

# FUN IDEAS FOR KIDS AT HOME



# FUN AT HOME PACK

A message from Jane Kennedy Co-Founder a Girl & her world

Welcome to the fun at home activity pack created by a Girl & her world. Our team is at home with kids, just like you. Here are some of the ways we've been keeping ours busy and curious. We hope you enjoy this little resource and that it helps. This is a crazy time, and it will pass. In the meantime, savour the small things like tropical coconut scones! The Girls we support in Fiji are also baking and passing the time doing everyday things, it's a lovely thought really, the sense of solidarity we share. The very human sense of all being in this thing together. Thank you for staying connected to the a Girl & her world community.

Warmly, *Jane*



Jane Kennedy & Urmila Prasad (Fijian Coordinator, a Girl & her world)

## HOW IT WORKS

We have prepared this pack for two age groups, 4-9 years and 10+. The activities are split into categories such as create, absorb, play, move and reflect. Some are activities we have created, some are from other sources and we have curated a range of videos, links, experiences and resources ranging from great reading lists to virtual zoo visits.

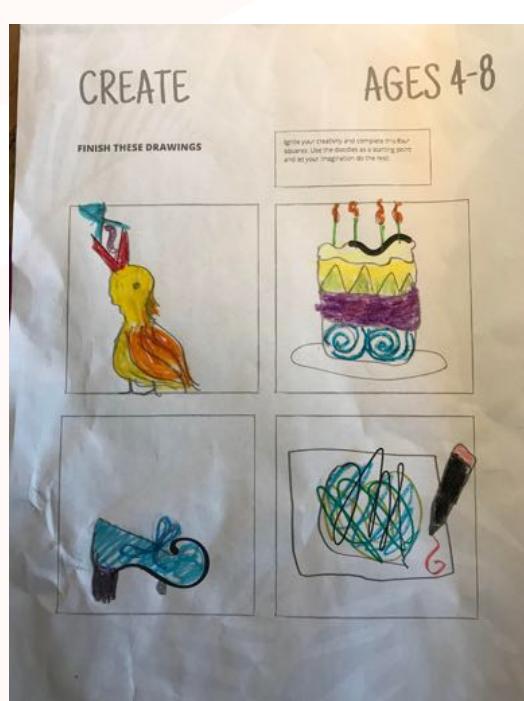
We have provided QR codes for many of the videos. All you need to do is open the camera on your smartphone and hover it over the code and it will take you directly to the link. We have provided the link as well.



## SHARE THE FUN

If you like, you can send us photos of your art, activities or things you baked or made. We would like to share them with our community on our website and social media so if you'd like your images shared, please make sure not to include any personal details. We won't share any photos of children unless they and their carers say we can.

We won't ever use full names or information that could identify someone in an image. We'd love to hear your ideas too! Do you have any ideas to keep kids having fun at home that you could share? We'd love to hear from you! Ask your carer to send them to: info@agirlandherworld.org



# A GIRL & HER WORLD

A Girl & her world is a grass roots, not-for-profit organisation based in Fiji. We partner with Girls and communities to increase access to education and create meaningful and lasting solutions to poverty. Our vision is for a gender equal world where Girls can enjoy their rights and realise their full potential.

We have seen gender discrimination and poverty preventing Girls from accessing education. Many of the Girls we support lack the financial means to access transport to get to school, the clothes and equipment required to attend school or menstrual hygiene support that enable them to be away from home for a day.

Many of the barriers Girls face to accessing education in rural Fiji are due to financial constraints. Partnering with families and other stakeholders to overcome poverty through income generation alleviates that burden and enables them to send their Girls to school.

Education is one of the most effective ways to improve health and wellbeing and ensure benefits are passed onto future generations. Better educated women tend to be healthier, participate more in the labour market, earn higher incomes, have fewer children and enable better health care and education for their children.



## WHAT YOU CAN DO

We are a small grass roots organisation and we achieve high impact with little resources and funding. As schools around the world have closed, parents and teachers are exploring new ways to learn. However most of our girls don't have access to the internet and many of them don't even have the books or basic supplies they need. A \$25 donation can go a long way and make a significant difference to not only a girls education, but the well being of her family.

We are working to keep children learning no matter where they are. If you feel called to support girls during this unprecedented time you can find out more and donate here: <https://agirlandherworld.org/give/>

[Click here to Give by PayPal or credit card.](#)

## ARE YOU READY TO BEGIN?

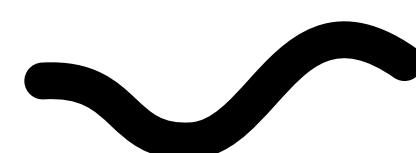
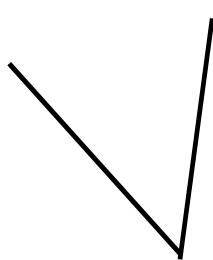


# CREATE

AGES 4-9

## FINISH THE DRAWING

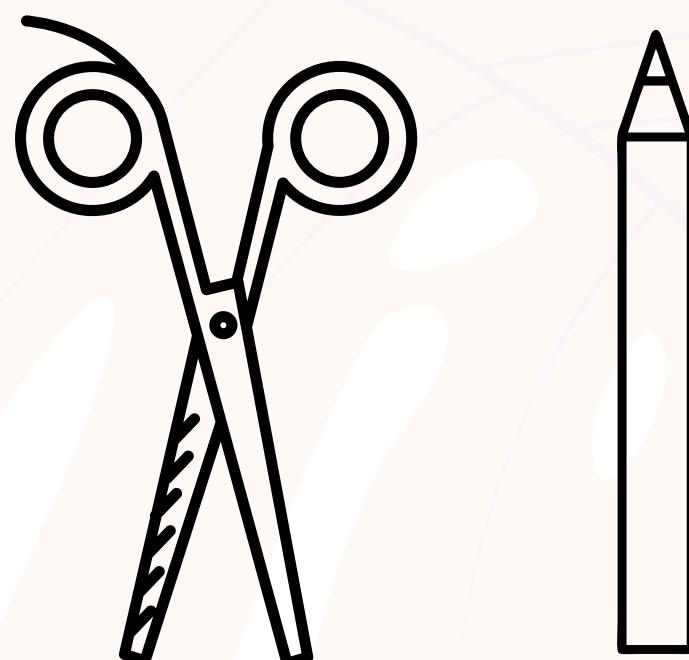
Ignite your creativity and complete these four squares. Use the doodles as a starting point and let your imagination do the rest!



# CREATE

AGES 4-9

## CREATE YOUR OWN PUPPET SHOW



Choose one of these fairy tales:

- Snow White and the Seven Dwarfs
- Little Red Riding Hood
- Sleeping Beauty
- Jack and the Bean Stalk

1

Draw the characters with a thick black marker on white paper or white card

Stick the characters onto pencils or sticks with sticky tape.

2

Create a puppet theatre/stage.

Either throw a sheet over a small table or create your own stage with cardboard.

3

Perform!

Play out the story of your fairy tale. Maybe add a twist to the ending.

Ask someone in your house to be the audience, make tickets and put on a show!

4



# CREATE

AGES 4-9

## SUPER LEGO 4 DAY CHALLENGE

Try a new challenge every day!



**DAY 1**

Make something that flies.

**DAY 2**

Make something funny.

**DAY 3**

Make something that you can eat.

**DAY 4**

Make something useful.

