

“If you want to go quickly, go alone.
If you want to go far, go together.”

WORKING TOGETHER
&
KEEPING IN TOUCH

SUMMER TERM 2020

EDGE  GROVE

Where inquisitive minds flourish

CONTENTS

Contents	01
Introduction	02
Overview of CAPP	03
CAPP in:	
Pre Prep	05
Lower School	07
Middle School	09
Upper School	11
Reading	13
Sport and Physical Exercise	14
Creative Arts	15
Learning Success	16
Flourish Initiatives	17
Pastoral Support	18
Mental Health and Physical Wellbeing	20
A Sense of Community	21
Future Schools Preparation	22
Key Contacts	24
Appendix 1 - How to support home learning	25
Appendix 2 - E-Safety	26
100 Things to do indoors	27
50 Things to do this summer	28



INTRODUCTION



“Our overriding aim is for children to be able to communicate with their peers and teachers and to preserve our strong sense of community and friendship during this unprecedented time.”

The forthcoming summer term will be different to any other we have known and during these challenging and uncertain times, it is essential that we retain the strong sense of community which is such an important part of Edge Grove.

Whilst there will be a great deal of information for us to pass on, I hope that this booklet goes some way in explaining how our continued academic and pastoral provision (CAPP) will be delivered in the coming weeks together with ways in which we will support pupils in all aspects of their learning and development.

We will encourage all pupils to embrace their learning with the same enthusiasm, determination and commitment which they show at school. This includes following the school's Behaviours for Learning and Guiding Principles which will continue to embed and support everything we do. Although teachers and children will not be present at school, the remote classroom will allow them to follow our normal curriculum, be prepared for future school examinations and be challenged, think creatively, engage with others and continue to strive for excellence.

With best wishes

Ben Evans
Headmaster

OVERVIEW OF CAPP

When we cannot all be together at Edge Grove, we will be using our well-established digital learning platforms to bring the school into your homes.

Over the last eight years, the school has invested heavily in digital learning and at this time, we are fortunate that our teachers and pupils are familiar with a range of technology and that the School's IT infrastructure can support remote learning.

Edge Grove will continue to deliver the curriculum that would have been taught in school by making use of remote learning. Great consideration has been paid to the age of the pupils to ensure the provision is age appropriate and takes into account the technological ability of the pupils as well as an understanding of the level of parental input required. Remote learning will be shared through Google Classroom for all phases of the school. Being part of the Edge Grove community is about much more than academic lessons and our provision will also cover the creative, physical, flourish and pastoral activities that make our pupils the outstanding individuals they are.

In addition to Google Classroom, we will continue to use The Source for sharing resources and videos and years 3 to 8 will also use Google Meet for live teaching and registration/tutorial sessions. The school's twitter accounts will be as active as usual and Mr Evans will send out a regular message to pupils. The aim of our communication, to pupils and parents, is to ensure that the whole community remains connected and in touch with the school.



Remote learning practice

Google Classroom will be used for form groups and lessons. Lessons will make use of videos, the wealth of online materials we use in our normal practice and resources used in school that will support the pupils' learning. This provision will be further enhanced through the use of Google Meet video conferencing, allowing teachers and pupils to communicate with each other in real time. Marking of pupils' work will follow the same structure that would happen in school: teachers will give feedback and encourage self-reflection; on some pieces of work, pupils will be asked to make improvements in green on their original work and then resubmit.

OVERVIEW OF CAPP

Timetable

During this time of extended school closure, we will switch over to a remote learning timetable. The basic timetable is the same across the school. It comprises a form time, academic lessons in the morning, break and lunch. The afternoons always start with a reading half hour and the pupils then have time for physical and creative activities, including creative arts lessons and some academic lessons for the pupils in Year 7 and 8. In addition, afternoons will be used to complete work from the morning. Pupils from Year 3 to 8 will be expected to attend lessons at the given time on a daily basis. Pre Prep pupils will be given a copy of a year group timetable based on the structure outlined above, but we understand that each family will ultimately be guided by what best suits their family's circumstances.

