

RECOMMENDED BY MUMS

10 CREATIVE ACTIVITIES FOR KIDS TO DO AT HOME



UPPER NOTCH CLUB



1. UNICORN SLIME

APPROPRIATE AGE: 3 AND UP. BUT COULD ALSO BE DONE UNDER ADULT SUPERVISION FOR YOUNGER TODDLERS.

Materials:

- 1 cup Elmer's white school glue or any slime glue (we got ours from Riot Arts & Craft store);
- 1 to 2 Tablespoon contact saline/contact lens solution, more as needed, 1 Teaspoon baking soda
- Food colouring & glitter, Spatula & bowl for mixing

**FOR MORE IDEAS ON KIDS ACTIVITIES FROM ALICIA
FOLLOW THIS MAMA ON INSTAGRAM
@ZAYNE.AND.CHLOE**



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Steps:

1. Add glue to bowl
2. Mix in saline or contact lens solution and mix until combined.
3. Add baking soda to mixture
4. Add food colouring and glitter and mix until combined.
5. Knead the slime. Using your hands, knead the slime until it holds together. It will be wet and gooey at first, but just keep kneading until it all comes together.
6. Store slime in a container with lid, or in a zip top bag. The slime is best to play with on a place mat.



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2. INDOOR PLAYHOUSES

APPROPRIATE AGE: FROM 3YARS +

Materials:

- Children love making their own play space out of blankets, pillows, sheets, beach towels, laundry clips, pegs and whatever they can find in your linen cupboard;
- Or to make it easy for them to put up and for you to take down, check out these tablecloth playhouses that transform the day-to-day table into a fort.

TABLECLOTH PLAYHOUSES ARE AVAILABLE HERE

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TO SEE THEM IN USE FOLLOW @THISLOVEANDCHAOS



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Steps:

- ~ Just drape over your dining table and watch the kids imagination take them on an imaginary journey. There are no limits to the places they can go when given a cubby house.
- ~ In minutes create a space that supports their play and gives them their very own quiet spot for reading or whatever independent play they are in the mood for.



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3. DIY NATURE PAINTING

APPROPRIATE AGE: ANY

Materials:

Flour, Water, Food Colouring

Items from the garden: leaves, feathers, sticks, grass etc

Gardening wire or string or zip ties

FOR MORE FROM THIS CREATIVE MAMA OF 4

FOLLOW SKY ON INSTAGRAM

@LIVING_THE_BLESSED_LIFE_



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Steps:

1. Make 'paint' using flour, water & food colouring
2. Create 'natural' brushes using whatever you're able to find in the garden. Here we've used paperbark from one of our trees & various leaves gathered from the ground.
3. Using gardening wire, or another method, secure the leaves/feathers/paperbark/grass etc to a stick.
4. Enjoy painting outdoors!

Our kids often paint the fence/trees/deck/sliding door & I take photos for them so that they can 'keep' their artwork before hosing their artworks off.

Sky Carden.



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4. ACTIVITY SAK

APPROPRIATE AGE: LITTLE WANDERER 2-5 YEARS, YOUNG ADVENTURER 6+

Materials and Steps:

Rubi's favourite activity would be using her Activity Sak that her mama created. They are full of amazing games and toys to keep her busy for hours on end. And the best thing is everything you need is in the Sak itself.

FOR MORE FROM THIS RESOURCEFUL MAMA
FOLLOW RHIANNON ON SOCIALS @TRVL_SAK
AND WWW.FACEBOOK.COM/TRVLSAK



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5. GALAXY FIZZ

APPROPRIATE AGE: 3+

Steps:

- MIX YOUR DRY INGREDIENTS, (listed on the next page) IN A BOWL OR ANY CONTAINER YOU ARE USING.
- FILL YOUR SQUEEZE BOTTLE OR PURING CONTAINER WITH WHITE VINEGAR OR LEMON JUICE.
- DOUBLE THE RECIPE AND KEEP SOME IN AN AIRTIGHT CONTAINER FOR LATER PLAY. HAVE FUN!