## DIY MARBLE RUN CHALLENGE



### **you need**

Toilet rolls  
Tape  
Paint or coloured pens- to colour the rolls if you want to

Set your marble run up on an empty wall, large window, or sliding glass door or on the ground. Making a marble run is a great way to stay busy. The goal is to keep the marble running for as long as you can and in the most creative way too!

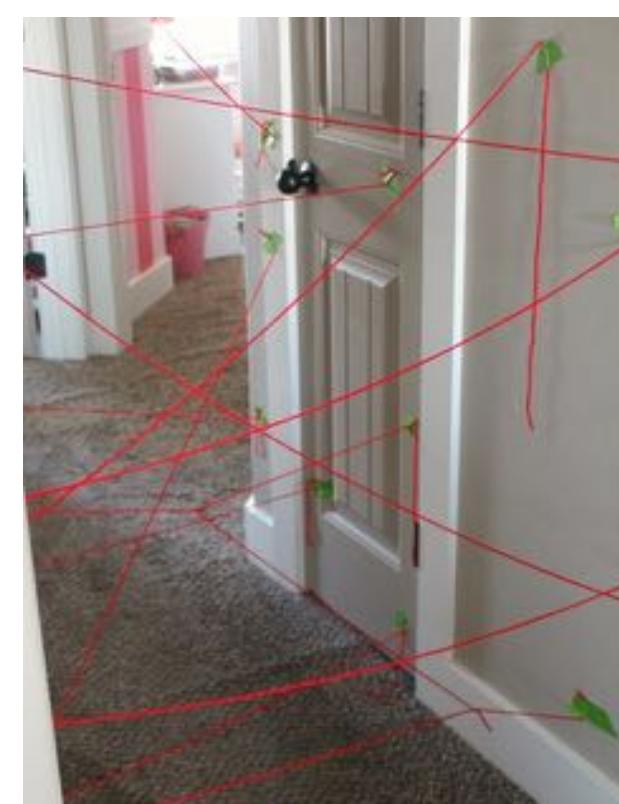
## WOOL MAZE



### **you need**

Wool  
Painters tape

Create a wool maze and then enjoy crawling through to the other side! Zigzag string at varying heights down a hall or small room from anchor point to anchor point.



# CREATE

AGES 4-9

## TROPICAL COCONUT CREAM SCONES



### INGREDIENTS

- 2 cups flour
- 1/4 Cup carbonated lemonade (Sprite)
- 1/2 cup heavy coconut cream
- [Alternatives: 1/2 cup cream Or 1/2 cup milk + 1/8 cup butter]

Pre-heat the oven to medium heat - or 160 degrees. In a deep bowl, sift the flour and set aside. Add the coconut cream or heavy cream to the flour (or melt the butter and mix into the milk (at room temperature)) in small amounts and combine to make dough.



1

Now add the lemonade – slowly making sure not too much is not added at once. Make a dough which should be somewhat gooey and sticky to touch – if the dough is too stiff, add more lemonade.

2

Dust your hands with some flour and pull the dough apart into about 6 portions and roll into balls and place the balls onto a slightly floured dusted baking pan, about 3cms apart on all sides so that they have enough space to expand.

3

Bake the scones for 15-20 minutes or until they are slightly brown in colour. Then cool and enjoy with some whipped cream and jam. You can also have them with a light spread of butter and hot tea – Fiji style.



4

<https://thatfijitaste.com/coconut-cream-scones/>

# CREATE

AGES 4-9

## TROPICAL DELIGHT DRINK



### INGREDIENTS

- 60ml coconut cream
- 120ml pineapple juice
- 1 teaspoon coconut flakes
- 1 cup ice
- Pineapple, sliced spears (decoration)

Put all the ingredients in a blender, process until smooth. and creamy.



1

Pour into a stemmed glass and serve with coconut flakes on the top and a pineapple wedge on the side of the glass if you have it.



2

## LEMONADE



### INGREDIENTS

- 3/4 cup caster sugar
- 1 cup boiling water
- 1 cup lemon juice (see tip)
- 2 cups ice cubes
- Lemon slices, to serve

1. Place sugar and boiling water in a heatproof jug.
2. Stir to dissolve sugar. Set aside to cool completely.
3. Strain lemon juice into sugar mixture.
4. Add 2 cups cold water.
5. Stir to combine.
6. Stir in ice cubes and lemon slices.
7. Serve.

Recipe Source: [taste.com.au](http://taste.com.au)

# CREATE

# AGES 4-9

## ANZAC COOKIES



### INGREDIENTS

- 1 1/4 cups plain flour, sifted
- 1 cup rolled oats
- 1/2 cup caster sugar
- 3/4 cup desiccated coconut
- 150g unsalted butter, chopped
- 2 tablespoons golden syrup or treacle OR honey
- 1 1/2 tablespoons water
- 1/2 teaspoon bicarb soda

Preheat oven to 170C. Place the flour, oats, sugar and coconut in a large bowl and stir to combine.



1



In a small saucepan place the golden syrup and butter and stir over low heat until the butter has fully melted.

Mix the bicarb soda with 1 1/2 tablespoons water and add to the golden syrup mixture. It will bubble whilst you are stirring together so remove from the heat.

2

Pour into the dry ingredients and mix together until fully combined. Roll tablespoonfuls of mixture into balls and place on baking trays lined with non stick baking paper, pressing down on the tops to flatten slightly.

3



Bake for 12 minutes or until golden brown.



4



Recipe Source: [taste.com.au](https://www.taste.com.au/anzac-cookies)

# CREATE

# AGES 4-9



**COPY THIS DRAWING BELOW**



# CREATE

AGES 4-9

## BASKET WEAVING

### you need

2 sheets of paper (different colours)  
Ruler  
Scissors  
Glue or stapler

Basket weaving is an important practice in Fijian culture. Have a go at making a paper basket using weaving techniques. Take two colours of paper to use for creating a woven paper basket. One colour for the base of the basket and the other for making strips for weaving.

