

Keeping Busy at Home

Activities for Parents and Carers

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Overview

The Positive Behaviour Support Service has put together this collection of 'Keeping Busy at Home' activities that may be useful to support families/carers of people with learning disabilities.

The people we support in the community, at home and within residential settings may experience disruption and changes to their usual routines, meaningful activities and social interactions. It is therefore important we start being creative in the way we support the individuals we work with to promote physical and mental wellbeing.

When we need to stay at home it can be hard to know what to do with our time. Here are some suggestions of activities you could try. These may not be appropriate for everyone, so pick and choose based on your knowledge and skill set of the person you support.

Daily Living Activities

Activities for Parents and Carers

Here are some suggestions of daily living activities you could try. These may not be appropriate for everyone, so pick and choose based on your knowledge and the skill set of the person you support.



Laundry



Hoovering



Washing Up



Making Tea / Coffee



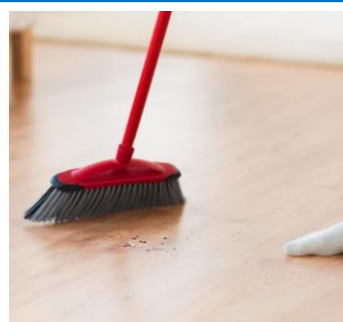
Writing a Shopping List



Setting the Table



Making a Sandwich



Sweeping



Recycling

Exercise and Outdoors

Activities for Parents and Carers

Here are some suggestions of exercise and outdoor activities you could try. These may not be appropriate for everyone, so pick and choose based on your knowledge and the skill set of the person you support.



Dancing



Stretching / Yoga



Football



Obstacle Course



Jumping Jacks



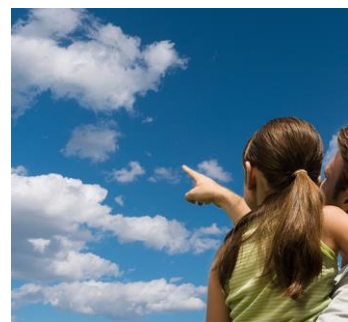
Bean Bag Games



Gardening



Bird Spotting



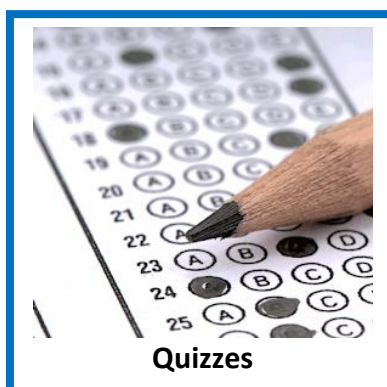
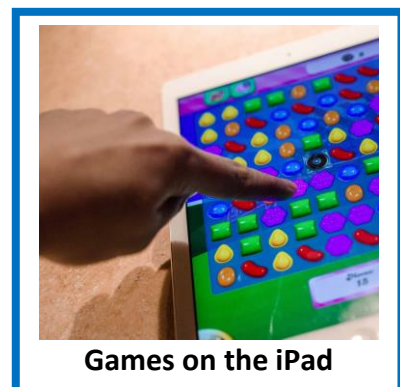
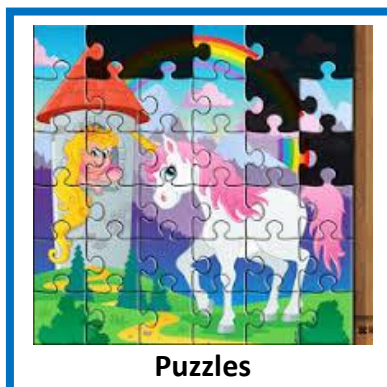
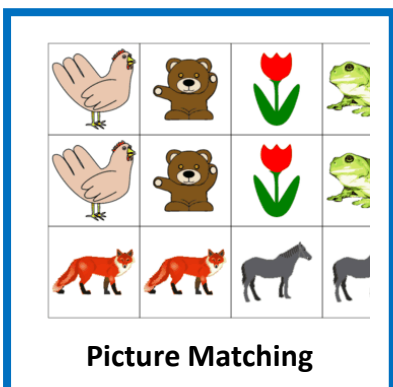
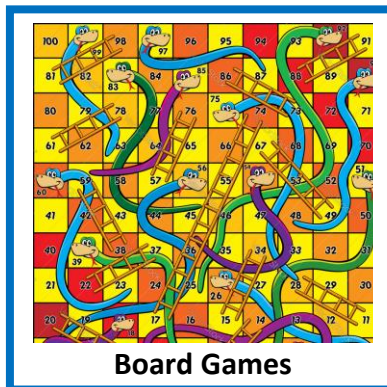
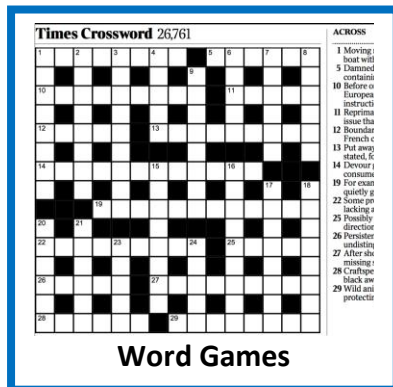
Cloud Watching