FOR MORE IDEAS FROM THIS CREATIVE MAMA
FOLLOW MISHELLE ON INSTAGRAM
[@KINDRED.PLAY](#)



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Materials:

- 2-3 TBSP BI-CARB/BAKING SODA
- 1/2 TSP CITRIC ACID (OPTIONAL)
- 1 TSP CHARCOAL POWDER (OR ANY PURPLE FOOD COLOURING YOU HAVE ON HAND OR CHOOSING)
- BIO-GLITTER
- WHITE VINEGAR OR LEMON JUICE
- BOWLS OR GLASSES
- SPOONS OR ANYTHING TO STIR
- SQUEEZE BOTTLE
- TRAY TO CATCH THE MESS



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6. PAPER PLATE SNAIL

APPROPRIATE AGE: APPROXIMATELY AGES 2-8 YEARS. REQUIRES FINE MOTOR SKILLS, CONCENTRATION AND PATIENCE.

Materials:

Paper plate, PVA glue, Coloured paper, Small Beads or you could use coloured rice, sand or lentils, Scissors, Pipe cleaner, Google eyes, Marker, Sticky tape

FOR MORE IDEAS FROM THIS CREATIVE MAMA
FOLLOW ANNA ON INSTAGRAM
[@HARLOW_AND_OLLIE](#)



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Steps:

1. Create a spiral using pva glue starting from the middle of the paper plate all the way to the outer edge of the plate.
2. Carefully place beads along the PVA glue to create the spiral snail shape.
3. Draw and cut out a shape of the snail head/body with coloured paper.
4. Glue it to the back of the paper plate.
5. Cut a pipe cleaner to create the antennae of the snail. Fold in half and sticky tape to the top of the snails head.
6. Use glue to stick on googly eyes to the pipe cleaners.
7. Draw a mouth with marker.





7. BUSY BOARD

APPROPRIATE AGE: SAFE FOR TODDLERS

Materials and Steps:

The Busy Board provides opportunities for toddlers to actively use their senses as they explore the different activities. It opens the door for experimental learning. As your child plays with the Busy Board, ask them questions to encourage your child to engage several different senses: How does it feel? What does it look like?

FOR MORE IDEAS ON HOW TO KEEP KIDS BUSY

FOLLOW ELLA ON INSTAGRAM

@MY_TWO_BUSY_BEES



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8. PEEKY ME CRAFT BOXES

APPROPRIATE AGE: 3 - 10.

Materials:

EVERYTHING comes in the box! Including paint brushes, scissors, glue, whatever is needed to complete each craft. So far we have made Mythical Creatures, a BBQ, Bugs and Insects and ventured to Amazing Space!!

FOR MORE FROM THIS CREATIVE MAMA
FOLLOW CARLEE ON INSTAGRAM
[@CARLEE.AND.LITTLES](#) AND [@PEEKYME](#)