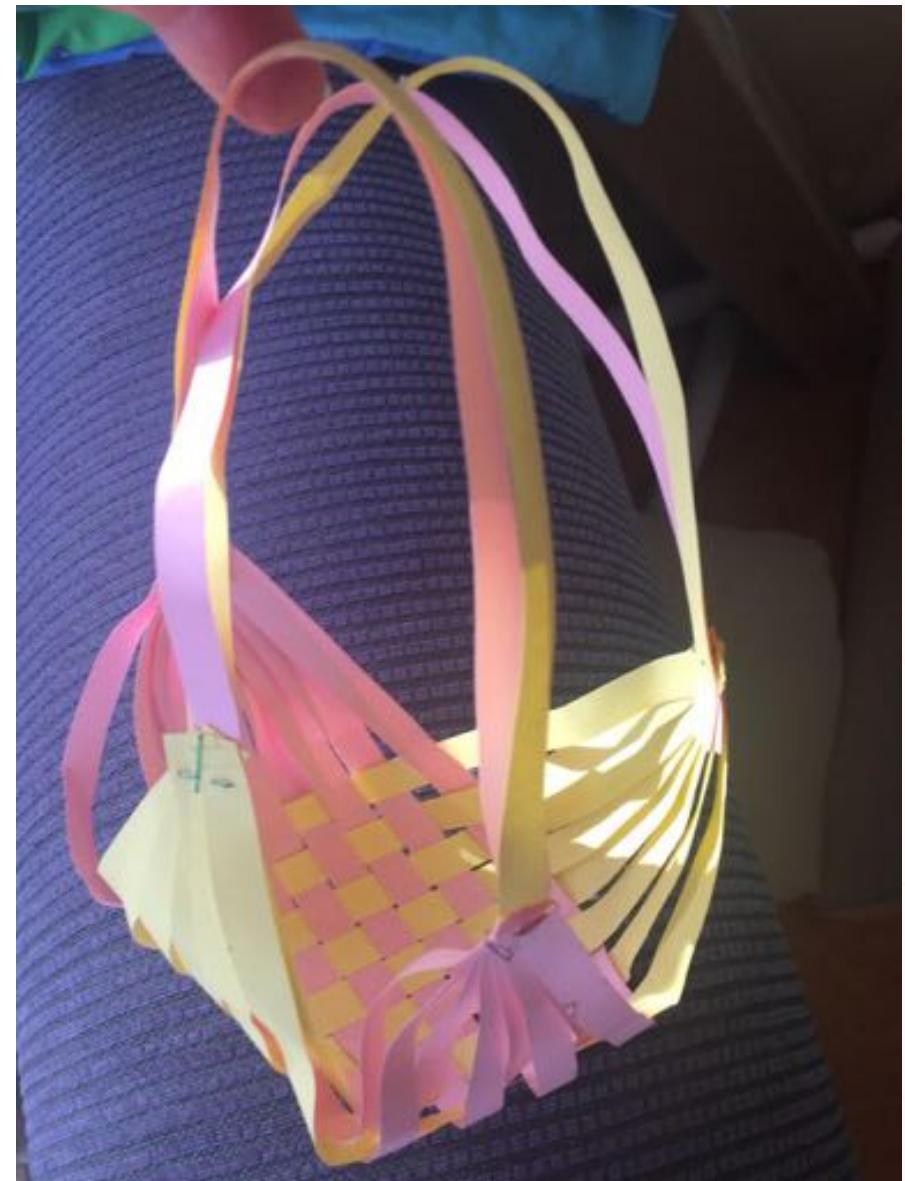
Fold the base color of construction in half vertically and use a ruler to create several lines, about 2cm, that go from the fold to just about 2cm from the edge of the open edge of the paper.

Use scissors to cut along the lines. Use the ruler to create several lines on the other sheet of paper, 2cm apart, creating long strips to use for weaving.

Weave the basic using basic over-under technique. Once one strip has been woven, add another, each time start on the opposite side from the last length. If the last strip has ended over, the next strip should be under! Continue weaving strips the sheet has been filled with strips. Use glue to secure each one in place and the scissors to trim any paper strips that are too long.

Fold paper in half and glue the outside edges together, leaving an opening at the top. Once the glue has dried, attach the paper strip handle with glue or staples.

Adapted from: <https://www.education.com/download-pdf/activity/80328/>



## FIJIAN MASK

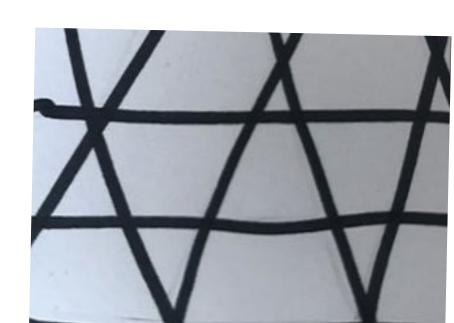
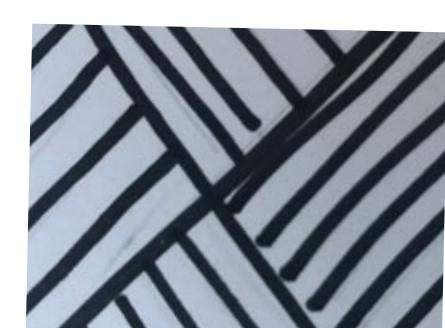
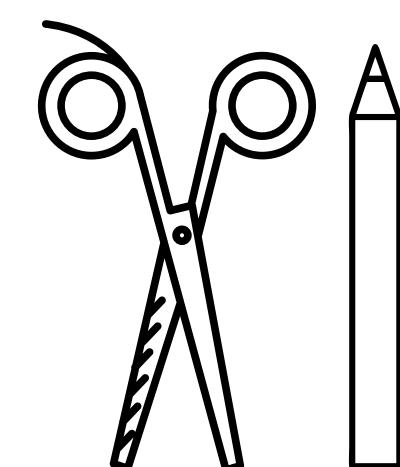
Tiki masks are hand crafted wooden masks in the South Pacific and Polynesia.

Print the mask on the next page. Fill in the blank spaces with tribal dots and lines using thick pens/textas. When you are finished cut your mask out and glue it to thin cardboard (like the back of a cereal box) and then create a mask using string or elastic to go around your head!



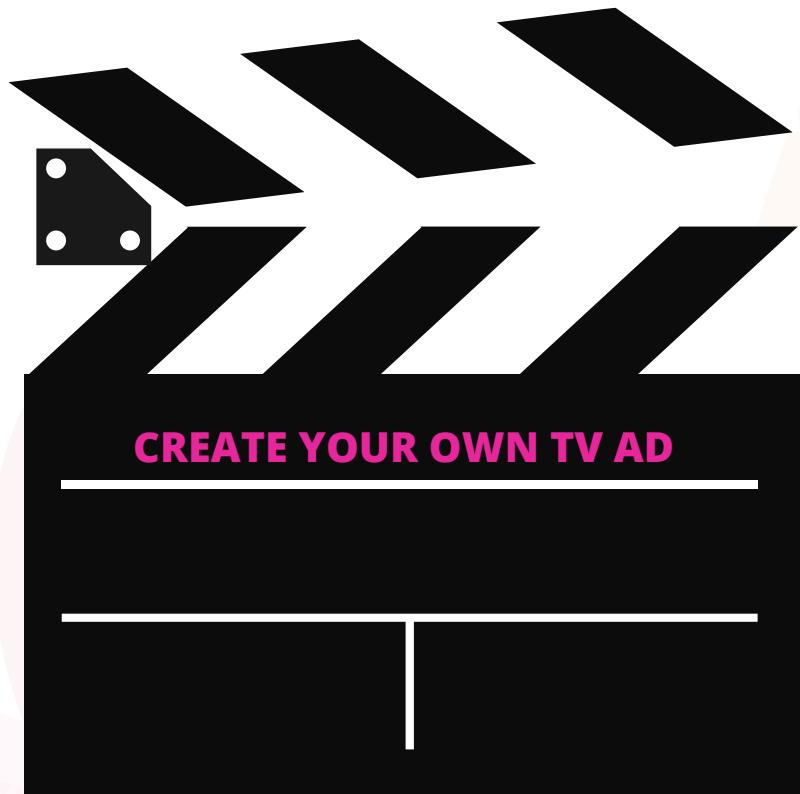


Fill in the blank spaces on this mask with tribal dots and lines using thick pens/textas. Cut your mask out and glue it to thin cardboard (like the back of a cereal box) and then create a mask using string or elastic to go around your head!



# PLAY

# AGES 4-9



## CREATE YOUR OWN TV AD

Choose an item from your kitchen. It could be food like breakfast cereal, or a cooking utensil or it could be silverware like a knife and fork. Think about 3 great things about this item. Think about how you would sell this item. Is it useful, does it look nice, does it taste good? Is it healthy? Think about who is in your ad? Does it have people? Is it yourself and a sibling? Your carer? Think about where your ad is set, inside? outside? Is it funny? serious? Start practicing! Set a timer and make sure your ad is no longer than 3 minutes!

