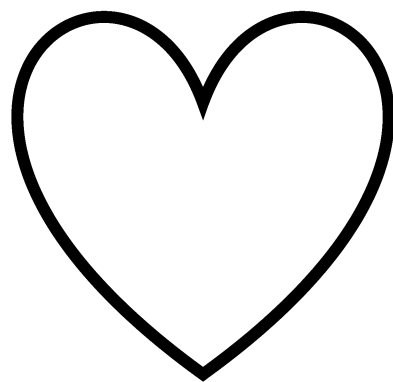
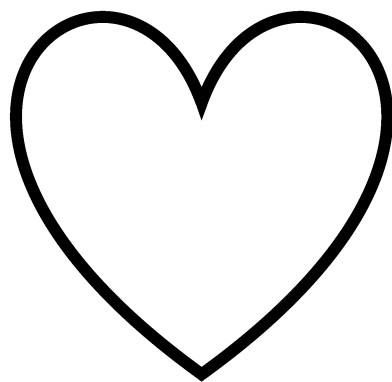


I Am

GRATEFUL



FOR...



COLOUR SEARCH!

Time yourself finding things in your house that match these colours!



DARK
BLUE

LIGHT
BLUE

DARK
GREEN

LIGHT
GREEN

TEAL

DARK
PINK

LIGHT
PINK

DARK
PURPLE

LIGHT
PURPLE

GREY

NAVY

YELLOW

ORANGE

RED

MAROON

BLACK

BROWN

WHITE

GOLD

SILVER

“Just make a DOT and see where it takes you”

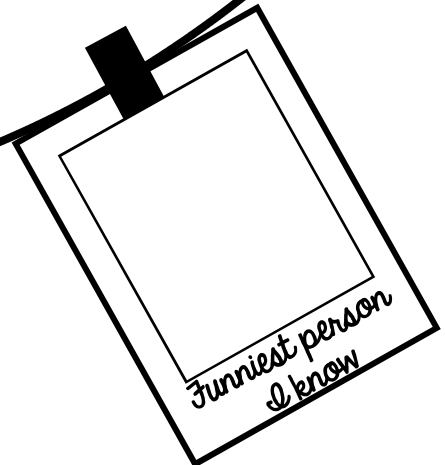
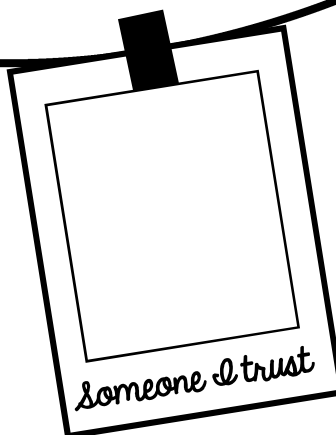
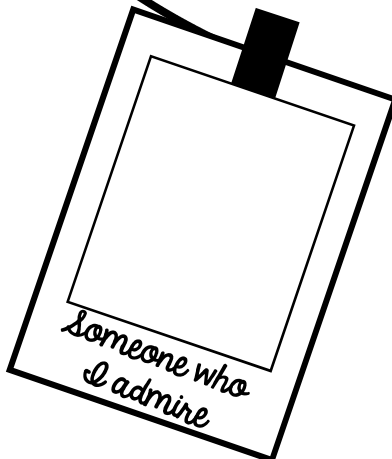
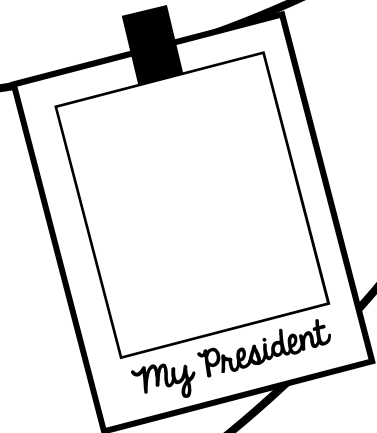
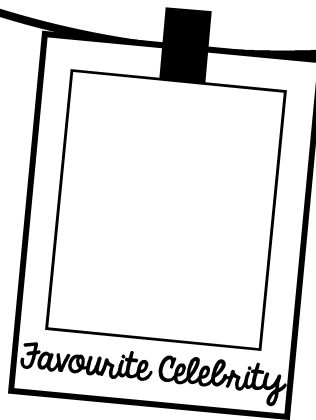
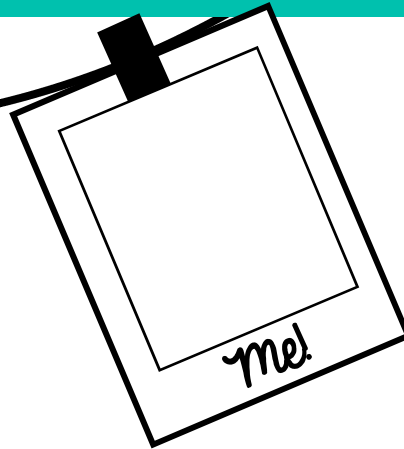
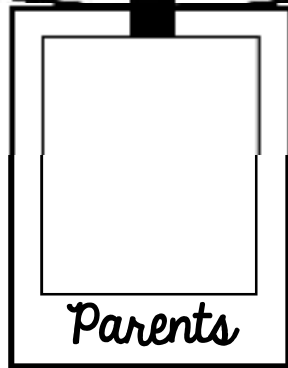
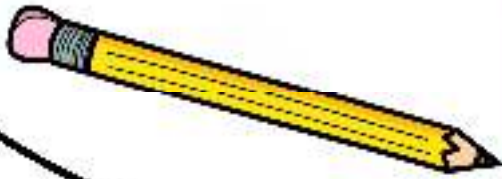
Watch the story “The Dot” by Peter H. Reynolds on YouTube. Then,
have a go creating your own masterpiece below!



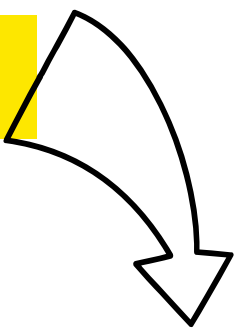
Draw your best portraits
of the following people!