Short breaks have been included between subject lessons to give pupils and staff time to move to their next lesson, just as we would have transition time in school.

Teachers have also been timetabled so that they are on-hand to lead the learning during the lessons and give real time feedback on work as well as hold live sessions, using video conferencing.



CAPP - PRE PREP

Pre-School - Year 2



CAPP
pre prep

— 05 —

An Overview

- Pupils will be expected to 'register' by accessing the class daily video any time between 8.00am and 10.00am and leave a brief greeting.
- The video will outline daily learning assignments and this will be supported by written notes for reference.
- Assignments can be either typed, written, videoed or photographed depending on the age and stage of the child and the nature of the assignment.
- You will be reminded of your child's learning targets and assignment entry levels in regular emails from the class teacher.
- All assignments will be receive personalised feedback within 24 hours of being uploaded.
- As we get into our stride we will move towards holding small group, live Google Meets between class teachers and their pupils. Joining instructions and invitations to these pastoral meetings will be sent in due course.



CAPP - PRE PREP

Pre-School - Year 2



Pre-School and Reception

Pupils will receive a daily structured literacy and maths assignment together with a cross curricula menu of suggested activities to select from. Resources to support all learning will be available in your child's virtual classroom. There will be a mixture of independent and supported activities, many of which will be practical. We also encourage you to follow your child's own interests and we would be delighted if you would share any evidence of these adventures with us.

Year 1 and Year 2

Pupils will receive a detailed, structured lesson plan for the day for the core subjects; English, maths or science with a corresponding assignment. The daily summary will also offer guidance by subject for learning across the rest of the curriculum and pupils will be directed to relevant resources in their virtual classroom. There will be a balance of practical and formal learning. We expect that pupils in this phase can be encouraged to work independently alongside some adult supported learning.

CAPP
pre prep

06

CAPP - LOWER SCHOOL

Years 3 & 4



CAPP
lower school
— 07 —

The Lower School timetables will provide structure to your child's day and need to be adhered to as much as possible, as this will maximise the support that your child receives from their subject teachers.

We expect each day of remote learning to follow this pattern, which will aim to deliver academic lessons in the mornings followed by some specialist lessons and projects in the afternoons. English and maths will be taught in sets and all other subjects will be taught in form groups.

Registration and Tutor Period

Each morning will commence with a tutor period via Google Meets at 8:30am. Your child's tutor will set these meetings up and invite your child to attend. A register will be taken daily and it is important to emphasise to your children that it is just like being in school.

CAPP - LOWER SCHOOL

Years 3 & 4



Lessons

All pupils will log in to a Google Meet for their lesson. Our aim is to deliver the teaching through a pre-recorded video which will be available on your child's Google Classroom. The teacher will then be on the Meet to work with individual/groups of children just as they would in a classroom. Merits and Academic commendations will be awarded as usual.

Work can be completed in the following ways:

- On paper then photographed or scanned and added to Google Classroom.
- On the worksheets that will be set up in Google Docs and added to the Google Classroom when completed.
- Some activities may involve a video option which can then be submitted on Google Classroom.

Prep

Prep will not be set. This time should be spent completing any work that was not finished in lesson time and responding to feedback from the teachers.

Communication

Form Tutors and core subject teachers will be available for either a telephone call, Google chat or email to support parents and pupils. Please remember that your child's form tutor is always your first point of contact.



CAPP - MIDDLE SCHOOL

Years 5 & 6



CAPP
middle school
— 09 —

The Middle School timetables will provide structure to your child's day and need to be adhered to as much as possible, as this will maximise the support that your child receives from their subject teachers.

We expect each day of remote learning to follow this pattern which is based on as normal a school day as possible under the circumstances.

Registration and Tutor Period

Each morning will commence at 8.30am with a tutor period via Google Meets. Your child's tutor will set these meetings up and invite your child to attend by using their Google Calendar; it will also be communicated on the Form Tutors Google Classroom wall. These Meets are to support pupils both pastorally and academically.

