



National Volunteer Event January 2021
online and outdoor activity ideas

Online Activities	
Arts & Crafts	https://www.skillshare.com/browse/crafts
Air drying clay	https://www.hobbycraft.co.uk/crafts-and-hobbies/clay-modelling/air-drying-clay www.theworks.co.uk has some fantastic kits like rock painting/make your own bath bomb/soap
Baking / Cooking together	No bake baking/cake decorating. https://www.annabelkarmel.com/recipes/no-bake-train-cake/ https://cupcakejemma.com/blogs/videos/no-bake-lockdown-fridge-cake Microwave mug cake needs ingredients dropped off and a microwave https://www.bbcgoodfood.com/recipes/microwave-mug-cake
Book club/Story Telling/Paired Reading	https://readinggroups.org/ Mentor/Mentee: read a few chapters then talk about it. Try taking turns reading to each other. https://www.scottishbooktrust.com/learning-resources/paired-reading-toolkit https://www.booktrust.org.uk/booklists/f/poetry-books-older-childrens/


Build something - kinnetix/lego/marble run	https://www.lego.com/en-gb/kids https://www.edenproject.com/learn/for-everyone/how-to-make-a-recycled-marble-run
Chess / checkers	https://www.chess.com/play/computer
Doodle Game/Head	
Dance	Practice dance routines, copy or mirror the dance demonstrated by mentor or mentee, decide who leads.
Escape games	https://lockhouse.co.uk/free-online-escape-games/
Flash cards	https://www.factmonster.com http://www.braineos.com/ https://www.lumosity.com
Games	<u>Scattergories</u> - also known as Stop the Bus - just need a piece of paper & pen. You can agree the 10 categories together, eg Boy's name, country, colour, sandwich, etc. in advance, then one of you goes through the alphabet (other says stop) and then you both have to complete the list of categories for that letter. First person finished shouts stop the bus. (Scoring: 10 points for each unique answer, 5 if you have the same). <u>Yatzhee</u> - dice game that can be played on video call if you both have a set (6 dice and score card). <u>Charades</u> - act out the names of tv programmes, films, musicals etc. without speaking <u>Music</u> - takes more preparation in advance, but might be a way of introducing each other to music from different eras and genres. Guess the intro is fun if you have similar tastes in music.
Gaming	Risk assess and ensure age appropriate.
History	https://ultimateradioshow.com/4-free-online-history-games/
Homeschooling	https://www.verywellfamily.com/best-online-homeschool-programs-4842632
Jewelry making	https://www.skillshare.com/browse/jewelry-design


Jigsaws	Free online jigsaw and puzzles https://www.jigsawplanet.com/ https://simplydailypuzzles.com
Language/learn one	http://www.bbc.co.uk/languages/ https://www.duolingo.com/
Learning	Be sensitive around schoolwork, but if help is needed and wanted, try the following: https://www.bbc.co.uk/bitesize Primary school age resources - https://www.educationcity.com/free-resources/ https://www.mathletics.com/uk/ Oak Academy - https://classroom.thenational.academy/ https://www.khanacademy.org/
Memory games	Kim's game - Where you memorise objects in front of you then take one of them away/cover all with a tea towel and try and name them.
Mindfulness colouring books and some free ones to download and print off	https://www.johannabasford.com/ Use pens or pencils or paint.
Mood board	https://www.canva.com/learn/make-a-mood-board/
Movies	Watch together or separately then discuss. Find guidance around age-appropriate films/tv/books here: https://www.commonsemmedia.org/
Painting	https://www.mavenart.com/blog/30-best-painting-tutorials/ https://mymodernmet.com/online-painting-tutorials/
Pictionary/Hangman (using whiteboard on zoom) Use playdoh for a 3d Pictionary.	https://guess.letsdraw.it/ https://www.thegamegal.com/word-generator/ and hangman or noughts and crosses on paper
Projects	Set a project e.g. find out as much as you can about pyramids, ancient Rome, explain Fortnite to a beginner, find out about the local areas history.

