

**National Volunteer Event January 2021**

**Ideas for online and outdoor activities**

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| **Games** |  |
| Pinterest\*add more software ideas | Type in ‘games to play on zoom’  |
| Games that work online on zoom | Scattergories (also known as Stop the Bus) just need a piece of paper & pen. You can agree the 10 categories together, e.g. 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). Yatzhee – dice game that can be played on video call if you both have a set (6 dice and score card). Charades – act out the names of tv programmes, films, musicals etc. without speakingMusic – 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. |
| Jigsaws | Free online jigsaw and puzzles[https://www.jigsawplanet.com/](https://try.typeform.com/n/quizzes-uk)[https://simplydailypuzzles.com](https://www.bbcgoodfood.com/recipes/microwave-mug-cake) |
| Sudoku | free online number games[https://www.websudoku.com/?level=1](https://www.canva.com/learn/make-a-mood-board/?level=1) |
| Flash cards | <https://www.factmonster.com>[http://www.braineos.com/](https://www.jigsawplanet.com/)[https://www.lumosity.com](https://www.amazon.co.uk/Exploring-Nature-Activity-Book-Kids/dp/1641523921) |
| Quizzes | [https://try.typeform.com/n/quizzes-uk](https://www.waterstones.com/author/i-spy/3158077)[https://www.sporcle.com/quiz/](https://www.rspb.org.uk/get-involved/activities/birdwatch/)<https://lovattspuzzles.com>Have a quiz on films ie: Harry Potter/Star wars/Disney films/favorite computer games |
| Language/learn one | [http://www.bbc.co.uk/languages/](https://cupcakejemma.com/blogs/videos/no-bake-lockdown-fridge-cake)[https://www.duolingo.com/](https://nurturestore.co.uk/the-forest-classroom-beginners-guide-to-forest-school) |
| Learning | Be sensitive around schoolwork, but if help is needed and wanted, try the following:[https://www.bbc.co.uk/bitesize](https://www.booktrust.org.uk/booklists/f/poetry-books-older-childrens/)Primary school age resources - [https://www.educationcity.com/free-resources/](https://ultimateradioshow.com/4-free-online-history-games/)https://www.mathletics.com/uk/Oak Academy - https://classroom.thenational.academy/<https://www.khanacademy.org/> |
| Treasure hunt | <https://brainchase.com/the-treasure-hunt/> |
| Escape games | [https://lockhouse.co.uk/free-online-escape-games/](https://gostargazing.co.uk/) |
| Chess / checkers | [https://www.chess.com/play/computer](http://www.intrepidscotland.com) |
| Doodle Game/Head | Add link to where to buy. |
| Arts and crafts  | [https://www.skillshare.com/browse/crafts](https://www.ncmd.co.uk/) |
| Jewellery making | <https://www.skillshare.com/browse/jewelry-design> |
| Zendoodles | <https://feltmagnet.com/drawing/How-to-Create-a-Great-Zendoodle>[https://www.instructables.com/Introduction-To-ZenDoodling-How-to-Start/](https://www.woodlandtrust.org.uk/)There are free BLISS resources available immediately |
| Pictionary/Hangman (using whiteboard on zoom)Use playdoh for a 3d Pictionary. | [https://guess.letsdraw.it/](https://www.commonsensemedia.org/)[https://www.thegamegal.com/word-generator/](https://ebird.org/home)and hangman or noughts and crosses on paper |
| Scrapbook making | [https://www.thesprucecrafts.com/making-a-basic-scrapbook-page-4121913](https://www.verywellfamily.com/best-online-homeschool-programs-4842632)<https://www.hobbycraft.co.uk/ideas/papercraft/scrapbooking-for-beginners> |
| Self-care box | [https://tiaharding.com/how-to-make-a-self-care-box-for-your-mental-health/](http://www.braineos.com/) |
| Self-care | [https://brenebrown.com/](https://www.lumosity.com)[https://self-compassion.org/](https://www.bbc.co.uk/bitesize) |
| Mood board | [https://www.canva.com/learn/make-a-mood-board/](https://www.sporcle.com/quiz/) |
| 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](http://www.bbc.co.uk/languages/) |
| Painting | [https://www.mavenart.com/blog/30-best-painting-tutorials/](https://simplydailypuzzles.com)[https://mymodernmet.com/online-painting-tutorials/](https://ukfossils.co.uk/) |
| Air drying clay | [https://www.hobbycraft.co.uk/crafts-and-hobbies/clay-modelling/air-drying-clay](https://www.esoc.org.uk/poc)[www.theworks.co.uk](http://www.theworks.co.uk) has some fantastic kits like rockpainting/make your own bath bomb/soap |
| 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.britishorienteering.org.uk/)[https://www.booktrust.org.uk/booklists/f/poetry-books-older-childrens/](https://guess.letsdraw.it/) |
| Writing | [https://ultimateradioshow.com/4-free-online-history-games/](https://www.skillshare.com/browse/crafts)10 minute writing prompts<https://blog.ed.ted.com/2015/11/17/21-fun-things-to-write-about-in-10-minutes-or-less/> |
| History | <https://ultimateradioshow.com/4-free-online-history-games/> |
| Homeschooling | [https://www.verywellfamily.com/best-online-homeschool-programs-4842632](https://lockhouse.co.uk/free-online-escape-games/) |
| Baking / Cooking together | No bake baking/cake decorating[https://www.annabelkarmel.com/recipes/no-bake-train-cake/](https://www.duolingo.com/)[https://cupcakejemma.com/blogs/videos/no-bake-lockdown-fridge-cake](https://www.thegamegal.com/word-generator/)Microwave mug cake needs ingredients dropped off and a microwave [https://www.bbcgoodfood.com/recipes/microwave-mug-cake](https://www.websudoku.com/) |
| Socialising | Order pizza to eat at the same time and chat as you dine. |
| Dance | Practice dance routines, copy or mirror the dance demonstrated by mentor or mentee (decide who leads) |
| Mindfulness colouring books and some free ones to download and print off | <https://www.johannabasford.com/>Use pens or pencils or paint. |
| Slime making | Parents might not thank us![https://www.homesciencetools.com/article/how-to-make-slime/](https://www.youtube.com/watch) |
| Movies | Watch together or separately then discuss.Find guidance around age-appropriate films/tv/books here: [https://www.commonsensemedia.org/](https://www.mavenart.com/blog/30-best-painting-tutorials/) |
| 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. |
| 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.Designing T-Shirts, caps, bagsLearn to crochet, knit, embroider, sew, felt, quilt, etc.Make decorations or cards for important dates (Chinese New Year, Valentine’s Day, Easter, Spring etc.) |
| Seasonal/Other | 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 |
| Online sport and Exercise | YogaExercise classes |
| Gaming | Risk assess and ensure age appropriate.  |