SMILE FOR

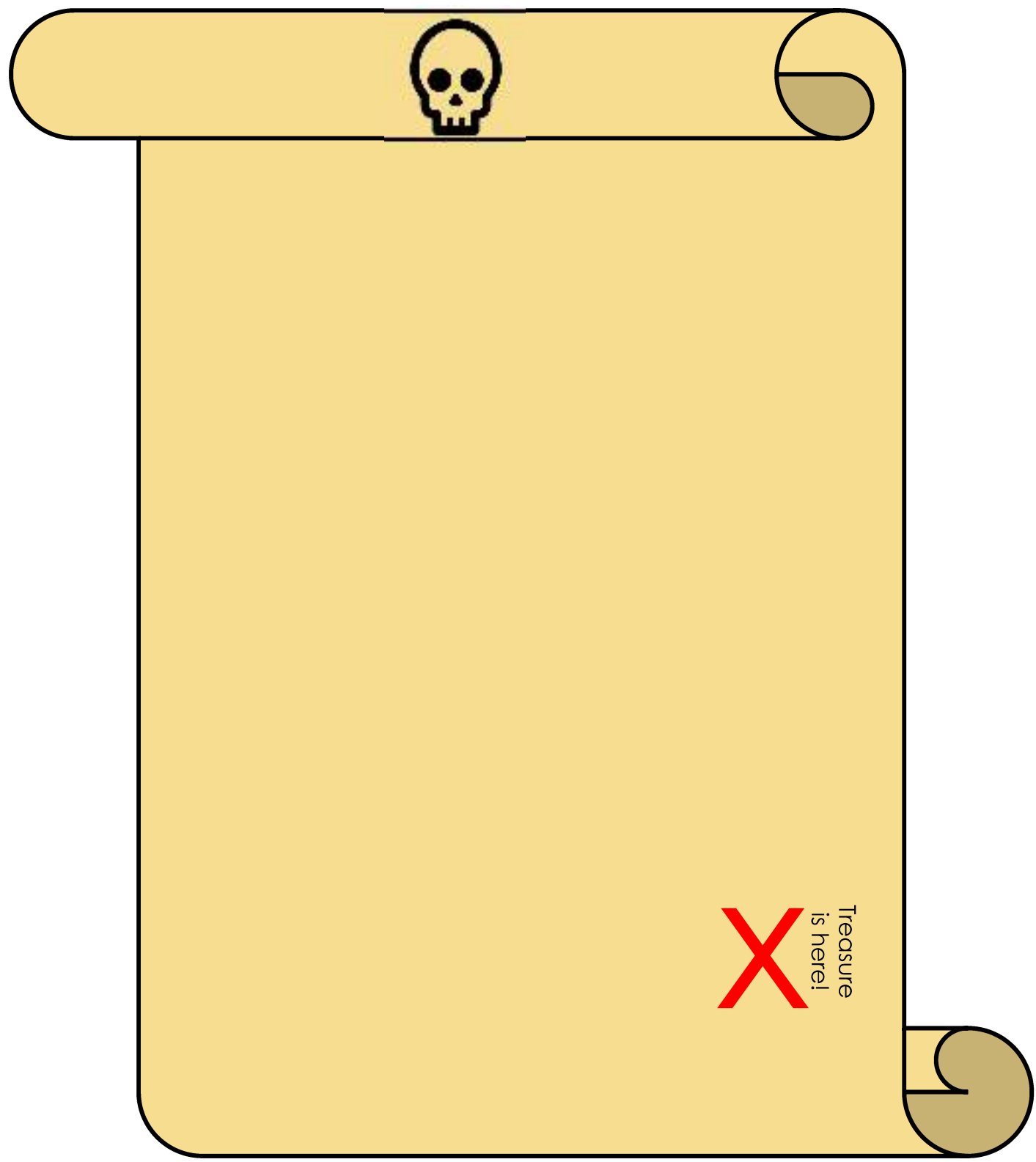
THE CAMERA



TREASURE HUNT!



Plan a treasure hunt around your home for your isolation buddies on the treasure map below!



MY TO-DO LISTS!



Things to organise

A rectangular box with rounded corners and a striped bottom-right corner. On the left side, there is a vertical list of 12 empty square checkboxes.

People to contact

A rectangular box with rounded corners and a striped bottom-right corner. On the left side, there is a vertical list of 12 empty square checkboxes.

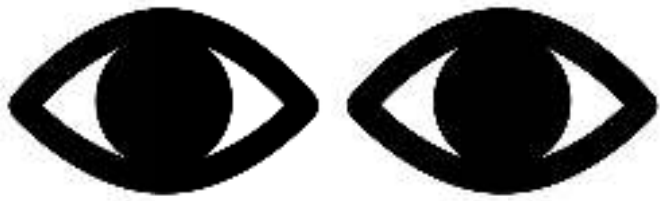
Activities to try

A rectangular box with rounded corners and a striped bottom-right corner. On the left side, there is a vertical list of 12 empty square checkboxes.

Jobs to do

A rectangular box with rounded corners and a striped bottom-right corner. On the left side, there is a vertical list of 12 empty square checkboxes.

I- SPY



Sit outside your house or at a window and watch the world go by. It will probably be a lot quieter at the moment! Count how many of the following you can spy!

