

**'How to stay sane while working from home' Zoom session  
Presented by Sally Flynn QC, Tim Bourbon and Elizabeth Ruddle**

## Arts and crafts resource guide

### Paper – no mess

Monster corner Bookmarks

<https://www.redtedart.com/monster-corner-bookmarks-and-owls/> (there's a million variations on this idea for example <http://tinyhouse.hatasinincozumu.com/image.php?id=400617> so just search your kids current favourite thing (football, super hero, unicorn ect) and "corner bookmark" and someone will have made one

Easy Star Wars origami

<https://origamiyoda.com/how-to-fold/>

Easy Origami Pikachu

<https://www.origamiway.com/easy-origami-pokemon.shtml>

Origami jumping frogs

<https://www.itsalwaysautumn.com/origami-jumping-frogs-easy-folding-instructions.html>

Easy origami for kids

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

3D butterfly art

<https://www.thebestideasforkids.com/butterfly-template/>

Star wars/Harry Potter/ frozen "snowflakes" (this one's for older kids)

[http://www.anthonyherreradesigns.com/images/Blog\\_Articles/SW\\_Snowflakes\\_2012/pdfs/snowflake-yoda.pdf](http://www.anthonyherreradesigns.com/images/Blog_Articles/SW_Snowflakes_2012/pdfs/snowflake-yoda.pdf)

### Slightly more mess

Make "Dinosaur egg" bath bombs – same recipe can make regular bath bombs too. Be wary of adding too much food colouring – it can stain the bath. Do follow the tip to use extra citric acid

<https://www.funathomewithkids.com/2013/10/diy-bath-bombs-magic-hatching-dinosaur.html?m=1>. Citric acid is sold near the baking products in most supermarkets.

The same recipe can be used to do them in moulds

<https://www.brit.co/diy-bath-bomb-roundup/> which are a bit easier

Shaving cream water marbling

<https://happyhooligans.ca/marbled-paper-shaving-cream-food-colouring/> (food colouring works fine but does stain fingers)

## Pretty messy

<https://happyhooligans.ca/pour-painted-paper-weights-beach-stones/>

Ikea squeeze tubes of paint work well for this.

Cloud dough (one for littlies)

<https://babbleddabledo.com/how-to-make-cloud-dough/> ONLY do this outside or on a tiled area – it does not look that messy but it is.

## Perler/Hama beads

Minecraft

<https://www.keepcalmandmommyon.com/10-minecraft-perler-beads/>

Pokemon

<https://mamainthenow.com/over-500-pokemon-and-minecraft-perler-patterns/>

Star wars

<https://frugalfun4boys.com/star-wars-perler-beads-patterns/>

Retro games

<http://gadgets.in.com/perler-beads-gameboy-fridge-magnets.htm>

fruit bowl

<http://www.vikalpah.com/2016/08/diy-perler-beads-fruit-bowl.html>

other bowl

<http://www.pinkstripeysocks.com/2013/07/make-perler-bead-bowls-and-words.html>

fruit coasters

<https://myfrugaladventures.com/2015/05/citrus-perler-bead-coasters-fun-childrens-craft/>

## Science activities for little kids - MESSY

<https://babbleddabledo.com/science-for-kids-milk-painting/>

<https://www.mudmates.co.nz/blog-exploding-chalk-paint/>

although I put all the ingredients other than the baking soda in the bag, seal the bag with a peg or foodsaver, then add the baking soda and seal the bag. Another version of the same thing:

<https://www.growingajeweledrose.com/2013/04/paintbombs.html>

<https://www.steampoweredfamily.com/activities/science-experiments-kids-lemon-volcano/>

<https://www.steampoweredfamily.com/activities/hatch-dinosaur-eggs-with-science/>

## Other “quiet” activities for kids - free

Storytelling podcast ideas (includes ideas from 2 – 13 years)

<https://tothotornot.com/fiction-podcasts-kids/>

Lego challenges/ideas

<https://frugalfun4boys.com/>

Harry Potter themed activities at:

<https://www.wizardingworld.com/collections/harry-potter-at-home>

David Walliams has audio books, activity sheets and videos

<https://www.worldofdavidwalliams.com/>

Online museum tours

<https://www.timeout.com/travel/virtual-museum-tours>

List of virtual tours

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Australian galleries:

<https://newywithkids.com.au/best-virtual-tours-australia/>

NASA “kids club”

<https://www.nasa.gov/kidsclub/index.html>

Huff post article with more ideas:

[https://www.huffingtonpost.com.au/entry/free-online-learning-activities-for-kids\\_15e73848dc5b63c3b648bc968](https://www.huffingtonpost.com.au/entry/free-online-learning-activities-for-kids_15e73848dc5b63c3b648bc968)

Nat Geo Kids Club:

<https://www.natgeokids.com/au/category/kids-club/>

Great physics and science youtube channel:

<https://www.youtube.com/channel/UCHnyfMqiRRG1u-2MsQLbXA>

<https://www.timeout.com/new-york-kids/things-to-do/online-classes-for-kids>

## Paid classes or activities

Code camp

<https://www.codecamp.com.au/>

Kids unlimited

<https://www.kidsunlimited.com.au/>

Science play kids:

<https://www.scienceplaykids.com.au/>

## Getting your kids moving

If you can't get the kids outside... some ideas for getting the wiggles out inside.

Cosmic Kids Yoga (aimed at primary level, but parents can join in!). Also has mindfulness which can help kids who are a bit anxious

<https://www.youtube.com/user/CosmicKidsYoga>

PE with Jo – PE classes for kids. Lots of fun

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

20 Online – 20 min workouts

<https://www.youtube.com/channel/UCi2e8jhzHRdndkokcoZ5CWQ/featured>

Debbie Doo, dancing and movement for younger kids.

<https://www.youtube.com/channel/UCMyyXCurk6jXXOWt2eKyCgg>

Ideas for “brain breaks” for kids

<https://www.weareteachers.com/brain-breaks-for-kids/> and

<https://www.unicefkidpower.org/brain-breaks-for-kids/>

## Get yourself moving

VicHealth has a free low intensity program to follow

<https://movemyway.com.au/>

Look into whether your local gym is offering online classes or zoom PT.

[STUDIO PP ONLINE](#)

Lots of exercise apps around. Some free trials available due to covid-19 eg

<https://centr.com/join-us>

Women's health made a list of their favourite paid apps:

<https://www.womenshealthmag.com/uk/fitness/fat-loss/a25160443/home-workout-apps/>

Yoga with Adriene on Youtube

<https://www.youtube.com/user/yogawithadrien>

Moodgym – teaches skills to overcome anxiety and depression

<https://moodgym.com.au/>