## TIME FOR A HOLIDAY!

While travel is not possible why not have an imaginary holiday! Choose a country to visit. "what would you do there? What sights are there to see? What is that country famous for? Look up the flag and draw and paint it. Create a passport. Pack a suitcase and recreate the country or location in your lounge-room!

## CREATE YOUR OWN FUNFAIR!

The fun is endless when you create your own funfair! Create tickets. Set up a minature petting zoo with toys. Try apple bobbing (all you need is a big bucket of water and apples and you try to get the apples out with your hands behind your back!). Make toffee apples. Set up a bean bag toss. Or tin can toss (put empty cans at a short distance from you and try to throw small items into the tin!)

## SPIES

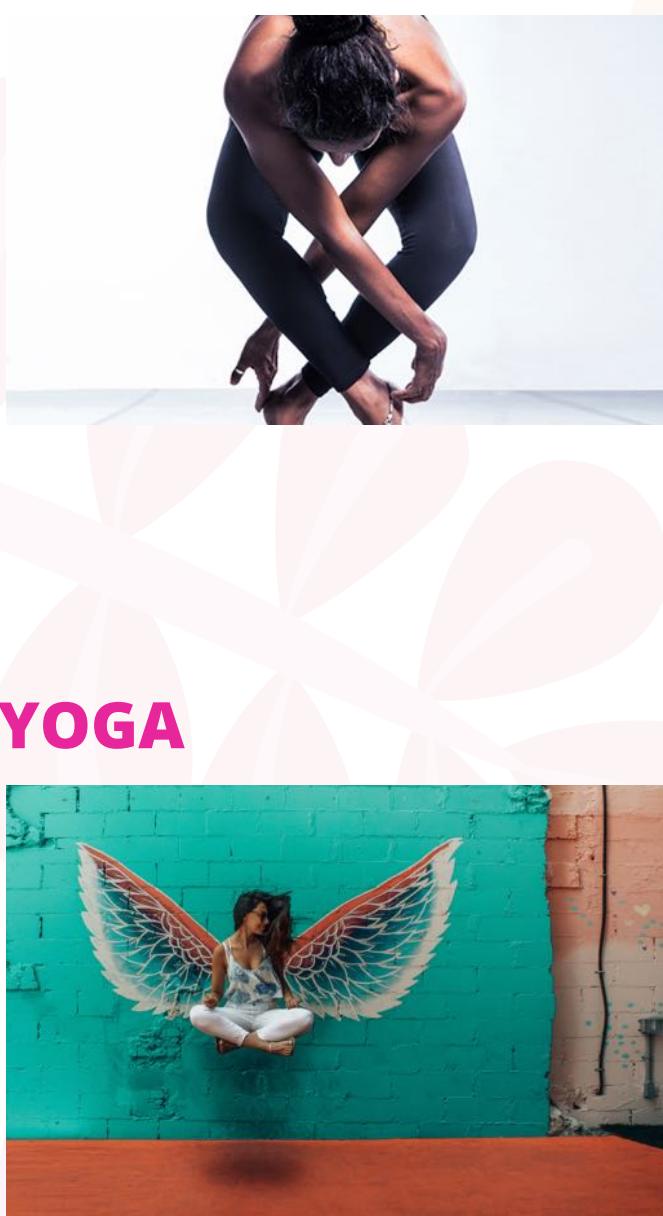
Take a notepad and spy on a family member or a pet for an hour. Where do they go? What do they do? What are they wearing? You could also hide an object and write clues for someone to find them/like a treasure hunt!

You can then practice your spy skills with the CIA! They have a great kids page with fun games and activities. [https://www.cia.gov/kids-page/games/games\\_photo\\_analysis.html](https://www.cia.gov/kids-page/games/games_photo_analysis.html)

# MOVE

# AGES 4-9

## DANCE



### DANCE

Dancing is a great way to exercise and have fun. Consider playing music from different decades, from musicals etc. Also Kids Zumba is lots of fun. Here's a great Zumba workout.

<https://www.youtube.com/watch?v=ymigWt5TOV8>

### KIDS ZUMBA



## YOGA

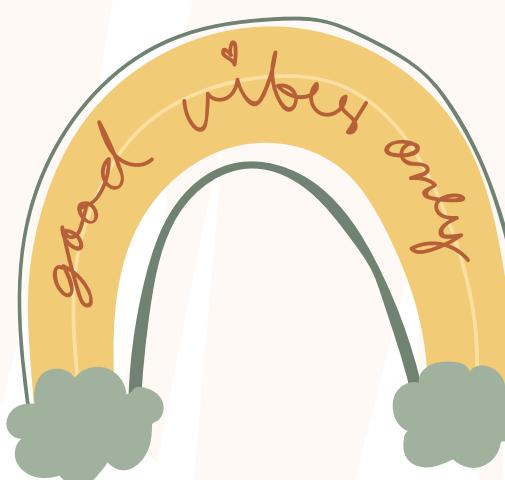


### YOGA

Yoga is a lovely way to start the day. Rainbow Yoga is a child friendly routine, try to learn it and then practice without the screen.

<https://www.youtube.com/watch?v=dF7O6-QabIo>

### RAINBOW YOGA



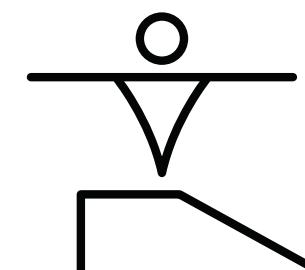
## FITNESS



### FITNESS

It's important for physical and mental well being we keep up the fitness. PE Joe is a fantastic instructor to watch and follow. But a good old daily walk is a great thing too.

<https://www.youtube.com/watch?v=evqn3sgS1IU>



### PE JOE



## THE POTATO GAME



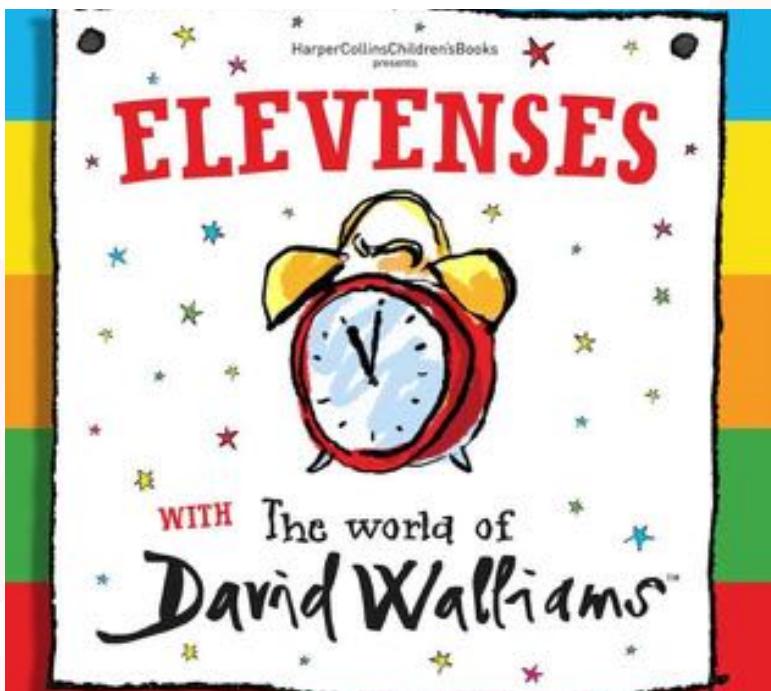
### THE POTATO GAME

Place a potato between your knees and race to the potato drop- find a bucket or pot for each person playing and place the bucket/pot at one end of the garden, hallway, loungeroom or deck. If you drop the potato or touch the potato on the way you have to go back to the start and try again. Play by yourself and time yourself and try to beat yourself each time. Or play with someone else in your house.