- **Physical Education (P.E.) with Joe Wicks (The Body Coach) on YouTube:**
<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvQafyve889qVcPxYEjdSTl>

Games and Puzzles

Activities for Parents and Carers

Here are some suggestions of games and puzzle activities you could try. These may not be appropriate for everyone, so pick and choose based on your knowledge and the skill set of the person you support.



- **Accessible Games and Activity Apps (iOS/Android):**
<https://www.autismparentingmagazine.com/best-autism-apps/>

Social Interaction

Activities for Parents and Carers

Here are some suggestions of social interaction activities you could try together. These may not be appropriate for everyone, so pick and choose based on your knowledge and the skill set of the person you support.



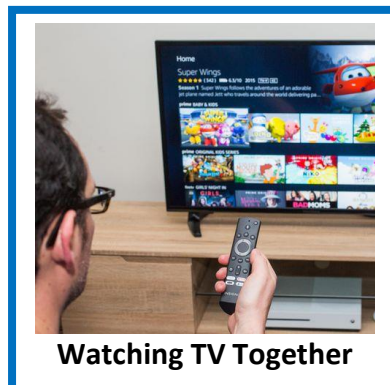
Phone Calls



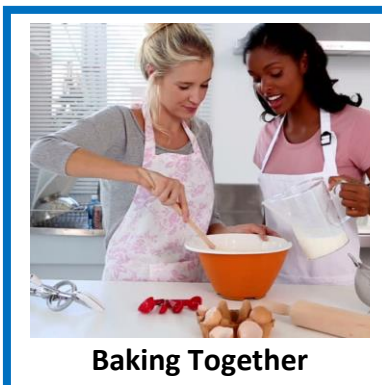
Reading Together



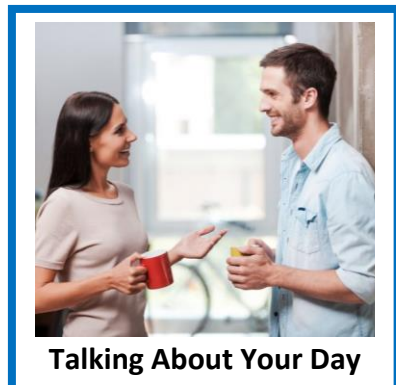
Skype Video Calls



Watching TV Together



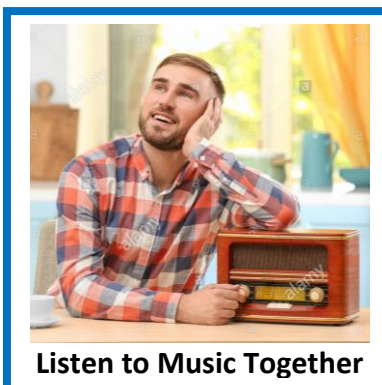
Baking Together



Talking About Your Day



Writing Postcards



Listen to Music Together



Painting Together

- Social Distancing Guidance:** <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

Creative and Sensory Ideas

Activities for Parents and Carers

Here are some suggestions of creative and sensory activities you could try. These may not be appropriate for everyone, so pick and choose based on your knowledge of the person you support.

1. Lavender Water Beads

Materials



- Water
- Container
- Water Beads: <https://www.amazon.co.uk/Pieces-Mixed-Colour-Round-Beads/dp/B06Y1H21RZ/> (£1.49)
- Lavender Essential Oil (optional): <https://www.amazon.co.uk/Lavender-Essential-Original-Freshskin-Product/dp/B00BBD1A5E/> (£1.99)

Method

Water beads typically come dehydrated in packages of at least 100. As they soak in water they fill and expand, transforming into squishy, water filled jelly-like marbles.

Optional: All you have to do to make lavender scented water beads is soak the coloured beads of your choice in water as you typically would, adding a few drops of lavender essential oil (or an essential oil of your choice) to the water. As the beads soak, they will fill with the delightful lavender water. After 4-6 hours the beads will be fully hydrated and ready for play.

