

If you and your family need to self-isolate, the idea of 14 days in the house together might be a challenging thought! No doubt you already have lots of ideas of how to spend the time, but here are a few more to add to the list of options...

- Family restaurant – create a 3-course menu, dress the table, light candles, get dressed up and have a special meal together.
- Indoor picnic – lay out a rug on the lounge floor, have a picnic together, play catch with a balloon, put on a YouTube video of clouds and spot shapes in them.
- Chef school – take the opportunity to teach everyone to make some basic meals.
- Make a list of people you know who are also self-isolating (or make a list of people who have birthdays coming up in the next few months!) and make cards for them.
- Family games night – if you don't have many board games try charades, articulate, Pictionary..
- If you have car access or a nearby park, try a family jog, or a scavenger hunt - how many different types of leaves can you find? Can you find feathers, seeds? (Remember not to use playground equipment and bring the items you pick up home with you).
- Keep a diary - encourage each family member to keep a diary of what you have done each day. This could be written, pictorial or video format.
- Write a story! Use previous 500-word entries as inspiration (you can listen to them online), then write a story - either individually or as a family. You could add illustrations and turn it into a book!
- Household boss – have an hour each day where family members take it in turns to be the person in charge and decide what the family will do together.
- The Big Clear Out – do you have a room or loft space which is full of forgotten objects? Sort through it together, deciding what can be kept, binned or donated. (Remember to sanitise items before they are donated).
- Put on a show – create a performance involving all the family. Use video chat to show all your friends and family who are in other places.
- Where in the world? – Give each household member a country: challenge them to find out as much as they can about it and then teach the rest of the family. Could you learn songs, cook food or try a traditional game from that country?