

Build a DIY fort with boxes, bed sheets, Christmas lights, chairs and tables

Press some flowers you find on your daily walk. (Not from someone's garden though!) The National History Museum has step-by- step guide to pressing flowers using books and other materials at home

Freeze small toys overnight in water in Tupperware box and find ways to melt them the next day. Or if it is a warm day, how long will they take o melt outside?

Vegetable stamps with paint. You can use the ends of carrots or parsnips that you might otherwise throw away, or a broccoli stem, if you don't use that. You could try cutting them into different shapes.

I know flour is hard to get but if anyone has some and doesn't mind mess then they could play the flour game.

The flour game

Pour flour into bowl, press tight. Turn over and remove bowl. Put half a grape/raisin/anything on top. Take it in turns to cut a slice of flour away. Whoever knocks the grape/raisin has to pick it up with their mouth

Play the tidy up game

List of things you want picked up and set a timer

Have a Kitchen disco or a Bathroom Boogie

Open home salon

Get child to brush hair, put clips, bands, makeup on you, and paint your nails

Fashion designer

Drawing on old T shirt with felt tips

Create an escape room

Choose a cupboard/wardrobe and hide objects inside.

Could be small or large. Write out clues associated with each item. Set a timer.

Winner is the one who solves the clues within the time limit

Throwing games with things like a pair of socks into an empty washing bowl or waste paper basket. Children could do this on their own or (in competition)with siblings. See how many goals you can score, firstly standing nearby and gradually moving further way.

Try throwing from different positions on your knees, crossed legs, lying on your front, standing on one leg etc.