CARS

DOGS

KIDS

MEN

WOMEN

BIRDS

CATS

VANS

BICYCLES

MOTORBIKES

OTHER

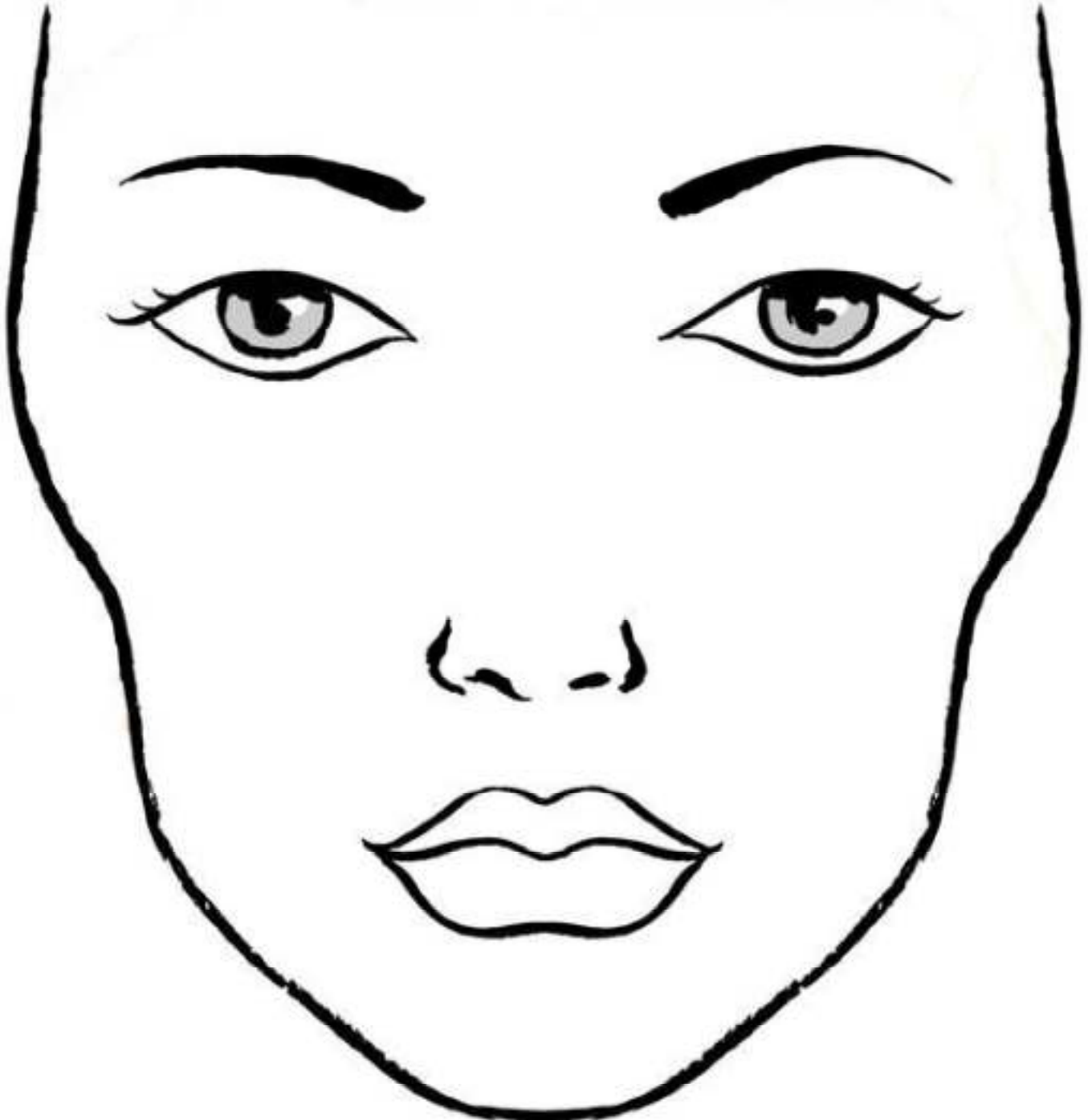
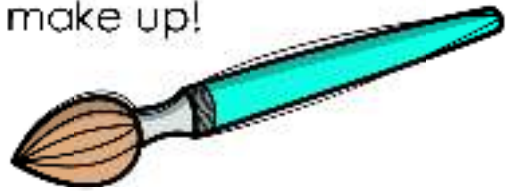
OTHER

WOULD YOU RATHER.....

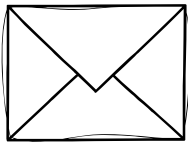
Have a dog	OR	Have a cat
Be as tall as a house	OR	Be as short as a mouse
Have 3 hands	OR	Have 3 feet
Lose your sense of taste	OR	Lose your sense of smell
Only be able to whisper	OR	Only be able to shout
Be able to freeze time	OR	Be able to travel in time
Live without music	OR	Live without TV
Be able to breathe under water	OR	Be able to fly
Always have a song stuck in your head	OR	Have an itch that you can't reach
Have the legs of a frog	OR	Have the head of a fly
Have a magic carpet	OR	Have your own personal robot
Be 10 years older	OR	Be 4 years younger
Be a famous singer	OR	Be a famous actor
Speak every language	OR	Play every instrument
Be the smartest person in the world	OR	Be the best athlete in the world
Eat a beetle	OR	Get stung by a bee
Spend the day on the beach	OR	Spend the day skiing
Not watch TV for a year	OR	Not have sweets for a year
Have a swimming pool	OR	Have a trampoline
Have a purple nose	OR	Have green ears
Always be dressed up	OR	Always wear your pyjamas
Moo like a cow after every sentence	OR	Bark like a dog after every sentence

PAINT A FACE

Add some designs to the face! You could create a face paint look or add some make up!



DEAR 2030 ME....



Write a letter to yourself to read in 10 years time. What would you like to remember from this time? What do you hope to have achieved by 2030? Ask a parent to hold onto it for you until 2030!

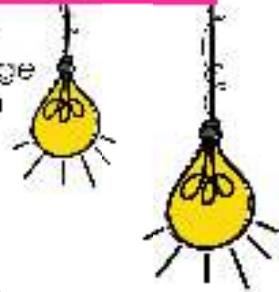
A series of horizontal lines for writing the letter.

We are

HISTORY MAKERS

You are living through history right now! Fill in this page for your future self to look back on. You can create a time capsule by storing this page and other items in a container and not opening it for a few years! You could also include....

- Photos
- Newspaper
- Art work you have created
- Special memories



What I have learned from this experience

I am thankful for...

How I'm feeling at the moment

Things I am excited to do when all of this is over

What special occasions happened during this time?

My fingerprint
(use a marker)

My favourite song at the moment

What I am doing to keep busy at home

Where I'm living at the moment



COMIC STRIP

The superhero that saved the world from COVID-19!

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TRIP OF A

LIFETIME



It's time to book your dream holiday! Your budget is 5000 euro so look online and fill out the itinerary below!

When is your trip?

Summer

Autumn

Winter

Spring

Who is going on the trip with you?

Family

Friends

Name them here _____

Where are you going?

Country _____

City _____

How long will it take to get there? _____

How are you going to get there?

Mode of transport _____

Price of tickets _____

Date of trip _____

Where are you going to stay?

Hotel

House

Apartment

Yacht

Caravan

Name of accommodation

How much is it going to cost?

What facilities are available?

Plan for the trip

What will you **do** on your trip?

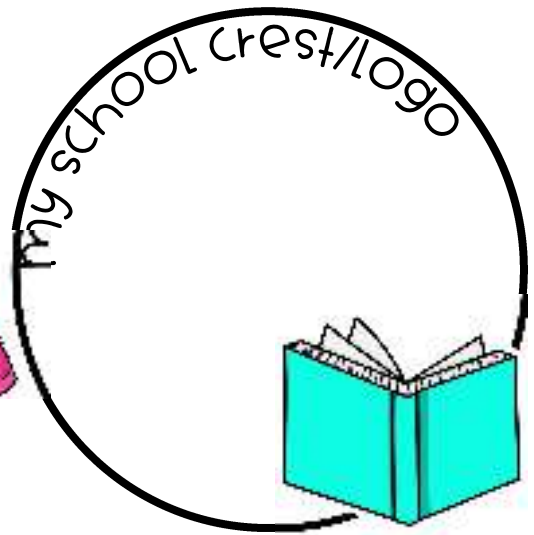
What will you **eat** on your trip?

What will you **see** on your trip?

MY SCHOOL

Fact file

This is what my school looks like



How many people are in your class?	
Who is your principal?	
Who is your teacher?	
How many classes are in the school?	
What is your favourite subject?	
What is your least favourite subject?	
Who are your best friends in school?	
What is your school address?	