CAPP - MIDDLE SCHOOL

Years 5 & 6

- Middle School pupils will continue to receive their work using Google Classroom which allows staff to set work or tasks and provide individual feedback to each child.
- Teachers will provide links to resources online, and online access to any supporting worksheets will be put into corresponding Google Classrooms.
- There will also be clear instructions on these sheets for how to submit each piece of work for assessment and feedback. Your child will be asked to submit through google classrooms. This is the method that they have already been using and keeps all their work in an online class book.
- All work that is set each day/week needs to be completed. Completed work will be marked and teacher feedback provided. The children will be awarded merits and commendations as if they were in school.
- Once the work is set, teachers will remain available throughout the session in order to support pupils, keeping a close dialogue with all the pupils and working with small groups through Google Meets, the way they would in the classroom. The pupils are expected to complete the task during the timetabled sessions as once the work is set, teachers will remain available throughout the session in order to support pupils.
- As per the timetable, the subject specific teacher will either commence the lesson with a live session or the teacher may choose to use an uploaded video session on the task. Before the timetabled lesson ends, the teacher will do a quick review and report back session to all their pupils, just as they would in class.
- Form Tutors and core subject teachers will be available for either a telephone call, google chat or email to help parents and pupils throughout the day. Please remember that your child's form tutor is always your first point of contact.
- Prep will not be set. This time should be spent completing any work that was not finished in lesson time and responding to feedback from the teachers.

CAPP
middle school

10





CAPP - UPPER SCHOOL

Years 7 & 8

It is our aim to ensure that, on a daily basis, we continue to maintain where possible the sense of community and spirit our upper school pupils share.

CAPP
upper school
— 11 —

- The children's school day will start as normal at 8.30am with a tutor period via Google Meet. This will be an invaluable opportunity for the children to gather on line and meet their peers.
- The children will have the opportunity to discuss the day ahead, ask any questions about their timetable or assignments, as well as share their own news with the form. Other discussions may revolve around reading, current affairs and recent achievements.
- Pupils in the Upper School will have four or five lessons a day, which will include a reading period from 1.30pm - 2.00pm.
- We will be expecting the children to demonstrate positive behaviours for learning in live classes, just as they would do in normal lessons.
- Year 7 pupils will continue to follow our summer term programme of learning based upon the ISEB curriculum (now working towards/at Level 2).
- Year 8 pupils will continue with the Edge Grove Baccalaureate Curriculum which they started in February. This will culminate in the Edge Grove Baccalaureate Award, results of which will be sent to your child's senior school at the end of the summer term. The children will meet with the Headmaster to discuss their predicted grades early next term.
- We anticipate that you and your child will have many questions. In the first instance please do not hesitate to contact your child's form tutor who will do their very best to respond to your query. Mrs Warren will also be available to offer support and guidance.

CAPP - UPPER SCHOOL

Years 7 & 8



Baccalaureate

- Year 7 will continue with the summer modules of the Edge Grove Baccalaureate, and we will endeavour to pursue assessments of the children's development within its four key areas of learning: communication, critical thinking, teamwork and leadership.
- The Edge Grove Baccalaureate Conference has been launched to Year 8, and we expect the children to continue working in their groups with the titles that they have generated. Dr Evans, Miss O'Hare, Miss Senior and Mrs Warren look forward to overseeing their progress, and supporting them with their research.

CAPP
upper school

— 12 —

Post CE/ Baccalaureate Challenge Programme of Activities

For Year 8, one highlight of the academic year has always been the Baccalaureate Challenge which takes place towards the end of the summer term. We want to make sure that the activities and events which we have planned for the pupils can still go ahead, albeit within an adapted format:

Year 8 can look forward to taking part in the following, scheduled to take place between weeks 7-10 of the summer term:

- Careers Morning
- The Edge Grove Baccalaureate Conference
- Shop Cook Challenge
- Self-Defence
- Monopoly Trip
- First Aid training



READING



reading

— 13 —

Please encourage your child to continue with reading on a daily basis. Borrowbox, from your local library, is an app which can be easily downloaded onto any device and enables your child to access many texts and audio books free of charge.