Water balls expand up like jelly, but they are **not edible**.

2. Shaving Cream Prints

Materials



- Container / Baking tray
- Shaving cream
- Food colouring
- Stir sticks, spoons or cotton buds
- A4 Paper

Method

Squirt a generous amount of shaving cream into a container/baking tray and smooth the shaving cream over the surface. Dribble your food colouring all over the surface of the shaving cream. Use a stir stick, spoon or cotton bud and stir and swirl the drops of colour together. Take your white paper and gently press it into the shaving cream and lift your paper off and set aside to dry.

3. Cornflour Slime

Materials



- 200g/300g cornflour
- 200ml water
- Large mixing bowl/tub
- Food colouring (optional)

Method

Mix a few drops of food colouring to the water if you are using it. Put the cornflour into the mixing bowl/tub. Slowly add the water, mixing as you do so. Keep adding water until the mixture goes hard when you tap it. The mixture will now run smoothly like a slime when you handle it softly/slowly but will act like a solid if you handle it roughly/quickly. Try rolling balls in your hands, the mixture will form a ball but will melt away in your hand when you stop.

4. Homemade Playdough

Materials



- 250g plain flour
- 50g salt
- 140ml water
- 1 to 2 tablespoons cooking oil
- Food colouring (optional)

Method

Mix together the flour and salt in a large mixing bowl. Add the water and oil. Knead well until mixture is smooth about 10 mins. You might need to add a bit more flour or water until the consistency is smooth but not sticky. Add food colouring and knead until the colour is fully blended. Store in a plastic bag/container in the refrigerator until chilled enough to use.

5. Sensory Bottles

Materials



- Plastic water bottle
- Water
- Glitter, food colouring, confetti, pom poms
- Superglue

Method

Squeeze a whole bottle of glitter glue into the empty bottle. Pour some water into the bottle, leaving approximately 2 inches at the top. You will need this space when shaking the bottle later. Add any further bits into the bottle (i.e. pom poms, food colouring). Put the lid on the bottle and twist it tightly shut. Then shake the bottle to mix the glitter and water together. Seal lid with superglue to avoid leakage.

Online Experiences

Online Activities for Parents and Carers

Here are some suggestions of online experiences you could try. These may not be appropriate for everyone, so pick and choose based on your knowledge and the skill set of the person you support.

British Museum, London

The UK capital's famed museum has hooked up with Google Arts & Culture, to offer an interactive tour. Wander through time and click on different artefacts to see them up close, read up on their history, and hear more information with an audio guide.

- britishmuseum.withgoogle.com

Le Musee du Louvre, Paris

The Louvre, the world's largest art and antiques museum, where you can now learn something of the phenomenal collection via a number of virtual tours, charting everything from Egyptian antiquities to the Galerie d'Apollon.

- louvre.fr/en/visites-en-ligne

Rijksmuseum, Amsterdam

The Rijksmuseum is one of Amsterdam's most popular attractions has launched a new interactive experience, Rijksmuseum From Home, that allows you to virtually visit the home of Rembrandt's The Nightwatch and Vermeer's The Milkmaid.

- artsandculture.google.com/partner/rijksmuseum

Central Park, New York

NYC's green centrepiece is available to tour online. Not only does it show you the sites, it also comes with a guide who talks you through significant events in Central Park's history as you "travel" from the West 72nd entrance.

- youvisit.com/tour/centralpark

Other Virtual Tours (Museums)

- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Zoo Webcams

Some zoos are offering webcams/live cams of the animals, so that the public can see life behind the scenes:

- Dudley Zoo (UK): <https://www.dudleyzoo.org.uk/our-animals/webcams/>
- Edinburgh Zoo (UK): <https://www.edinburghzoo.org.uk/webcams/>
- Marwell Zoo (UK): <https://www.marwell.org.uk/zoo/keep-in-touch/webcams/>
- Houston Zoo (USA): <https://www.houstonzoo.org/explore/webcams/>
- San Diego Zoo (USA): <https://zoo.sandiegozoo.org/live-cams>
- Smithsonian's National Zoo (USA): <https://nationalzoo.si.edu/webcams>

Contact Information

Hounslow Adult Learning Disability Health Team

Positive Behaviour Support (PBS) Service

Tel:

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Email:

hrch.haldht@nhs.net

(no urgent or emergency email messages to be left)

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Heart of Hounslow Centre for Health
92 Bath Road
Hounslow
TW3 3EL

Service Hours:

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