What activities do you take part in after school?

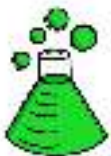


What I miss the most about school

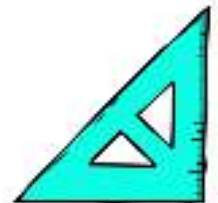
What I'm most looking forward to when we get back to school

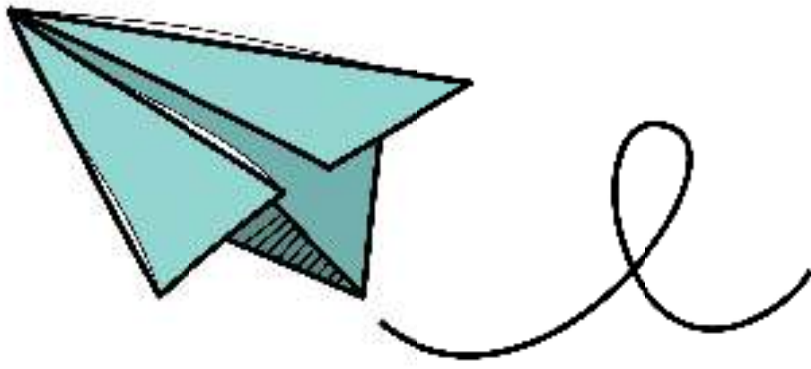


My favourite school memory

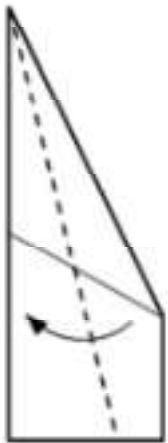
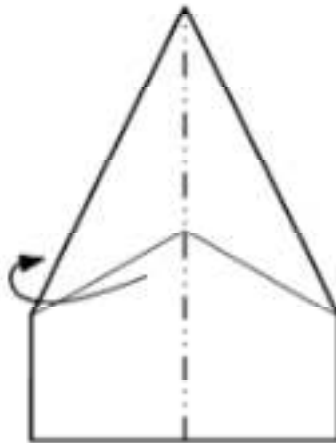
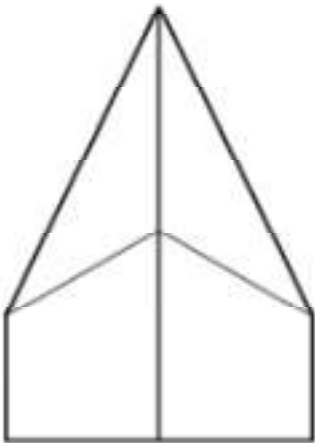
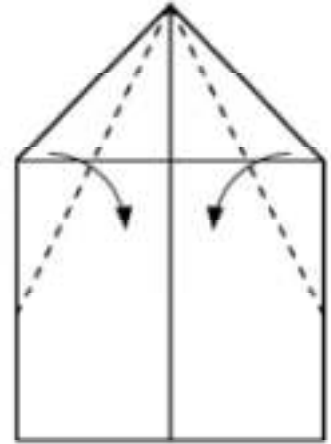
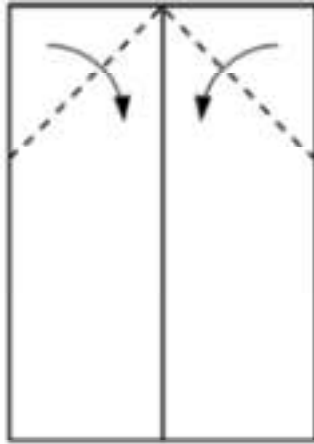
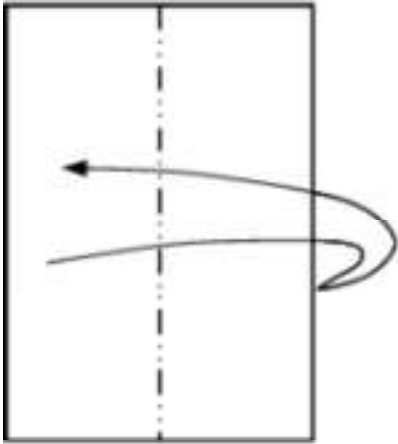


What is the most important thing you have learned in school?