<https://www.borrowbox.com/>

The Oxford Owl website also provides links to many books:

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

To avoid screen-based reading, Audible have also made hundreds of their audio books free to listen to <https://www.audible.co.uk/>

SPORT & PHYSICAL EXERCISE



sport & physical
exercise

— 14 —

We all know how important sport and physical exercise is for maintaining both physical and mental wellbeing. We suggest a varied programme of physical exercise is built into each pupil's weekly schedule, as well as encouraging healthy sleep routines at the end of each day.

- The weekly overview will contain tasks for staying fit and active. Physical challenges will be set that will help to promote our sense of community.
- Our Games Department will be on-hand to offer advice and training schedules for individuals and teams. Those Cricketing and Athletic skills will need to be honed at home!
- Exercise and dance videos will be suggested each week for those that want to keep fit indoors and will be available on The Source.
- Something as simple as going for a walk outdoors each day will go a long way.

CREATIVE ARTS



Creative Arts will continue to be delivered through the timetabled day with the opportunity to also engage in pursuing each pupils' own creative interests and talents, which are perhaps outside of the usual curriculum. The majority of these lessons will take place after all academic lessons have finished. Individual music lessons will continue, as explained below by Mrs Eglinton. The teachers in the department will be setting challenges and competitions for pupils to take part in.

creative
arts

15

Individual Music Lessons

Peripatetic music lessons will continue as normal in the summer term using online programmes such as zoom or skype. The Visiting Music Teacher (VMT) will email parents individually about how the lessons will work, what programme they will use and when they will start. You will be contacted by the VMT each week regarding when the lesson will be. The lesson time will be on rotation so pupils do not miss the same academic lessons each week. Online music lessons are a very good way of learning and will enhance pupils' progress as children will be more focused on tasks and will learn to self-evaluate during the lessons.

Tips for quality online music lessons:

- Make sure the pupil have their instrument out ready for the lesson.
- Have a music stand for their sheet music and a pencil and practice book on the stand.
- Make sure the camera is well angled for the lesson (can see instrument and pupil).
- Make sure the device you are using is not too close to the instrument (this can affect sound quality).
- Using headphones could help enhance the sound quality for both the teacher and the pupil although are not essential.

LEARNING SUCCESS AND ENGLISH AS AN ADDITIONAL LANGUAGE (EAL)

Learning Success and EAL provision will continue through small groups and one to one lessons that will continue to be delivered by Mrs Try and Mrs Baxendale.

These sessions will be remotely taught in the same way as curriculum lessons. The teacher in charge will communicate directly with parents to arrange regular slots for the pupils. These may differ from the times pupils attended sessions in school to allow pupils to attend the planned lessons for the main curriculum.

FLOURISH INITIATIVES

Flourish initiatives

The Flourish focus for next term is 'Give' and details of this can be found on The Source. The 'Flourish Calendar' Action for Happiness in April is 'Active April', please download a copy from The Source. The children are very used to using the Flourish Calendar as they are displayed in all the classrooms.

We encourage you as a family to continue with our flourish initiatives at home. Many of the children will be able to tell you what we do and you can work through the daily tabs that will be set up on The Source for:

- Motivational Monday
- Talk about Tuesday
- Wellbeing Wednesday
- Thankful Thursday
- Friendship Friday

