

Home & Environment Activity ideas



Living room

Rainbow creations – decorate a rainbow (if you haven't already) and display in your window for others to enjoy!

Create an Easter themed window display with pictures, poems and any Easter themed props you may have available.

Kitchen

Below is a link to some **sample Zing-style recipes** – all of our recipes are designed to be super easy, super quick and super healthy, for all the family to enjoy. If you would like more recipe inspiration or are interested in finding out more about our cookery workshops, please contact the team on OneLifeSomerset@somerset.gov.uk and we will respond to your enquiry as soon as possible.

<https://www.healthysomerset.co.uk/wp-content/uploads/2019/01/Sample-recipes-Healthy-Somerset-website.pdf>

Bathroom

Take a relaxing bath – this can be a sensory activity which engages all of our senses especially when fragrant oils or foams are added, maybe light a candle (consider if this is safe to do so) and listen to some soothing, calming music.

Care for plants – some plants grow well in the bathroom due to the higher humidity.

Bedroom

Create your own Bedroom Spa

Maybe use natural fruits or Vegetables for a relaxing face mask (only use what you know is safe for you and consider allergies before use)

Create a foot spa – See *Mindful activity* section

Play some gentle soothing music

Dim the lighting and/or draw the curtains

Use a blanket or shawl to help you feel comfortable and warm



Healthy sleep – A guide for parents

We know that if one child doesn't sleep, the whole family suffers. Our three-part guide helps you understand the issues around sleep that might be causing disturbed sleep in your family. Firstly it looks at common sleep problems in children with complex needs and how these are assessed. It also describes sleep problems in specific genetic syndromes. Finally it outlines strategies that can be used to improve sleep problems in all children.

<https://cerebra.org.uk/download/sleep-a-guide-for-parents/>

What is sleep hygiene?

To prevent bugs and diseases we all understand that we need to adopt good hand-hygiene so that we create the right environment for fighting infection. Sleep is actually quite similar in that we have to create the right environment in order to get a good night's rest.

https://www.cypsomersethealth.org/?page=wellbeing_framework_the_pillars_sleep

Every child needs good sleep for healthy development, growth, and learning

<https://www.tuck.com/parents-guide-healthy-sleep/>

Garden

Make a windmill and use colours of the rainbow to decorate

<https://www.idealhome.co.uk/diy-and-decorating/how-to-make-a-paper-windmill-easy-step-by-step-instructions-51144>

Grow and make a magic potion

<https://picklebums.com/magic-potion-garden/>

Share the joy of gardening with both indoor and outdoor ideas

http://www.bbc.co.uk/gardening/gardening_with_children/

The butterfly conservation are going to be putting lots of child-friendly resources and activity suggestions on their website next week (from Monday 13th April), stay tuned on our social media channels for short lessons from our Scientists <https://butterfly-conservation.org/our-work/education/family-fun-from-home>

General

Create a time capsule which you may choose (if acceptable too) bury in the garden. You may include –

- News articles
- Photos
- Poem or drawing
- Diary inserts
- Favourite song and/or movie/series from this time
- One thing you are finding most positive
- One thing you are finding most difficult
- A letter to your future self

Water Safety Wednesday – Home Schooling Resource ‘Launched’ by RNLI

<https://rnli.org/news-and-media/2020/march/31/water-safety-wednesday-home-schooling-resource-launched-by-rnli>