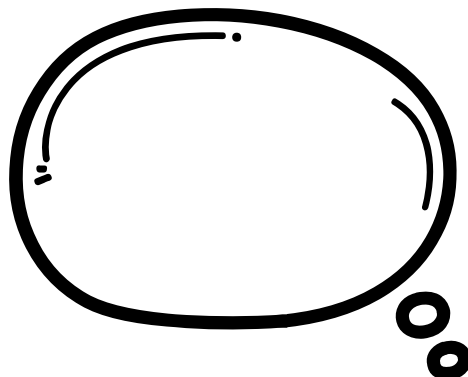
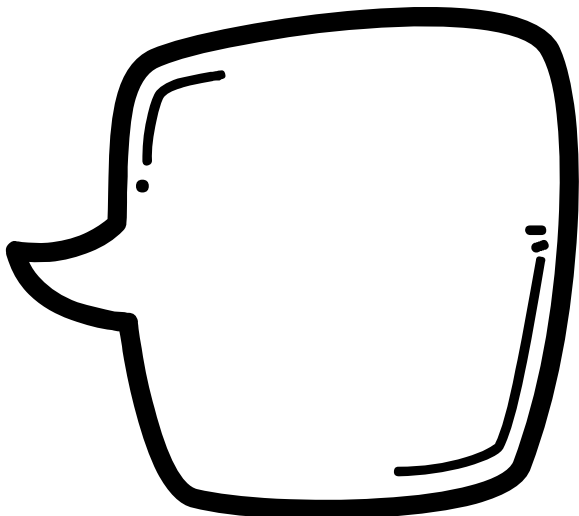
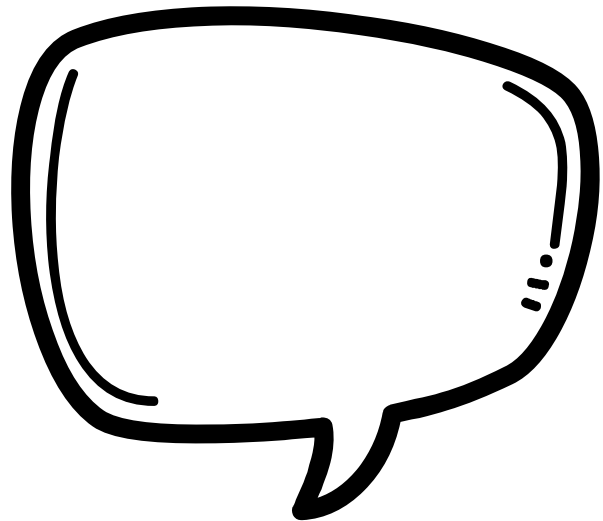
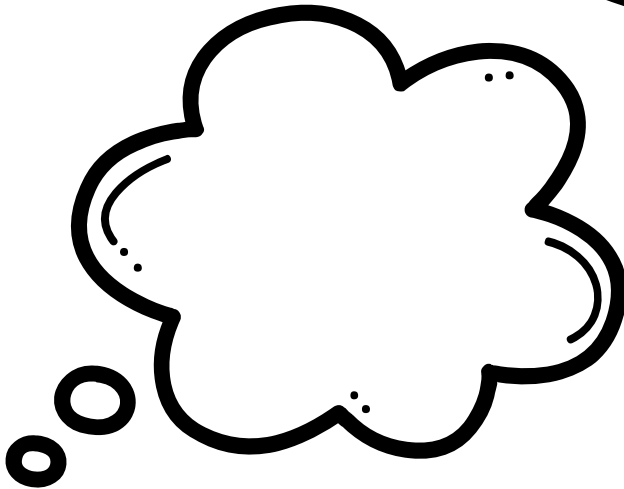
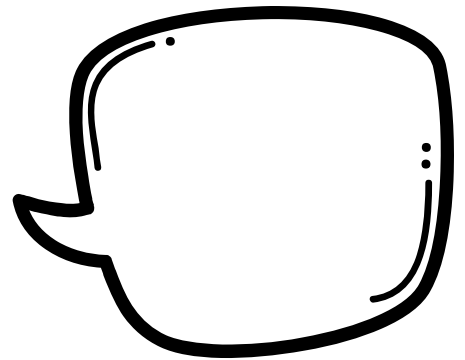
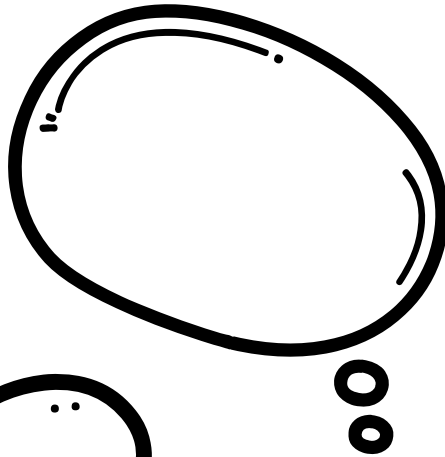
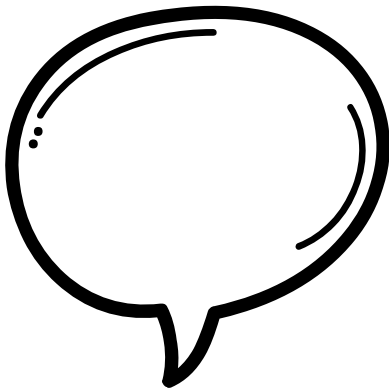


HOW TO MAKE A PAPER AIRPLANE



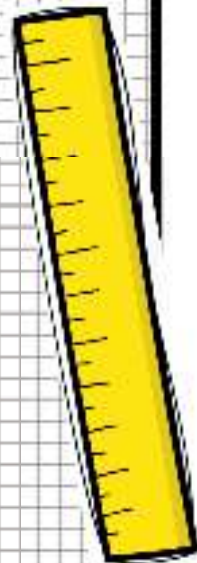
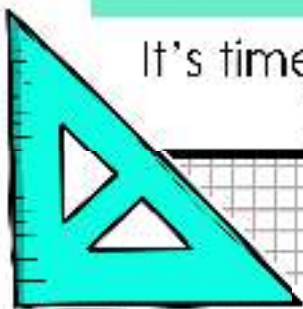
KINDNESS IS THE MARK WE LEAVE ON THE WORLD

Now is the perfect time to show kindness. Write the random acts of kindness that you have completed in the speech bubbles!



DESIGN YOUR ROOM

It's time for a room renovation! What would you include in your dream bedroom?



my DREAM TEAM



Pick your favourite team sport and create your dream team.

You could pick real athletes or some of your friends! Don't

forget to design your kit on the t-shirts below!



Sport	Name of team	Manager	Home country



Name:	Name:	Name:	Name:
Position:	Position:	Position:	Position:
Number:	Number:	Number:	Number:



Name:	Name:	Name:	Name:
Position:	Position:	Position:	Position:
Number:	Number:	Number:	Number:



Name:	Name:	Name:	Name:
Position:	Position:	Position:	Position:
Number:	Number:	Number:	Number:



Family

OLYMPICS



Host your own Olympic Games at home this year! You could have real sports or make up some funny games instead. Don't forget to make some tinfoil or toilet roll medals for the winners!

NAMES OF ATHLETES

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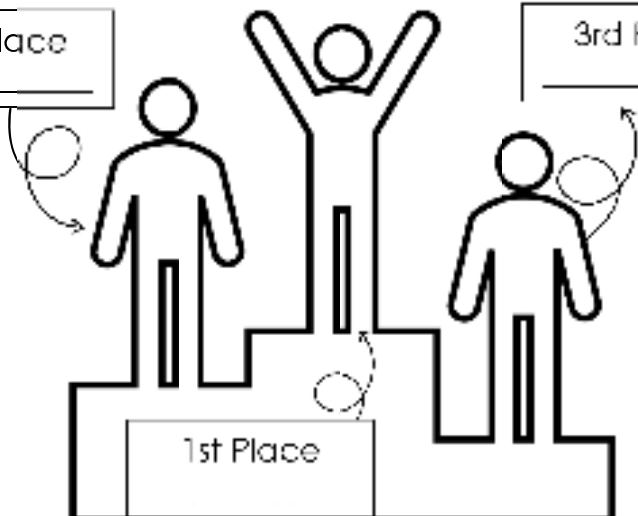
NAME OF SPORT	VENUE	EQUIPMENT NEEDED	TIME OF COMPETITION	ATHLETES TAKING PART	WINNERS!

OVERALL WINNERS

2nd Place

3rd Place

1st Place



SPORT IDEAS

- Table tennis with frying pans
- Obstacle course
- Throwing ball into a bucket
- Long jump
- Sack race
- Egg and spoon race
- Sprint race
- Gymnastics
- Stairs climbing
- Trampoline skills
- Wheelbarrow race

CELEBRATE

the little things!

YOU'RE ALLOWED TO CELEBRATE YOUR VICTORIES - BIG OR SMALL!



WORD

A DAY

DIARY

At the end of each day, pick **one word** that summarizes it! This is a fun and quick way to look back on your time at home.