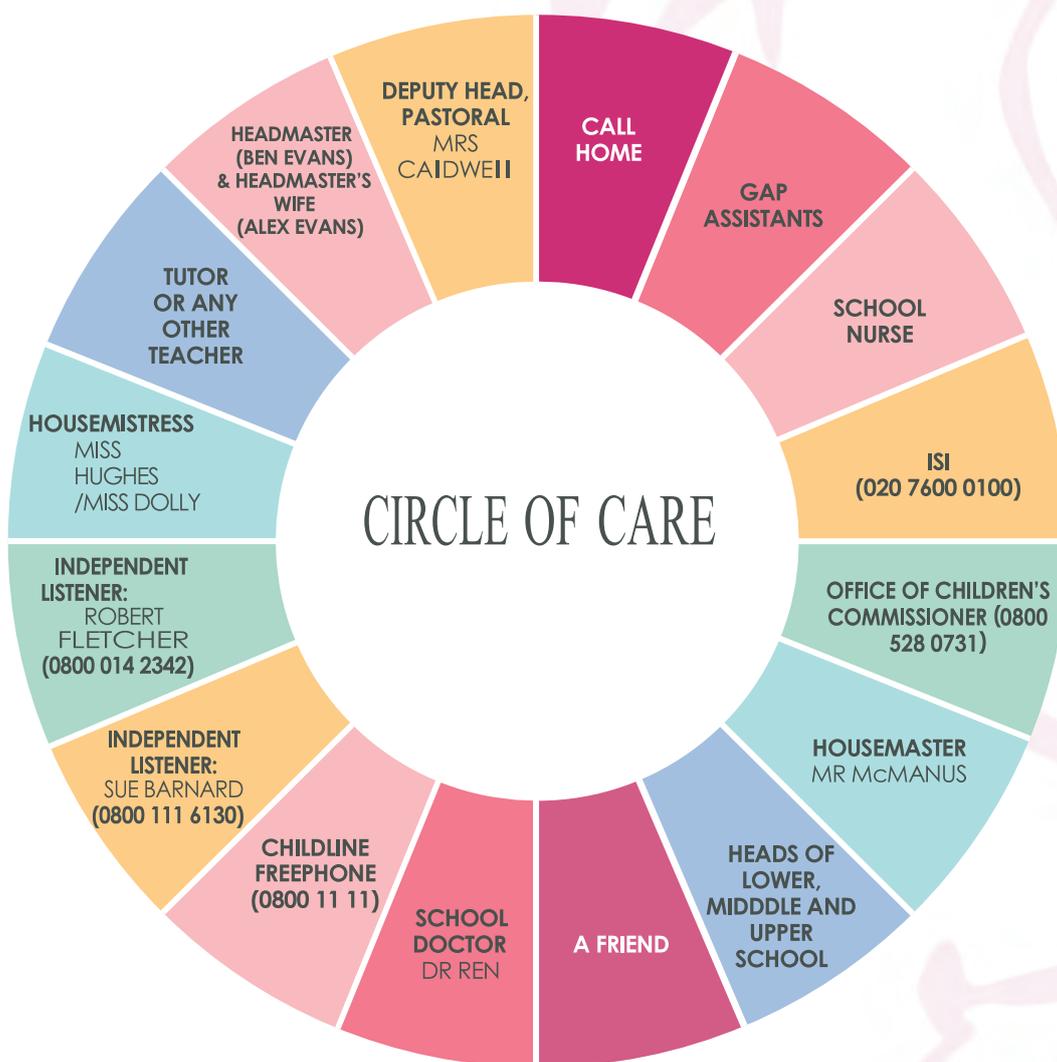
We have set a number of themes for Wellbeing Wednesday, which we hope you will find useful. They include managing change, personal power and problem solving. We will also provide information and links to yoga and mindfulness. Please keep a close eye on The Source for daily focus tips and ideas for home use and tutor time, as well as the community activity log for acts of kindness.

PASTORAL SUPPORT

Pastoral Support

Pastoral support from school is just as important, if not more so, whilst we adjust to our 'new normal'. Edge Grove prides itself on providing excellent pastoral support to the children at all times. This support however extends beyond the children to the family as a whole at a time when stress and anxiety in the home may be high.

The pastoral teams comprise of your child's form/class teacher, Head of School and Deputy Head Pastoral as well as Sally Sharp, Head of Wellbeing and all of the trusted adults in the Circle of Care.



PASTORAL SUPPORT

Our support structure remains unchanged at this time. Any concerns should initially be raised with the form/class teacher who, if they cannot solve the issue themselves, will put you in touch with the appropriate member of staff who can help and support you and your child.

Sally Sharp will continue with her one to one coaching, as well as providing support for parents. If you feel that you or your child would benefit from some time with her, please contact Sally directly at ssharp@edgegrove.com.