# ABSORB

AGES 4-9

## DAVID WALLIAMS



### DAVID WALLIAMS

David Walliams' website is full of fun! With free daily audio readings and also lots of activities.

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



## INDOOR SCOUTS



### THE GREAT INDOORS

The Scouts UK have uploaded over 200 activities for young people to do indoors. It's an amazing resource and sets out the activity and timeframe.

<https://www.scouts.org.uk/the-great-indoors/>

## DISNEY IMAGINATION



### IMAGINEERING IN A BOX- Khan Academy & Disney

"Have you ever wondered how theme parks come to life? Disney Imagineers from hundreds of career disciplines around the world share how they use a wide range of skills – from story development and conceptual design, to math, physics and engineering – that all come together to create immersive experiences. Imagineering in a Box allows you to explore different aspects of theme park design, from characters to ride development, as you design a theme park of your very own."

[Click here](#)

## ZOO TRIPS



### ANIMALS AT HOME

Zoos all around the world have live web cams of their animals. From San Diego Zoo in the US to the Melbourne Zoo.

Melbourne Zoo feeding times:

Penguins- 9:40am and between 3-4pm daily

Zebras- 8:15am, 12:00pm and 3:45pm daily

<https://www.zoo.org.au/animals-at-home/>



# CREATE

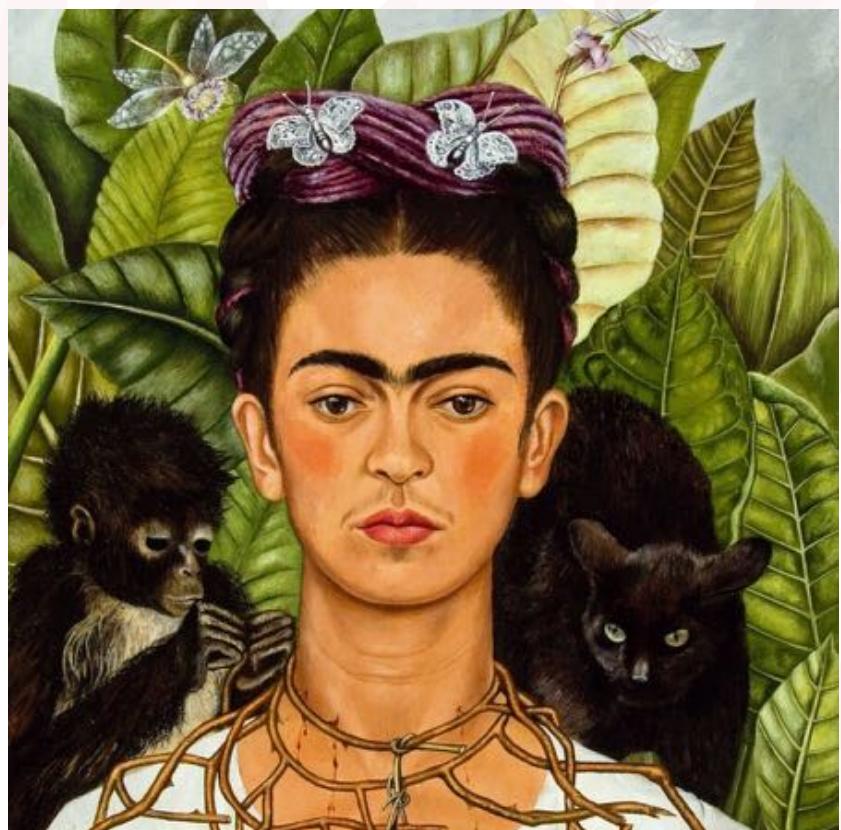
# AGES 10+

## RECREATE THE CLASSICS

The Getty Museum in Los Angeles is currently challenging people to recreate famous artworks! Why not have a try?

### Instructions:

- Recreate a work of art with objects (and people) in your home.
- Choose a famous artwork
- Find three things lying around your house
- Recreate the artwork with those items



# CREATE

# AGES 10+

## RECREATE YOUR OWN "DRUA" FIJIAN CANOE

The Drua double hull canoe is a famous symbol of Fiji and was the traditional form of transport in the Pacific Islands. The hull was made with wooden planks tied together with coconut chord. Recreate your own "drua" Fijian canoe using nature.



Pic supplied.

## HOW MANY USES FOR A COCONUT

How many interesting and different uses can you think of for a coconut. Be creative and try to think really differently!



How many uses can you think of for a coconut? Write them down below:

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# CREATE

AGES 10+

## WRITE AN I AM POEM

Using the template below fill in your I AM POEM.

### I AM POEM

**I am:** Two special characteristics (adjectives)

**I wonder:** Something you are curious about

**I want:** A desire you have

**I worry:** Something that bothers you

**I am:** Repeat the first line

**I understand:** Something you know is true

**I say:** Something you believe in

**I dream:** Something you hope for

**I am:** Repeat the first line

by

**I am**  
**I wonder**  
**I want**  
**I worry**  
**I am**  
**I understand**  
**I say**  
**I dream**  
**I am**

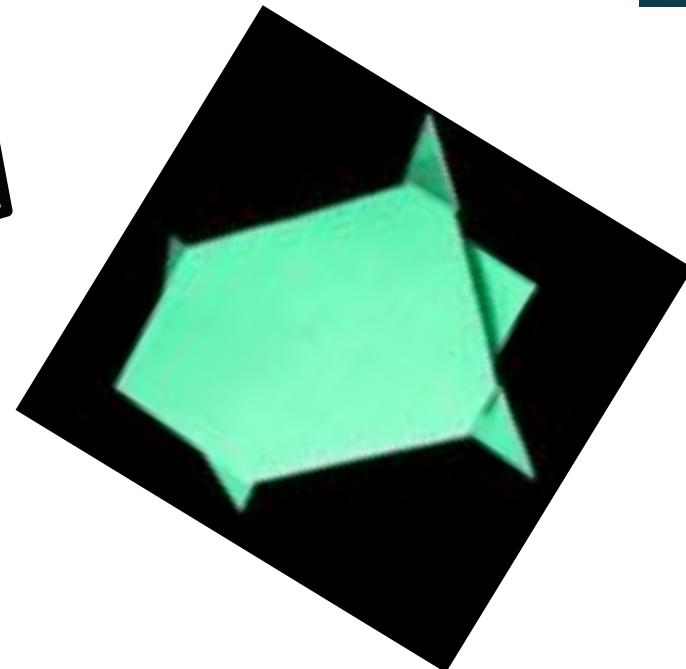
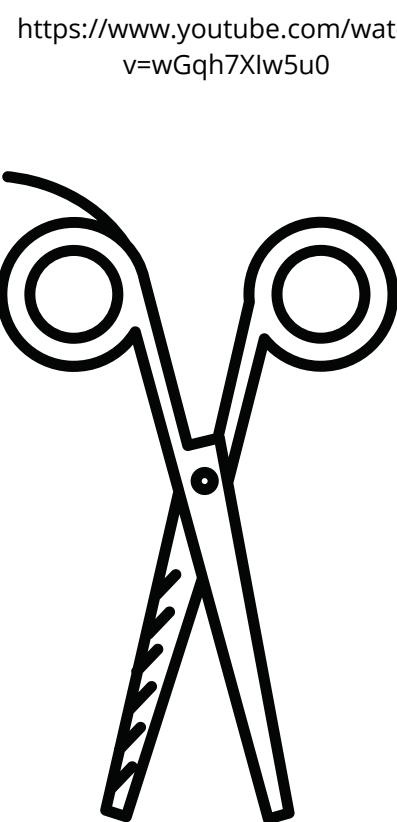