HERE ARE SOME EXAMPLE WORDS					
fun	family	sport	tired	calls	art
news	friends	exciting	fort	movie	adventure

APRIL

MON	TUES	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

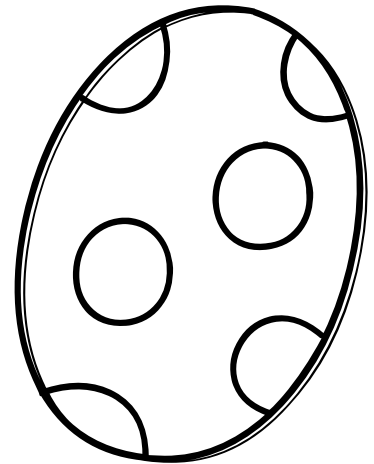
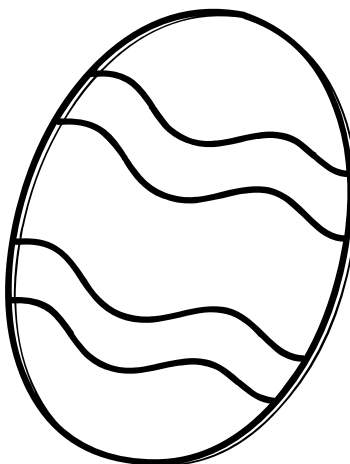
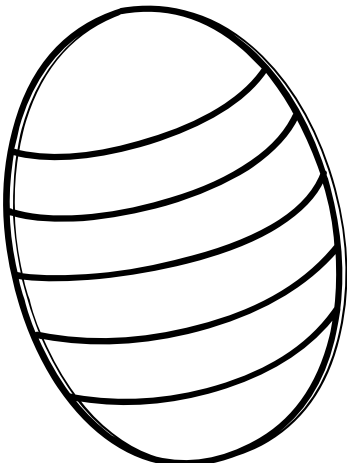
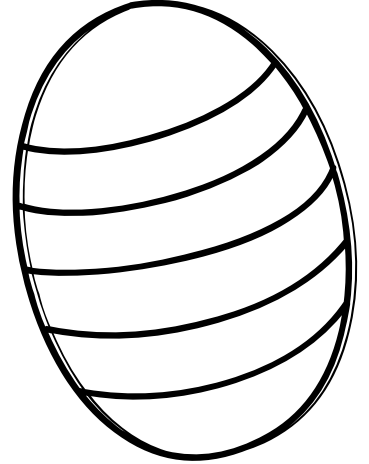
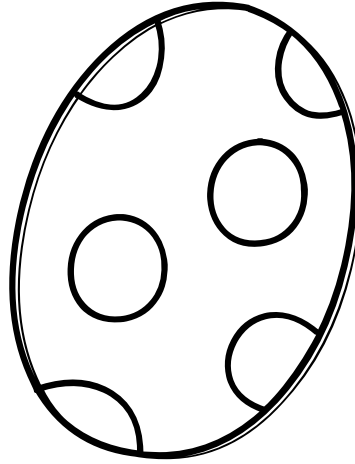
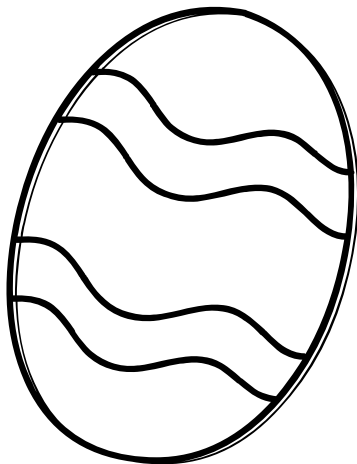
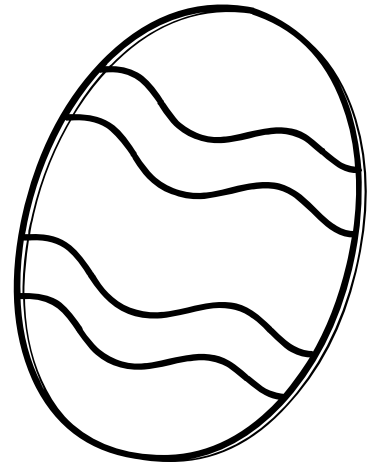
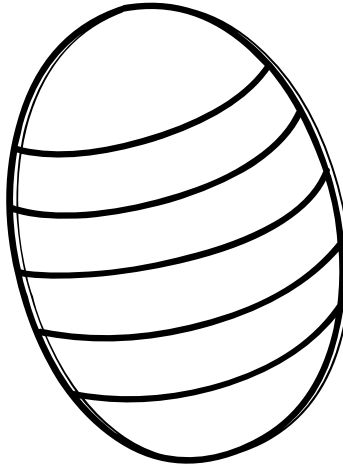
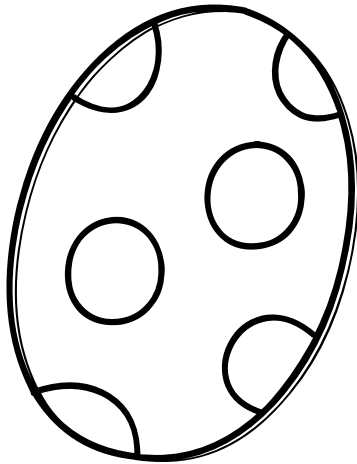
MAY

MON	TUES	WED	THURS	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



DESIGN STUDIO

These eggs need a makeover! Add colour and patterns to help them get ready for Easter!



FAMILY

RESTAURANT



Do you have a favourite restaurant that you are missing at the moment? It's time to bring it to your house! Set up the room and ask your family to dress up for the dinner of a lifetime!

Name of restaurant	Meal you will be cooking	Who will be attending?