We will be sending out questionnaires on a regular basis to find out how you and your child are getting on. The feedback that we receive will not only help us to improve provision but will also highlight any children that may need extra support from us.

Please do not hesitate to email any of the pastoral team at any time should you need support.

MENTAL AND PHYSICAL WELLBEING

Whilst we are all doing our utmost to remain positive, it is inevitable that both children and adults will have periods of time when they feel anxious. In children this can lead to a change in their behaviour. Young children (6 and under) may return to behaviours that they have outgrown e.g. tantrums, toileting accidents. Older children may feel angry or sad. They may have trouble concentrating. They may feel the need to focus on the details of the situation and want to talk about it all the time.

All of this is completely normal. There are a number of ways that you can help your child to deal with their anxieties.

1. Listen to them and acknowledge their feelings. Allow them to communicate their worries to you. Give them extra love and attention if they need it.
2. Provide clear, age appropriate information. Websites such as gov.uk or NHS.uk can help with this.
3. Be aware of your own reactions. Stay calm, take deep breaths.
4. Create a new routine (and stick to it). This increases a child's feeling of safety. Create a timetable for Monday to Friday. Keep bedtimes and wake up times similar to if they were going to school.
5. Keep as active as possible. 30-60 minutes of exercise per day is ideal. Doing this outside is even better. We will be providing PE sessions for the children but encourage them to also create their own. Design obstacle races or treasure hunts in the garden.
6. Keep diets healthy. Limit sugary treats. Too much sugar may have a detrimental effect of the behaviour of your child and their ability to concentrate for long periods of time.
7. Limit their exposure to the media.

Communication with others

Staying in touch with the Edge Grove community will be vital over the next few months. Encourage your child to contact their friends and always ensure that they are online with their teachers during live teaching times. Share with us what you are doing at home so that we can inspire others.

A SENSE OF COMMUNITY

It is essential that we retain the essence of Edge Grove which is our strong sense of community and close communication.

Weekly Overview

A weekly overview of the work to be covered, key learning objectives and all other activities for each year group will be sent to parents.

Weekly Newsletter

The weekly newsletter, Edge News, will continue to be published so please send in photographs of everything you are doing so that we can share them with the whole community and celebrate everyone's successes and achievements.

Birthday cards

All pupils will continue to receive their birthday cards from Mr and Dr Evans as normal but their timely arrival will be reliant on the postal service!

House Events

We hope to hold a number of House events remotely to maintain the friendly competitive spirit which pupils enjoy and to engender a common purpose and sense of collaboration. These will include a House Quiz and a variation on our usual sports days.

Summer Term Calendar

Events such as the Junior Maths Challenge, Parents' Art Class, Rush Hour Concerts, Form Assemblies, Year 8 Careers Morning will all hopefully go ahead in slightly different formats given our constraints.

Feedback

We very much welcome and value your feedback and to ensure that our CAPP is purposeful and achievable, we will be sending out a short fortnightly questionnaire seeking your opinions. This will allow us to adapt and improve as necessary and to ensure that pupils are supported as closely as possible.

FUTURE SCHOOLS' PREPARATION

Preparation for senior schools will continue as normal, with maths and English 11+, 12+ and 13+ groups and Reasoning Club continuing as normal, although timings will change. Mr Hays will be in contact at the start of next term about the timings. Mr Hays will also hold Future Schools meetings on Google Meet. Please contact him at bhays@edgegrove.com to make an appointment.

Year 8

We will be working closely with senior schools next term regarding our Baccalaureate Award, giving them feedback about your child as they make further progress through the Edge Grove Baccalaureate, and sending the final result through to them at the end of next term in your child's Testimonial. This year, we are making even closer links with senior schools and will be sharing the full breakdown of every pupil's Baccalaureate Award grades. Mr Evans is meeting with each pupil in the first week of term, to review their provisional Baccalaureate grades and to set targets for the Summer term.