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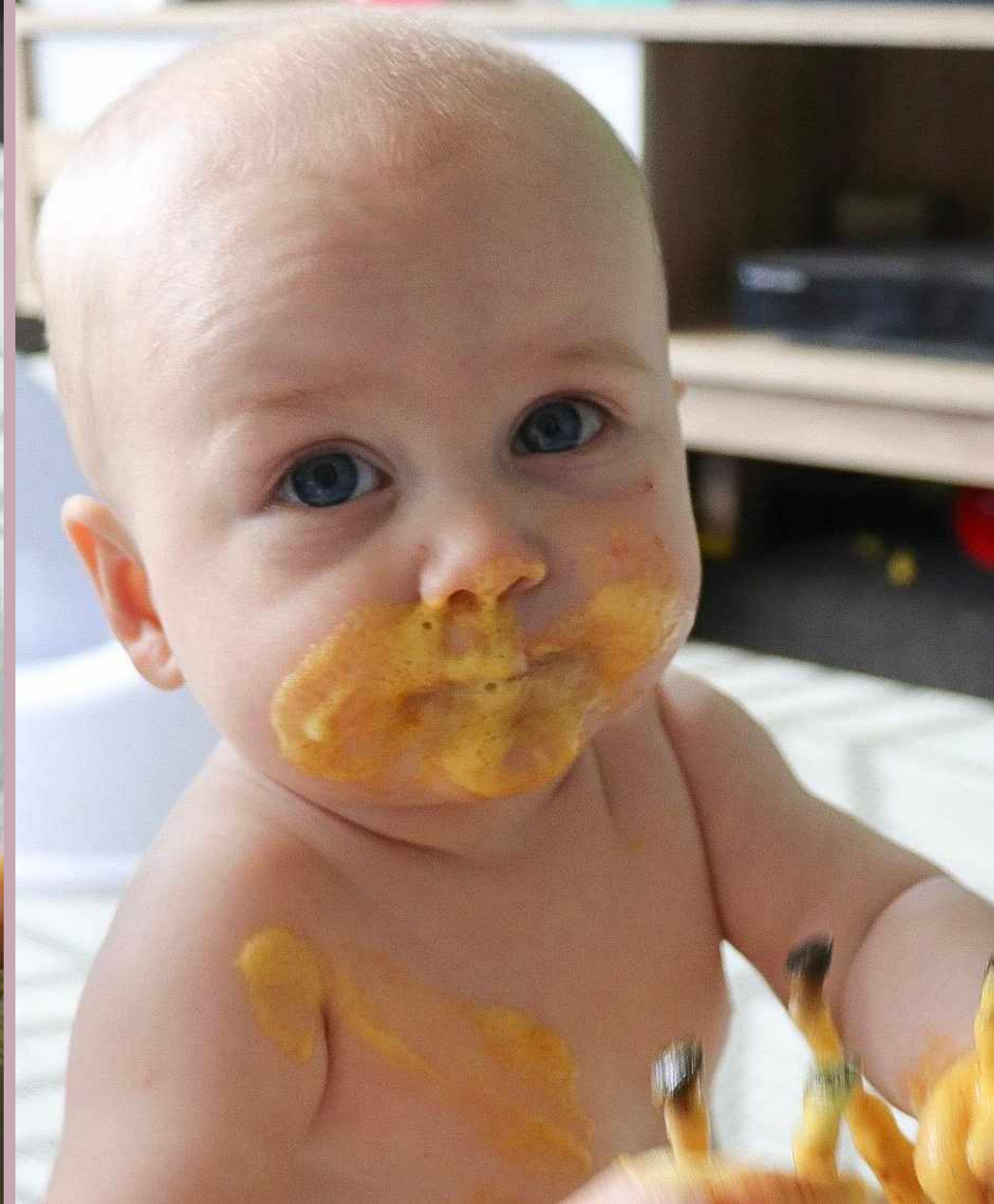


Steps:

Each box comes with an instruction booklet with easy to follow instructions and photos for each craft activity.



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9. CHICKPEA FOAM

APPROPRIATE AGE: I DID THIS ACTIVITY WHEN MY YOUNGEST DAUGHTER WAS 7 MONTHS OLD, IT CAN BE ENJOYED BY ALL-PARENTS INCLUDED!

Materials:

Using the liquid you drain from a can of chickpeas (aquafaba) you can create this non toxic and edible chickpea foam- perfect for little ones who like to mouth everything.

All you need is the liquid from a can of chickpeas (or two) and a beater of some sort!

FOR MORE FROM THIS RESOURCEFUL MAMA

FOLLOW RUBY ON INSTAGRAM

@TINYTONKINTALES



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Steps:

1. Drain the liquid from the chickpeas and put into a mixing bowl, thermomix or whatever appliance you are using.
2. Beat the liquid until it turns to foam.
3. Add a tablespoon or so of Cream of Tartar to help stiffen up the foam some more
4. Add some food colouring if you wish to make it even more exciting for the little ones! That's it!

Super easy to do, and it's great knowing that you can no longer waste that liquid next time you use a can of chickpeas. I've quickly whipped this up while cooking dinner before and let the kids play with it at the kitchen bench while dinner is cooking.



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10. ZIG ZAG BREATHING

APPROPRIATE AGE: FROM 18 MONTHS +

Materials:

Omya Spot Mindfulness Mats are the only thing you need to create a quiet meditation place for anyone in the family and to teach your kids simple calming techniques they can practice on the spot. Just follow the graphic prints on the mat for a range of breathing meditations.

FOMYA SPOT MINDFULNESS MATS ARE AVAILABLE HERE

WWW.UPPERNOTCHCLUB.COM

TO SEE THEM IN USE BY A MINDFUL MAMA @OUR.TINY.MOMENTS



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Steps:

- ~ One of the easiest exercise to do with little learners is Zig Zag breathing, it takes concentration and focus which allows kids to experience a connection to their breaths.
- ~ Trace up and down the Zig Zag line on the mat, it helps children visualise the air entering their body as they inhale and exiting their body as they exhale.
- ~ To further develop their sense of calm, they can slow their breathing as they move along the line.
- ~ The Omya Spot Yoga Mat features zig-zag lines so that once you have tried this exercise, your little one will remember how to do it and will be able to engage in this mindful moment whenever they need to.