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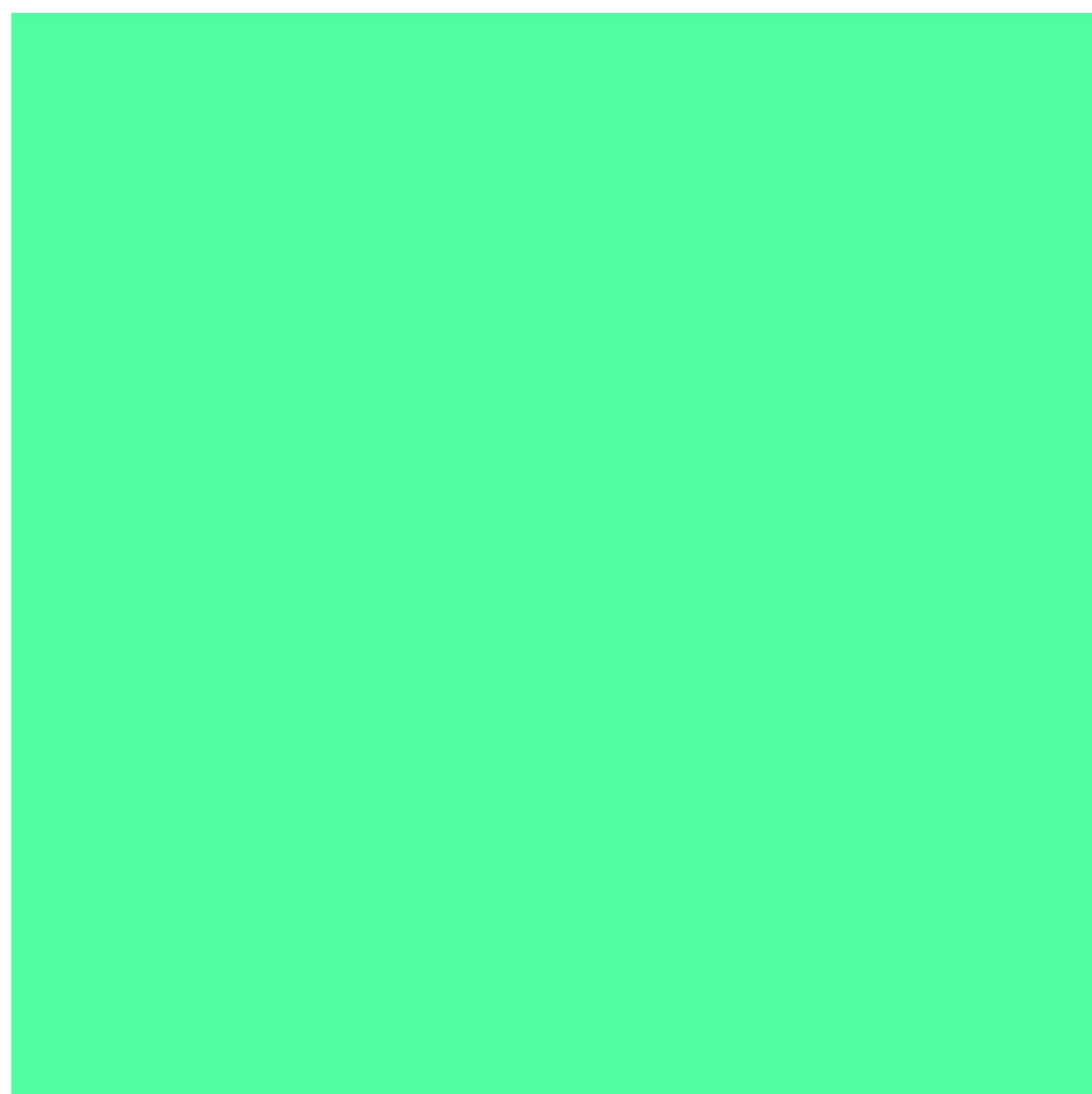
# AGES 10 +

## ORIGAMI TURTLE

Click below or use the QR code  
below for a video tutorial on how  
to make an origami turtle!



[https://www.youtube.com/watch?  
v=wGqh7Xlw5u0](https://www.youtube.com/watch?v=wGqh7Xlw5u0)



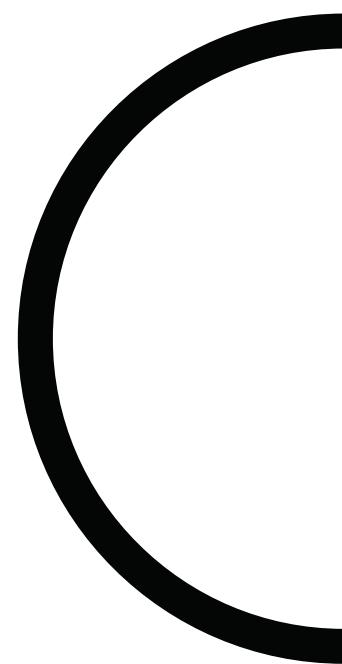
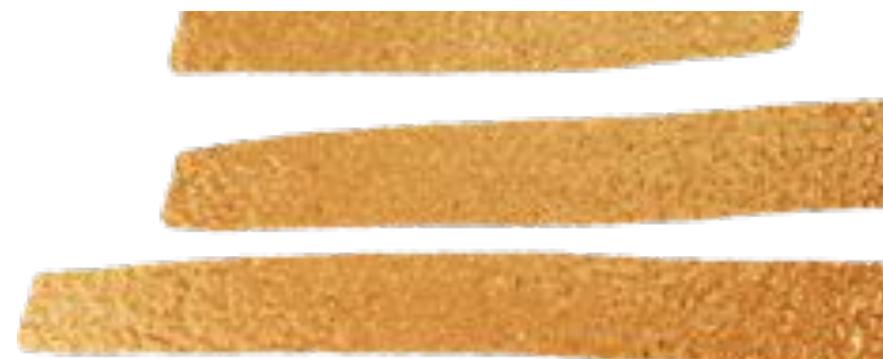
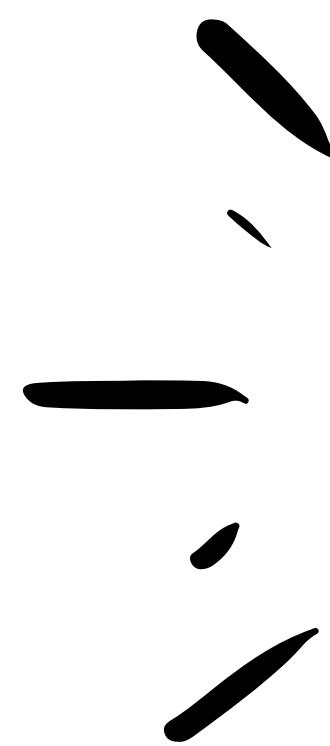
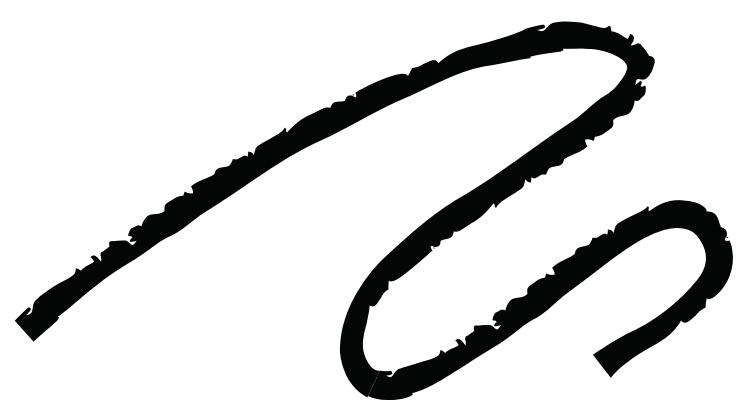
a Girl &  
her world