Year 7

Berkhamsted 13+ VR practice Wycombe Abbey 13+ online tests practice and St Albans 12+ preparation will continue as normal. Interviews will be conducted online and work will be set through Google Classrooms, with regular small-group tutorials through the term.

Year 6

Harrow Test CEM practice and St Margaret's 13+ deferred entry exam preparation will begin online in the Summer term.

Year 5

MTS Year 6 13+ entry interview practice, Berkhamsted 11+ ISEB pre-test practice, SW Herts Consortium practice, St Albans High School ISEB test practice and Highgate 11+ reasoning practice will all start in the Summer term, with work set in various Google Classrooms.

Year 4

We are extending our provision of Planet BOFA for maths, English, verbal reasoning and non-verbal reasoning practice to Year 4 and there will be further information about this at the start of next term.

FUTURE SCHOOLS' PREPARATION

Progress and feedback to parents

Mr Hays will be in regular contact with the various groups of parents about pupil progress and next steps.

Interview practice for all pupils with upcoming exams

Standard 1:1 interview practice that takes place for every senior school admission will also take place as normal albeit online, following the Edge Grove protocol of tutor interview, senior staff interview, and interview with Mr Evans.

References

References will continue to be produced and sent to senior schools as they always have. Heads of Middle and Senior Schools will send out self-reference templates to parents to fill in, to inform the references that the school writes.

Changes to senior school exam dates

Mr Hays is liaising regularly with senior schools concerning any possible alterations to senior school assessments next term and will communicate these to parents and pupils as soon as he hears about changes.

KEY CONTACTS

Your first point of contact should be your child's class teacher/tutor. They will be available from 8.00am and 6.00pm every weekday to help and answer your questions. Please remember that they will be teaching so may not be able to reply immediately. If you have a query and are unsure as to whom to direct it, please email office@edgegrove.com and they will ensure that your email is redirected appropriately.

Other key contacts include:

Head of Pre Prep
Head of Lower School
Head of Middle School
Head of Upper School

gemmerson@edgegrove.com
srobinson@edgegrove.com
kmcmanus@edgegrove.com
awarren@edgegrove.com

Director of Future Schools
Head of Wellbeing

bhays@edgegrove.com
ssharp@edgegrove.com

Deputy Head (Academic)
Deputy Head (Pastoral)
Headmaster

lohare@edgegrove.com
acaldwell@edgegrove.com
bevans@edgegrove.com

IT Support
Absences
School Office

support@edgegrove.com
absences@edgegrove.com
office@edgegrove.com

The school office will operate as normal and be staffed from 8.30am to 5.00pm daily. Please use the normal school number – **01923 855724** if you would like to speak to someone. The school-operated WhatsApp year groups will work as normal.

Absences

In line with our normal procedures, please contact absences@edgegrove.com if your child is unwell and will not be attending lessons. The class teacher/tutor will be informed.

HOW TO SUPPORT HOME LEARNING

Follow this guidance to create a positive learning environment at home.

Family dynamics and wellbeing must be the priority.

- ✓ **For most children losing a few weeks will not hinder their learning in any huge way. This is a chance to support your children, to learn with them.**
- ✓ **You're not expected to become teachers** and your children don't want you to be their teacher.
- ✓ **A structure is key; children like and need it.** Experiment in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too.
- ✓ **Share the load if there are 2 parents at home.** Split the day into manageable slots and take turns so you can do your own work.
- ✓ **Keep to a timetable wherever possible but be flexible but don't spring surprises, if a day is planned to look a certain way try and stick to it. If it has to change explain it to the children.**
- ✓ **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership.
- ✓ **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over.
- ✓ **Distinguish between weekdays and weekends**, to separate school life and home life.

The priorities for every day are:

- ✓ **Exercise - plan this in advance and if you can, do it with your children.**
- ✓ **Get outdoors everyday.** There is a huge amount of evidence to state this is crucial to well being.
- ✓ Get your children to **write in a diary what they did each day** – this will become a great memory and is proven to help with mental health.
- ✓ Hear your children read every day and read to them.
- ✓ Set aside a time to contact friends and family via social media and ask all family to stick to it. If wifi is an issue then stagger slots.