Shopping list
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

Plan for the layout the room



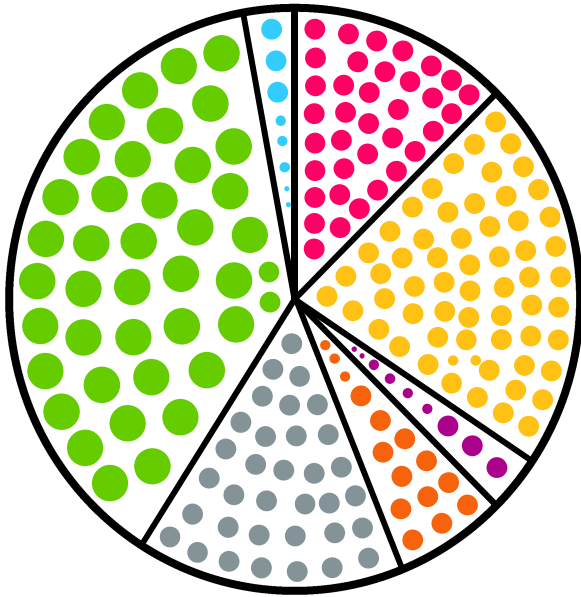
TO-DO List
<input type="checkbox"/> Make invites
<input type="checkbox"/> Look up the recipe
<input type="checkbox"/> Collect all the ingredients
<input type="checkbox"/> Set the table
<input type="checkbox"/> Decorate the room
<input type="checkbox"/> Make table name cards
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Evening entertainment
<input type="checkbox"/> Jokes
<input type="checkbox"/> Dance
<input type="checkbox"/> Music
<input type="checkbox"/> Gymnastics
<input type="checkbox"/> Speech
<input type="checkbox"/>
<input type="checkbox"/>

PIE CHART OF

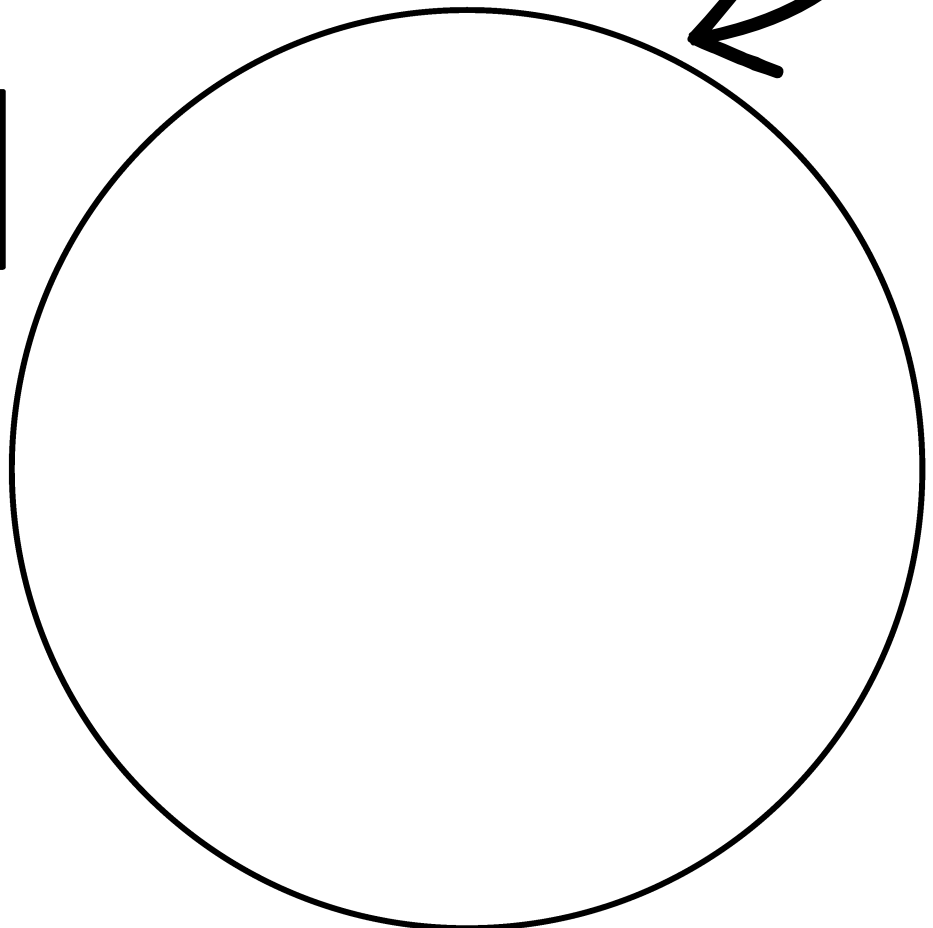
PRODUCTIVITY!

It's fun to see what you are doing each day. Split up this pie chart roughly to show how you are spending your time at the moment! Here is an example one for you!



- Watching TV
- Sleeping
- Playing outside
- Calling my friends
- School work
- Baking
- Reading

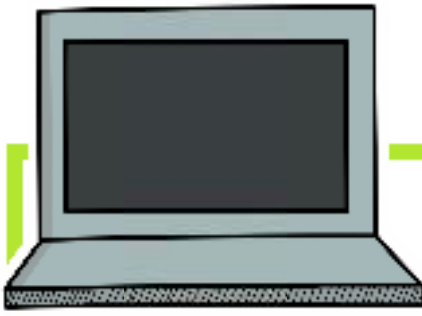
How I split up
my **day!**



CHALK IT OUT

People around the world have been leaving messages of **positivity** along the footpaths of their neighbourhood. This is such a great way to show kindness and gratitude! If you don't have chalk, you could use post-it notes or paper and leave them somewhere visible! Here are some of our favourite messages to inspire you....





“I’M BORED”

IDEAS

Ideas that need a screen

- Watch **Newsround** or any Kids’ News programme online.
- Visit The British Museum website and have a **virtual tour**.
- Find your favourite places on **Google Maps** street view.
- Listen to an audio book on the **Epic!** App.
- Challenge your friends to an online game of **PSYCH**. This is an app created by Ellen DeGeneres.
- Have a family game of **Heads up!** which is also an app created by Ellen!
- Record** yourself reading a children’s story book and send it to some busy parents who would appreciate it for their children.
- Set up a **green screen** (you could use a table cloth or bedsheet) and download the **Green Screen by Do Ink** app.
- Play on a **sudoku/ crossword** app.
- Start a **blog** (with parents’ permission).
- Challenge your friends to a Facetime **dance off**.
- Learn a new language on **Duolingo**.
- Create a **fort** and watch your favourite movie.
- Go through your camera roll/ a parent’s camera roll and **pick some photos** to get printed using the “free prints” app. You can get 40 prints free a month!
- Become a detective and use the **Geoguessr** app to identify locations on street view.
- Work on problem solving skills using the **Nonogram** app.



“I’M BORED”

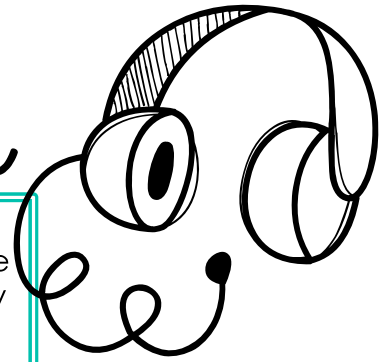
IDEAS

Screen-free ideas

- Write a **letter** to a family member you haven’t been able to see in a while.
- Set up an **obstacle course** in the garden and time all your family members to complete it.
- Set up a **fort** on the trampoline. Bring the duvets down and enjoy some star gazing.
- Set up a themed **restaurant** for your family.
- Create an **escape room** for your isolation buddies.
- Go for a **run** or a walk around your local area.
- Make use of all the **toilet roll** lying around and practice your Keepy-uppies, create an igloo or try make a tower that will reach the ceiling.
- Set up “**Quarantine Olympics**” at home with your family.
- Bounce** a ball down the stairs into a bucket.
- Set up a **Rube Goldberg Machine** around the house.
- Create a house made of **playing cards**.
- Play **table tennis** with frying pans and a Ping-Pong ball.
- Create a **game show** for all the family. It could be a version of The Chase, Who wants to be a millionaire or Mr. and Mrs.or you could invent your own!
- Learn a **new skill** e.g. knitting, front flips, drawing or solving a Rubik’s cube.
- Pick a recipe and have a family bake off!