	<p>Designing T-Shirts, caps, bags Learn to crochet, knit, embroider, sew, felt, quilt, etc. Make decorations or cards for important dates (Chinese New Year, Valentine's Day, Easter, Spring etc.)</p>
Quizzes	<p>https://try.typeform.com/n/quizzes-uk https://www.sporcle.com/quiz/ https://lovattspuzzles.com Have a quiz on films ie: Harry Potter/Star wars/Disney films/favorite computer games</p>
Scrapbook making	<p>https://www.thesprucecrafts.com/making-a-basic-scrapbook-page-4121913 https://www.hobbycraft.co.uk/ideas/papercraft/scrapbooking-for-beginners</p>
Self-care box	<p>https://tiaharding.com/how-to-make-a-self-care-box-for-your-mental-health/</p>
Self-care	<p>https://brenebrown.com/ https://self-compassion.org/</p>
Socialise	<p>Order pizza to eat at the same time and chat as you dine.</p>
Sudoku	<p>free online number games https://www.websudoku.com/?level=1</p>
Treasure hunt	<p>https://brainchase.com/the-treasure-hunt/</p>
Writing	<p>https://ultimateradioshow.com/4-free-online-history-games/ 10 minute writing prompts https://blog.ed.ted.com/2015/11/17/21-fun-things-to-write-about-in-10-minutes-or-less/</p>
Sport/Exercise - online	<p>Yoga Exercise classes Joe Wicks - Mon/Wed/Fri - on Utube and Wed is a quiz session</p>
Slime making	<p>Parents might not thank us! https://www.homesciencetools.com/article/how-to-make-slime/</p>

<p>Seasonal/Other</p>	<p>Chocolate Bar Challenge (soon the be Easter challenge), name 6 bars and score or mark out of 10, then you each know what each other's favorite chocolate is. Dice counting: Martin? Plastic bugs/drawing: what bugs you, stresses you/worries you</p>
<p>Zendoodles</p>	<p>https://feltmagnet.com/drawing/How-to-Create-a-Great-Zendoodle https://www.instructables.com/Introduction-To-ZenDoodling-How-to-Start/ https://www.billzima.com/outsmart-cards</p>
<p>Software platforms for communicating - many also include games/quizzes etc.</p> <p><u>Your intandem coordinator will be able to help more here and advise which platforms can be used with our young person.</u></p>	<p>Zoom -type in 'games to play on zoom' Teams Messenger Pinterest WhatsApp Steam Cahoot (quizzes & watching a film platform) Discord for 13+</p>

Outdoor Activities

Animals	Find animals - in your area - a dog, cat, horse, chicken, bird
Bird watching what birds are near you? 	https://ebird.org/home https://www.rspb.org.uk/get-involved/activities/birdwatch/
Dens/Tents	Building them (can be done indoors too) https://nurturestore.co.uk/the-forest-classroom-beginners-guide-to-forest-school
Explore nature	https://www.amazon.co.uk/Exploring-Nature-Activity-Book-Kids/dp/1641523921
Fossil hunting	https://ukfossils.co.uk/
Gardening/planting seeds	Can be done in a garden, in a plant pot, in a local community garden
Build a birds' nest	https://www.rspb.org.uk/birds-and-wildlife/natures-home-magazine/birds-and-wildlife-articles/features/home-sweet-home/
Metal detecting	https://www.ncmd.co.uk/
Challenges for younger children - iSpy books	https://www.waterstones.com/author/i-spy/3158077 iSpy books on car badges, birds, insects. Suitable for primary age children depending on needs and development.
Outdoor art sketching	https://www.youtube.com/watch?v=RZ7FVTXFm4g https://www.pinterest.co.uk/sketchrolls/outdoor-sketches/ https://www.slideshare.net/nivaca2/andy-goldsworthy-for-kids
Star gazing	https://gostargazing.co.uk/ binoculars and reading the sky with regards to the star