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| **Outdoor Activities**  |
| Leave trail: woods/ orienteering  | [https://www.britishorienteering.org.uk/](https://www.instructables.com/Introduction-To-ZenDoodling-How-to-Start/)<https://osmaps.ordnancesurvey.co.uk/>[https://www.esoc.org.uk/poc](https://tiaharding.com/how-to-make-a-self-care-box-for-your-mental-health/) These are permanent courses in Scotland you can use. |
| Explore nature | [https://www.amazon.co.uk/Exploring-Nature-Activity-Book-Kids/dp/1641523921](https://www.thesprucecrafts.com/making-a-basic-scrapbook-page-4121913) |
| Bird watching what birds are near you? | [https://ebird.org/home](https://mymodernmet.com/online-painting-tutorials/)[https://www.rspb.org.uk/get-involved/activities/birdwatch/](https://www.educationcity.com/free-resources/) |
| Build a birds’ nest | <https://www.rspb.org.uk/birds-and-wildlife/natures-home-magazine/birds-and-wildlife-articles/features/home-sweet-home/> |
| Build a den | [https://nurturestore.co.uk/the-forest-classroom-beginners-guide-to-forest-school](https://www.scottishbooktrust.com/learning-resources/paired-reading-toolkit) |
| Challenges for younger children – iSpy books | [https://www.waterstones.com/author/i-spy/3158077](https://www.chess.com/play/computer)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.edenproject.com/learn/for-everyone/how-to-make-a-recycled-marble-run?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/](https://www.hobbycraft.co.uk/crafts-and-hobbies/clay-modelling/air-drying-clay)binoculars and reading the sky with regards to the star |
| Fossil hunting | [https://ukfossils.co.uk/](https://www.annabelkarmel.com/recipes/no-bake-train-cake/) |
| Metal detecting | [https://www.ncmd.co.uk/](https://self-compassion.org/) |
| Outdoor sports | Badminton Golf – open space and hitting balls – on a beach perhapsFrisbeeDog WalkingTennisBikingBowls/Petanques/Bocce BallsCyclingFootball – how far can you kick a ball, cones to develop ball skills.SkateparkSkippingPhysical challenges like how many knees up in a minute |
| Photography  |  |
| Walking | Go on a walk and get or take a snacksDo a walk tour and explore local areaGardening, planting seeds/flowersDog 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 |
| Gardening/planting seeds | Can be done in a garden, in a plant pot, in a local community garden |
| Treasure Hunts | 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 ofPainting rocks/pebbles and then add them to the trails. |
| Dens/Tents | Building them (can be done indoors too) |
| Seasonal Activities | Easter egg huntSummer: collecting flowers and pressing them in a bookCollecting autumn leaves/conkers/acorns and identifying themCarving pumpkins |
| Misc: | [https://www.woodlandtrust.org.uk/](https://www.homesciencetools.com/article/how-to-make-slime/) Activities ie: nature detectives or nature scot.[www.intrepidscotland.com](https://brenebrown.com/) – Tim Messer |
|  | Pet challenge: 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? |
| Animals | Find animals – in your area – a dog, cat, horse, chicken, bird |
| Other | Tour guide in your local area. Make a video or write a travel entry about your local place, focus on what’s good.Link to Inspiring Scotland Thrive resources |
| **Online or Outdoors** |
|  |  |
| Disposable Camera | Making scrapbooks (of your adventures) |
| Getting to know each other | Would you rather gamesTwo truths – one lie game |
|  |  |
|  | Community based quiz as some volunteers may not know area well |