PODCAST

Recommendations



It is great to have a podcast on the go at all times. While you can't beat the benefits of reading a book, podcasts allow you to practice the same comprehension skills. Podcasts are the key for productivity too! If you've been asked to empty the dishwasher or tidy your room, it's great to have something to listen to and it stops you getting distracted. These are the top recommended podcasts for your age. The "**Kids Listen**" app is the best place to access a range of podcasts.

All ages



KID NUZ Five minutes of kid-friendly news (followed by a quick quiz) each day, five days a week.

ages 10+



SIX MINUTES This is a mystery story that has been HIGHLY recommended.

Ages 11+



BOOK CLUBS FOR KIDS Middle school kids talk about their book recommendations

ages 10+



GOOD STUFF SPORTS A sports podcast with stories and advice from athletes.

Ages 6+



BRAINS ON! Answer science questions that kids have always wondered.

ages 8+



SMASH BOOM BEST Family friendly debate podcast where children listen to debates

Ages 11+



THE UNEXPLAINABLE DISAPPEARANCE OF MARS PATEL Mystery story that will have you hooked!

Under 6



STORY TIME 10-15 minute stories perfect for bedtime. Nearly as good as a picture book.

Ages 10+



ELEANOR AMPLIFIED This podcast follows a journalist who goes on adventures looking for her big scoop.

All ages



WHAT IF WORLD This series takes ridiculous "what if" questions submitted by kids and turns them into a story.

Ages 8+



FLYEST FABLES takes its readers to a world where they find the strength to overcome any obstacle.

All ages



NOODLE LOAF Singing, rhyming, moving and engaging in all kids of music games. Silly and upbeat.

Ages 6+



BUT WHY? Similar to "Brains on!" Answering Science questions.

Ages 8-12



THE ALIEN ADVENTURES OF FINN CASPIAN 8 year old boy living on a space station who explores the galaxy and solves mysteries.

APP recommendations

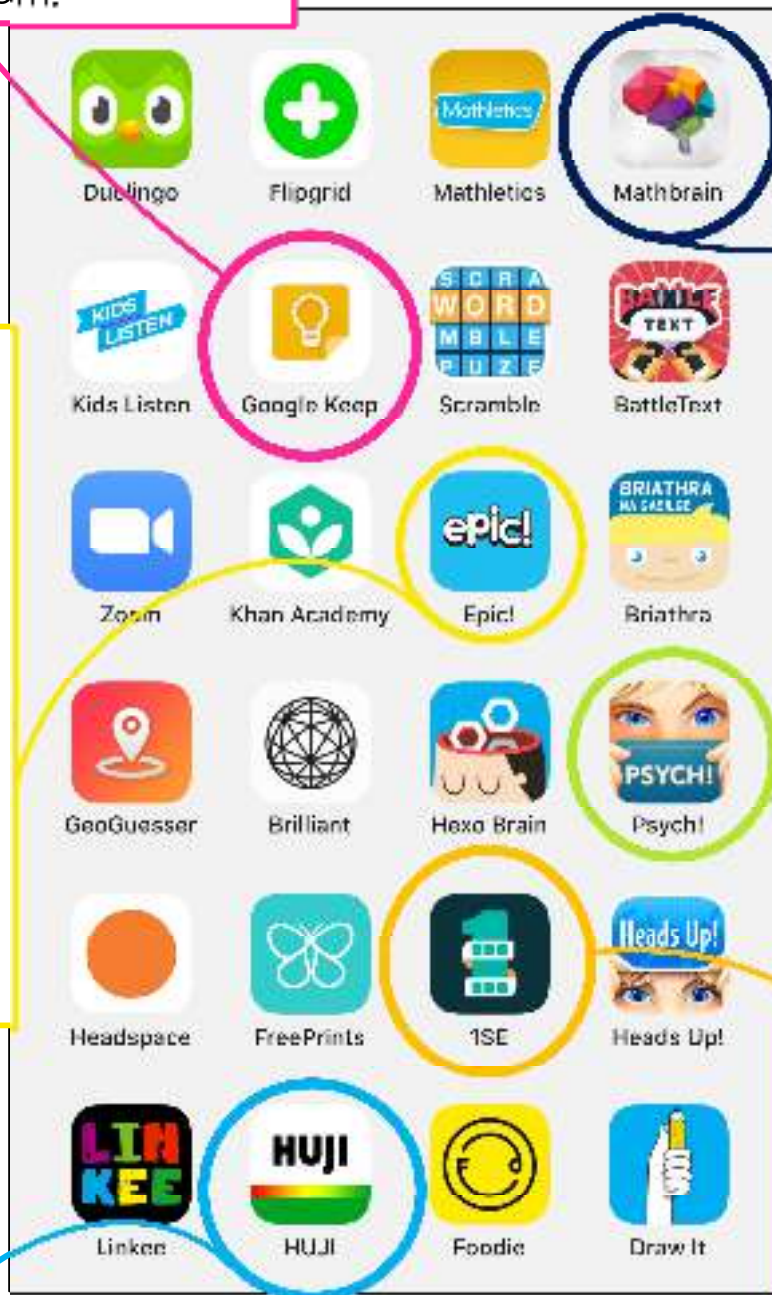
The following 24 apps are our recommended apps to get you through the next few weeks! There is a mixture of educational, photography, social, fun and organisational apps. Please try any that you think you may like!

A great way to keep your to-do lists **organised**, or any lists you may have! You can tick off the items as you complete them.

Good way to problem solve while revising simple **Maths** concepts.

Lots of **books** in one place. You can listen to them as audiobooks or read along similarly to a kindle. Make sure to select the correct grade for your age level.

A great **quiz** game to play with your friends online.



Take **photos** using "retro" disposable camera features!

Document **one second** of everyday of your isolation experience! A lot of people start this in January and record their entire year.

TIME FOR THE

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THANK YOU FOR USING THIS RESOURCE! PLEASE NOTE THE FOLLOWING...

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A BIG THANK YOU TO.....