<p>Outdoor sports</p> 	<p>Badminton Golf - open space and hitting balls - on a beach perhaps Frisbee Dog Walking Tennis Biking Bowls/Petanques/Bocce Balls Cycling Football - how far can you kick a ball, cones to develop ball skills. Skatepark Skipping Physical challenges like how many knees up in a minute</p>
<p>Pet challenge</p>	<p>Visit Pet City and guess prices of animals ie: how much three animals would cost? What the heaviest bag of dog food? Most expensive pet toy?</p>
<p>Photograph/Disposable Camera</p>	<p>Making scrapbooks (of your adventures) - also applies to Online Activities.</p>
<p>Seasonal Activities</p>	<p>Easter egg hunt Summer: collecting flowers and pressing them in a book Collecting autumn leaves/conkers/acorns and identifying them Carving pumpkins</p>
<p>Snow Painting</p>	
<p>Trails: woods/ orienteering</p>	<p>https://www.britishorienteering.org.uk/ https://osmaps.ordnancesurvey.co.uk/ https://www.esoc.org.uk/poc These are permanent courses in Scotland you can use.</p>
<p>Tour Guide</p>	<p>Tour guide in your local area. Make a video or write a travel entry about your local place, focus on what's good.</p>
<p>Treasure Hunts</p>	<p>Use local green spaces ie: some of the parks in Aberdeen have trails like fairy gardens or bird markers that they can go round and collect pictures of Painting rocks/pebbles and then add them to the trails.</p>
<p>Walking</p>	<p>Go on a walk and get or take a snack</p>



Do a walk tour and explore local area
Gardening, planting seeds/flowers
Dog walking (risk assessment depending)
Make a walk more interesting with a scavenger hunt (find something beginning with A/that's blue)
For older young people if going a walk maybe pick up a hot chocolate on your way or something nice from McDonalds - Ice cream in the summer ☺
Draw a hop-scotch or obstacle challenge with chalk on pavement

Activities ie: nature detectives or nature scot <https://www.woodlandtrust.org.uk/>
Tim Messer www.intrepidscotland.com -
Andy Goldsworthy <https://www.slideshare.net/nivaca2/andy-goldsworthy-for-kids>

Inspiring Scotland

<https://www.inspiringscotland.org.uk/publication/loose-parts-play-toolkit/>
there are more tools we can share....

Goal Setting & Other ideas

Goal Setting

What's going well at the moment? What are your strengths? What's not going so well? What would you like to see improve? What would help/what could you do differently?

(your coordinator will help you with this but some guidance/refresh)

Six steps for goal setting:

1. Defining Strengths: What are the qualities, skills, and characteristics that you would define as your strengths? What are the abilities that you bring with you that you can use as a foundation for future success?
2. Envisage the Future: will help you see goal setting the big picture. What is your ideal future like? How do you want to be living in 10 or 20 years? What do you want to achieve in the long term? By thinking long term, you will gain insight into what you truly value in your own life purpose. This will help to connect your goals and short-term activities with your long-term dreams.
3. Goals for Action: Now that you have reflected upon your personal strengths and your vision for the long-term future, try to choose three to five short-term goals that will help to move you toward that long-term vision.
4. Concrete Tasks: What specific and concrete activities can you start doing now to start you on your way to achieving these goals? Describe each activity and set a date by which you plan to accomplish the activity.
5. Problem Planning: Think about potential barriers in your goal setting. What can get in the way of achieving your goals? What preventive steps can you take to prepare you for these barriers?
6. Reflection: After you have worked towards your short-term goals, you should spend some time reflecting on how your goal-achieving activities worked. What did you learn? Have your goals changed? What specific activities worked and didn't work?

Mental Health	<p>5 a day for mental health diagram to encourage conversation around these 5 areas to then plan some specific actions to incorporate in future?</p> <p>https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/</p> <p>https://www.begreat.co.nz/5-a-day-for-great-mental-health</p> <p>BLISS - gratitude program that can be fun https://www.billzima.com/wellbeing</p>
Getting to know each other	<p>Would you rather games</p> <p>Two truths - one lie game</p>
For Volunteers	<p>Community based quiz as some volunteers may not know area well</p>