# CREATE

# AGES 10+

**FINISH THESE DRAWINGS**

Ignite your creativity and create a drawing.  
Use the doodles as a starting point and let  
your imagination do the rest!



# CREATE

# AGES 10+



**COPY THIS DRAWING BELOW**



# CREATE

# AGES 10+



Adult supervision is required

## FIJIAN/INDIAN ROTI



Boil a kettle of water. Sift the flour into a large bowl add the oil and salt. Make a well in the centre of the flour and slowly add the boiling water. Mix with a spoon until the mixture is ok to touch.

Use your hands to work the mixture into a dough and knead for a few minutes until it is all combined and soft. Divide the dough into small balls the size of a golf ball.

1

Fiji/Indian Roti is a very simple and delicious flat bread and goes beautifully with curry!

### INGREDIENTS

- 2 cups plain flour
- 1 cup boiling water
- 2 teaspoons salt
- 2 tablespoons butter
- 2 tablespoons vegetable oil

### EQUIPMENT NEEDED

- Rolling pin
- Rolling board/smooth surface



Take each ball, dust with flour and then press down with the palm of your hand to form a disc.

Use the rolling pin to flatten the disc into a thin circle the size of a small plate/saucer.

When it begins to stick to the board or rolling pin, lightly dust the dough on both sides and continue to roll out flat

2



Roll them very flat and thin- around 1-2mm because if they are not thin enough they won't puff up. Roll them all out and place onto a dry surface. Be careful not to stack them or they will stick together.

Once they're ready, heat a frying to a high heat and brush lightly with butter. Once it starts smoking lightly, place a roti onto the pan. Cook for 5 seconds and flip over. Keep an eye on the heat, it needs to be high but not scorching.

3

Once the second side is cooked, flip over and let the dough rise. Once it begins to rise, press down carefully and avoid the steam being released from burning your hands.

Ensure all sides are cooked and then place into a warm container lined with a tea towel. Repeat this process until all the rotis are done. Brush with butter and serve with warm curry.

4



Adapted from: <https://thatfijitaste.com/fiji-roti/>

# CREATE

# AGES 10+



Adult supervision is required

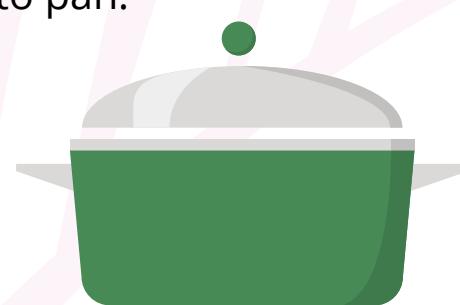
## PESTO PASTA



### INGREDIENTS

- 375g linguine
- 1 cup fresh basil leaves
- 2 tablespoons pine nuts, toasted
- 1 garlic clove, crushed
- 2 tablespoons grated parmesan cheese
- 1/4 cup extra-virgin olive oil
- Shaved parmesan cheese, to serve
- Salt and pepper, to season

Cook pasta in a saucepan of boiling salted water, following packet directions until tender. Drain. Return to pan.



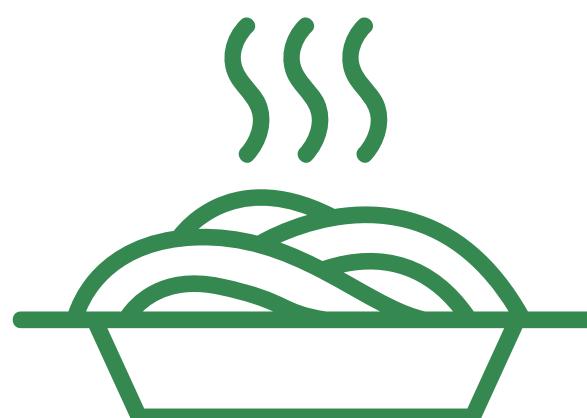
Meanwhile, process basil, pine nuts, garlic and parmesan in a blender, scraping down sides occasionally, until almost smooth.



With motor running, add oil in a slow, steady stream. Process to combine. Season with salt and pepper.



Add pesto to pasta. Toss to combine. Serve.



Try cooking dinner for the family!

Recipe Source: [taste.com.au](http://taste.com.au)

# MOVE/ENJOY

AGES 10+

## YOGA



### YOGA

YOGA WITH ADREINNE

Yoga is a lovely way to start the day.

<https://www.youtube.com/watch?v=7kgZnJqzNaU>



## GAMES



### GAMES

This is the time to play boardgames. Learn some new card games and play them with your family or friends over conference call.

<https://www.kidspot.com.au/things-to-do/kids-games/indoor-play/snap-12-classic-card-games-to-teach-the-kids/news-story/1d153893aee53908749c1377c588928c>

## 5 DAY MUSIC CHALLENGE



### MUSIC CHALLENGE

For five days pick a song

- 1. Your Favourite Song this year**
- 2. A song that makes you feel happy**
- 3. A song that's popular but you don't like it**
- 4. A song that makes you feel sad**
- 5. A song you enjoy to dance to**

