

MAKING THE MOST OF FAMILY TIME

during Covid restrictions



SHARING INTERESTS

- quizzes - about each other or on specialist subjects
- watch parent's v children's favourite music videos, TV, films
- shop online together
- make music playlists together
- children teach parents - online games, hairstyles, dances
- go for a run or a cycle together

FAMILY PROJECTS

- make your garden or locality more nature friendly
- rearrange and decorate a room in your house
- research your family history - interview relatives, record their stories
- journal, vlog, blog, podcast your nature, craft, photo, DIY projects
- grow food or pollinator friendly plants
- research possible outings for when restrictions ease



PLAY TOGETHER

- boardgames, cardgames, jigsaws
- charades, guess the intro
- blind taste test challenges
- water or nerf battles - parents v children
- create an escape room or obstacle course
- swap books or games with another family

NEW SKILLS

- wash the car with a bucket and sponge
- let your children plan a picnic or party within budget
- babysit younger sibling for a short time- they make the plan
- learn your children to prepare their own lunch
- complete a new recipe every week



BE CREATIVE

- write and send letters to others near and far away
- create art pieces for your home
- make some gifts to give to others
- put on a play or concert for an online audience
- create a family photo slideshow

SPECIAL EVENTS

- celebrate sporting events on TV
- themed weekends - think up food, games, costumes, music
- cook for each other- set up a home 'restaurant'
- camp out or camp in the house
- kitchen discos



ParentsPlus

Empowering Professionals to Support Families