E-SAFETY

We are all spending much more time online at the moment, and need to maintain vigilance about our online safety. Some things to consider are:

- Online scammers and predators are aware we are all online much more. Be mindful of who you and your children are talking to, and what information we are giving out.
- Make sure your children are correctly dressed for online meetings.
- Mute cameras and microphones/end chats when you walk away from the computer.
- Social interaction is vital for mental health, but this must have supervision. There are several platforms (such as Houseparty and Zoom) which people are using to stay in touch. Please be aware of who is participating in the chat.
- Sites such as TikTok still present a huge risk to children; what seems like harmless fun can be used by predators to entice children into unwanted behaviours.

Increased workstation use also comes with some health issues:

- Take regular breaks and do not sit in front of a screen for more than 20 mins at a time.
- Make sure to get up and stretch.
- Change the focus of eyes regularly and remember to blink.
- Try to keep knees and elbows at roughly 90° angles; adjust your seating accordingly.

100 THINGS TO DO INDOORS

100 Things to do indoors

www.spreadthehappiness.co.uk



1. Make non-cook playdough, then have a Dough Disco
2. Paint our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.robertrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



www.spreadthehappiness.co.uk

100 things to do indoors

50 THINGS TO DO THIS SUMMER

50 Things To Do This

SUMMER 2020

1. Choose a family anthem for the summer
2. Make banana dolphins
3. Learn a yo-yo move
4. Dance in the rain singing 'Ella, ella under my umbrella'
5. Paint using something from the kitchen
6. Take a plant cutting and put it in water to grow roots, make a photo diary
7. Write a fruit and veg ABC
8. Do the Hokey Cokey with friends
9. Count seeds in a melon, dry them out to plant
10. Make a sculpture out of sticks, twigs, or stones
11. Play with a Frisbee
12. Dress up as pirates all day (adults as well)
13. Make a family crest & put it on a flag
14. Make playdough and have a summer song Dough Disco
15. Have a concert in your garden
16. Play musical statues
17. Go on a hike
18. Read out and act out a story
19. Choose an animal to be for the day
20. Make home made skittles with plastic bottles and put numbers on to keep the score
21. Make a chalk target on a wall and throw wet sponges
22. Record yourselves reading a poem
23. Play pretend restaurants, who will be the waiter? What will be the theme?
24. Make pineapples into a big drinking glass to share

25. Toss pennies in a fountain/stream and make a wish
26. Have an indoor DIY Spa Day
27. Make band instruments from household items, eg pan & wooden spoon - a drum
28. Accompany your personal anthem and sing
29. Have a fancy dress day from recycled items
30. Have a fashion show & make a cat walk
31. Make a memory box for the summer, decorate & collect things over the summer
32. Research 'old' recipes and make some of the dishes
33. Make a happy family podcast and email to shonette@shonettebasonwood.com about your summer, no longer than 5 minutes. Use Irig
34. Do bark rubbings & name the trees
35. Do secret writing
36. Build a dark den & tell a dark dark story
37. Have a family quiz night
38. Make a collage of the 7 wonders of the world and add two of your own to make 9
39. Walk for 5 metres in someone else's shoes
40. Write a letter of thank you to someone and post it snail mail
41. Do the Conga with family & friends
42. Play snap or other card games
43. Invite senior citizens or go to a care home and play card games/ dominoes (let them teach you)
44. Be a superhero for the day
45. Get creative with sand
46. Make chocolate krispie cakes
47. Make messy twister using shaving foam coloured with food colouring and put on a twister mat
48. Leave a treat for post person or refuse collector
49. Do potato prints
50. Make a collage/album of the summer

www.spreadthehappiness.co.uk
Facebook:
@SpreadTheHappinessPage
Twitter:
@ShonetteBason

50 things to do
this summer

— 28 —



VISIT

Edge Grove
Aldenham Village
Hertfordshire
WD25 8BL

CONTACT

01923 855 724
office@edgegrove.com

BROWSE

edgegrove.com