

# Activity guide

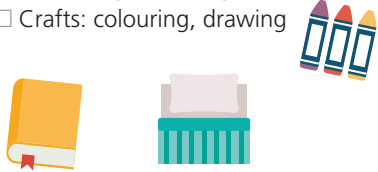
Toddler or pre-schooler 2-4


Child 5-11

Teenager 12 +

## Rest activities

- Nap in your favourite spot
- Rest in a quiet place
- Look and listen to stories and books
- Listen to gentle songs
- Crafts: colouring, drawing



- Nap when you need it
- Nap in a quiet place
- Listen to quiet music 
- Crafts: making bracelets, necklaces
- Cooking (with supervision)
- Play simple board games
- Talk to your friends and family
- Friends can visit one at a time
- Explore in the garden



- Nap when you need it
- Rest in a quiet place
- Cooking
- Sewing/Crafts
- Photography
- Scrapbooking
- Meditation
- Read magazines
- Listen to podcasts and audiobooks
- Friends visit one at a time



## Light activities

- Quiet play (dolls, cars)
- Painting
- Playdough
- Building blocks
- Explore in the garden
- Playing in the sand
- Walking
- Bubble and water play



- Cooking
- Challenging board games
- Read magazines
- Puzzles
- Play with toys
- Read for five or ten minutes
- Play with a small group of friends



- Walking
- Play with pet
- Swimming
- Ball skills (throw and catch)
- Flying Kite/Drone
- Frisbee/Wahu/Vortex
- Camping/Fishing
- Light jogging



- Puzzles/Building models
- Magazines
- Limited texting/phone use
- Socialise with a small group of friends
- Read for 5 or 10 minutes
- Trial writing tasks (shopping list, journal)



- Walking
- Gentle physical activity (lawn games, darts, fishing)
- Camping/Fishing
- Swimming
- Ball skills (throw and catch)
- Stationary cycle
- Yoga (no hot yoga)
- Light jogging



## Moderate activities

- Audiobooks
- Puzzles
- Pretend play
- Dress ups
- Ball play (throw and catch)
- Climbing
- Steps
- Active play (running and play equipment at home)



- Word searches/crossword
- Practicing writing tasks (email, story)
- Read for 15 to 30 minutes
- iPad apps (limited)
- Social visit to school



- Throwing/catching with a partner
- Sports skill practice (Basketball dribbling/ hoops, Cricket skills/Kicking a footy/goals/ handball)
- Karate/Calisthenics/Dancing
- Short outdoor activities (Trial hiking/ Orienteering)
- Chasesy/Intermittent running
- Playground (supervised)
- Bicycle riding/Skating (with supervision)



- Read for 15 to 30 minutes
- Practicing writing tasks (email, story, task from school)
- iPad apps (limited)
- Email/texting (limited)
- Trial internet use and google searches
- Social visit to school



- Throwing/catching with a partner
- Sports skill practice (Basketball dribbling/ hoops, Cricket skills/Kicking a footy/goals/ handball)
- Karate/Calisthenics/Dancing skills
- Short outdoor activities (Trial hiking/ Orienteering)
- Running
- Bicycle riding/Skating (with supervision)



## Preparation for full activities

- Shopping with parent
- Playgroup
- Zoo
- Family social activities
- Swimming lessons
- Kindergym/Dance lessons



- Read for 30 minutes or more
- Email/texting
- Trial internet use and google searches
- Trial lessons at school
- Social events with family



- Sports practice with team (non-contact drills with team)



- Read for 30 minutes or more
- Trial lessons at school
- Trial recess/lunch at school
- Social events with family



- Sports practice with team (non-contact drills with team)
- Weights/High intensity aerobic activity
- Karate/Calisthenics/Dancing