# REFLECT

AGES 10+

## DEAR FUTURE SELF

### WRITE A POSTCARD TO YOUR FUTURE SELF

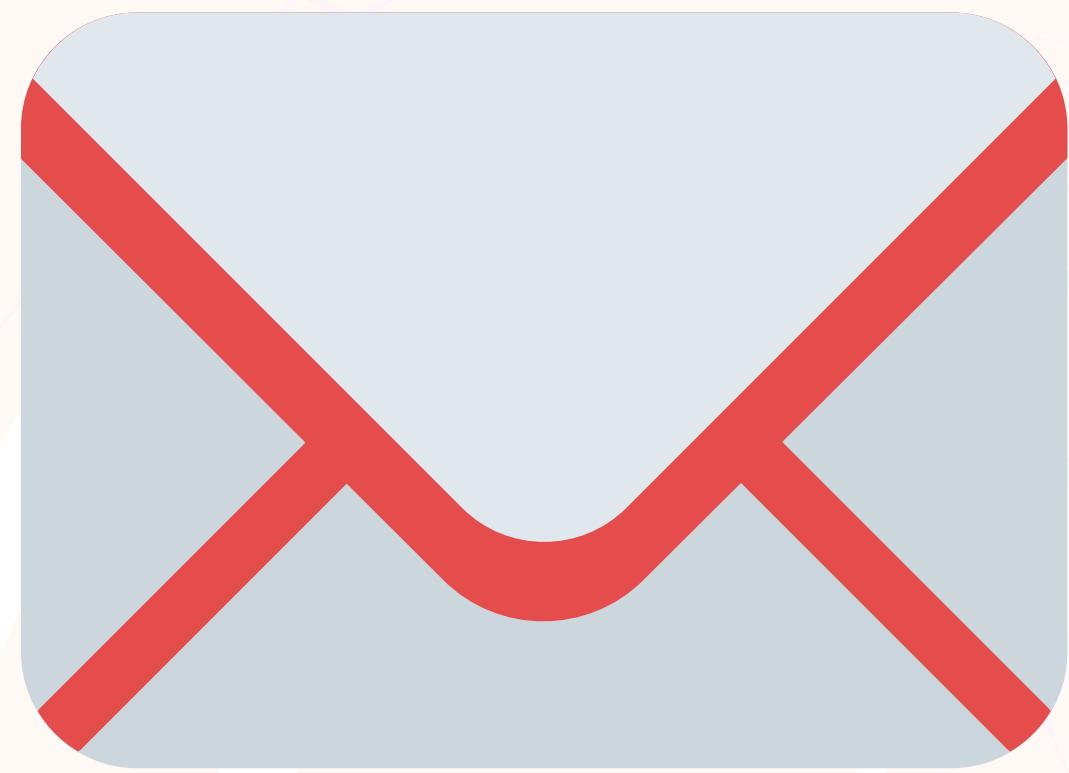
Imagine you're a grown up. Think about what you're doing; your hobbies, your family, and where you live.

Write a note to your future self about some of the things you'd like to achieve. Imagine your dream job or occupation. Draw a picture of it and write about what you did to get there.

Write a note reassuring yourself about covid-19 and offer some advice.

Write some advice for your future self and draw a picture of what you'll look like and what you'll be doing.

Taken from: <https://www.scouts.org.uk/activities/dear-future-me/>



## WHAT ARE YOUR STRENGTHS?

Character Strengths are the positive parts of your personality that impact how you think, feel and behave. Scientists have identified 24 character strengths that you have the capacity to express. By taking the VIA Survey you will discover your unique profile of strengths. Knowing and applying your highest character strengths is the key to you being your best self.

Taken from: <https://www.viacharacter.org/character-strengths-via>



<https://www.viacharacter.org/survey/account/register#youth>



# CONNECT

# ALL AGES

## LOVE BUTTON PROJECT



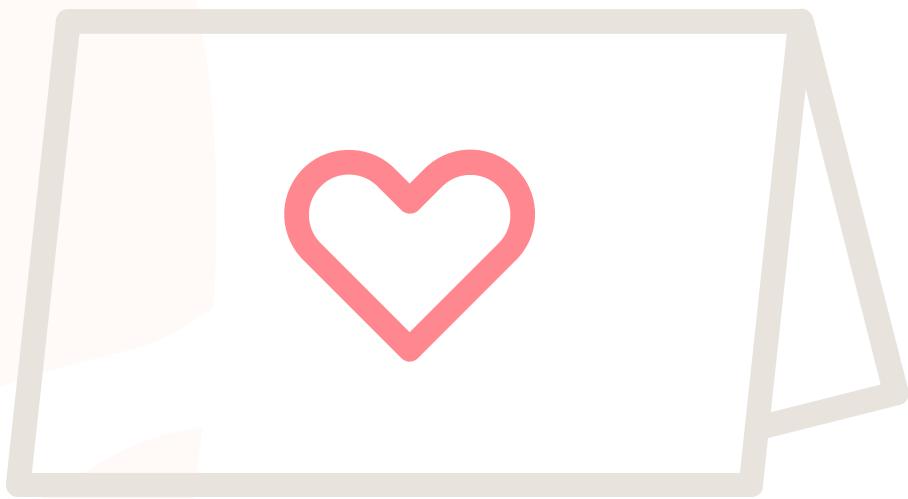
The Love Button Global Movement is a non-profit organisation that promotes a culture of love by inspiring our human family to act with loving kindness in our daily lives.

write special notes for members of the family and leave them around the house for them to find.

<https://www.lovebutton.org/>



## CARDS FOR NURSING HOMES



It's a lonely time to be in a nursing home at the moment.

Most nursing homes can't have visitors.

Draw some pictures and write some positive happy messages and send them to your local nursing home. You can get their email address from the website and send it to them.



## WRITE TO YOUR FAVOURITE AUTHOR



Why not say thank you to your favourite author and tell them why you loved their book.

Run out of books? Don't forget libraries have borrowing options. Here are some great lists of books to read:

<https://www.readbrightly.com/50-best-books-7-8-year-olds/>

<https://www.readbrightly.com/50-best-books-9-10-year-olds/>

<https://www.npr.org/2013/08/05/207315023/the-ultimate-backseat-bookshelf-100-must-reads-for-kids-9-14>

# DESIGN

# ALL AGES



**CHALLENGE:** How can we greet?

People can spread germs by touching and that includes shaking hands or hugging when we see each other. Our hands carry a lot of germs.

Can you think of a better way people can greet each other without touching?

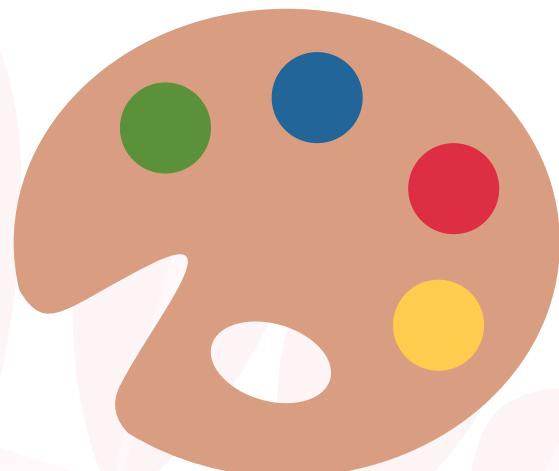
Draw it below.



# RESOURCES

AGES 4-12

## ART AND CRAFT LINKS



<https://artfulparent.com/observational-drawing-for-kids/>  
<https://webneel.com/creative-funny-art>  
<https://www.artbarblog.com/13-crafts-for-teens-and-tweens/>

## THINGS TO DO SITES



<https://www.northshoremums.com.au/fun-home-activities-with-kids>  
<https://indyschild.com/70-things-to-do-with-kids-now-that-were-all-stuck-at-home/>  
<https://familyeguide.com/boredom-busters-110-fun-at-home-activities-for-families-kids-2/>  
<https://www.goodtoknow.co.uk/family/things-to-do-with-kids-66855>  
<https://www.todaysparent.com/family/activities/15-ways-to-keep-kids-active-indoors-even-if-you-dont-have-much-space/>

## COVID-19 LINKS



[https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus\\_ABookForChildren.pdf](https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf)  
Coronavirus social story by Carol Grey – <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?>  
<https://sesamestreetincommunities.org/topics/health-emergencies/>

