

Tech Family Activities.

When spending time with people we care about over the internet it can be daunting or you might not be sure how to spend the time. This document has been put together to provide some ideas.

When preparing for a virtual meeting with your parent or child why not plan a little. There would be nothing more awkward than sitting staring at each other whilst thinking of something to say.

The session could be as simple as using it as a form of “newsletters” to each other. Keep it simple/doable with a format like “Things I read, watched, listened to, ate, laughed about, photographed, and loved”.

This document has been made by trawling the internet and bringing together the best of what we found. If we missed something really cool, please tell us so we can add it to our list for others to enjoy too.

Not all of these activities will be a good idea for you and your family, so check this out with another family member or professional in order to avoid disappointment.

1. Put on a Disguise



Children love to dress up. Why not make this time more fun by attending the session wearing fancy dress?

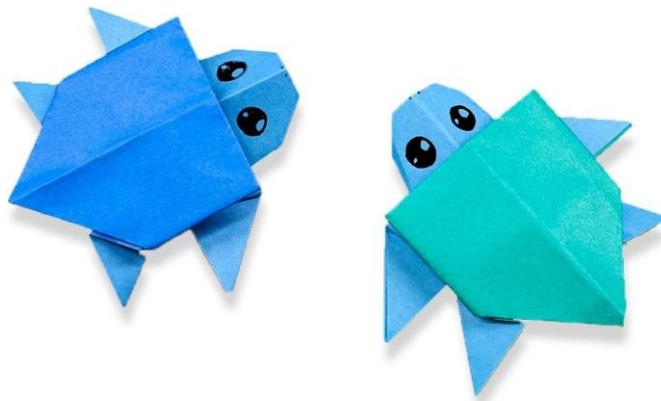
2. Lego Challenge.

Each person has an agreed amount of Lego and the idea is to build the most creative model within a set amount of time. You could both build the same thing (a boat for example) or build whatever you want.



3. Origami.

Create amazing paper shapes. This could either be done together or against each other. If your already using tech anyway why not google some creative origami instructions.



4. Noughts and Crosses

The classic lives on. There is no reason why you could not play this during a video session, one person has the pen and paper and away you go.



5. Listen to music.

What's the point having your smart speaker sat quietly in a corner, give it something to do. It could help set the mood, just be careful it's not too loud or too quiet.

6. Themed 'Would you rather' Games

The aim of the game is basically to ask funny questions.

For example, "would you rather have ducks' feet or have a shell like a snail".

If the person answering the question can also say why, this adds another layer of entertainment.

7. Charades

One player at a time thinks of a word or phrase. Then they must act it out for the other players – but no talking! Use a phone to set a time limit for each round and try to guess before time runs out. If you want you can choose a theme for the game, like sports or animals.



8. I Spy

For I spy, you can make the video call on a portable device (like a smartphone) and bring your video caller into different rooms in your home. Face the camera toward the room and have them "spy" different items!



9. Song Lyrics



The game will be interesting for those who are passionate about music. You take turns singing a melody of a song without words or turn on the soundtrack, and the opponent must guess the song's name and the singer. For each correct answer, you are given

one point. The player with the highest score wins. Alternatively, play it in reverse – read out the lyrics with no music at all to see if the other person can identify the tune.

10. True or False.

This game works best if both players make a short list of things that are true but should not be and a load of ideas of for other statements that are not true but would make the world better if they were. For example, *“Australia has over 10,000 beaches. You could visit a new beach every day for over 27 years!”*.



Each player then identifies the other person facts and fibs.

11. Art and Craft.

You could do an art challenge where everyone creates a drawing or painting inspired by the same topic and then shows it off. The topic can be silly, and the art *definitely* does not need to be good.

12. What if?

Imagine a world where anything is possible then talk about 'What if'. So 'what if', humans had wings? Where would we go on holiday and how would we carry our suitcase cases.

13. Read my Lips

The first player turns off the mic and says a word. Another player tries to understand it. Then change roles. You can count guessed words and at the end of the game name the winner.



14. Host a Talent Show

Let their creative side shine! Whether their talent is acrobatics or magic or setting the perfect table, you can learn something new about your family, while having fun at the same time.



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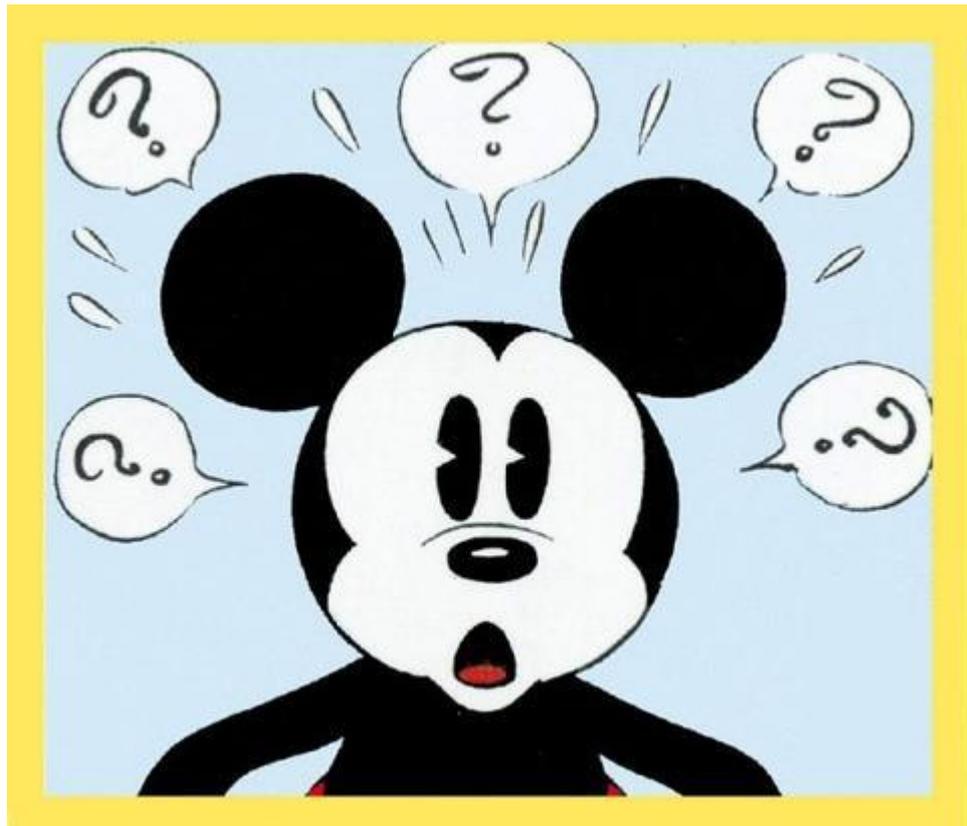


15. Themed Sessions.

Why not make theme days a part of your group sessions? Now is a great time to start participating in Wig Wednesdays.

16.20 Questions

This one is a 2-player game, but you can rotate who is playing because each round goes quickly. One player thinks of a person, place or thing. They tell the other player which category their word falls into. For example, if their word is “pizza” they would say “thing.” The other player can ask only 20 questions to try to guess!



17. Read aloud

Who does not love a bit of story time? The parent could read to the child, or vice versa. Why not screenshare and read something from the internet together.



18. Show and Tell

Bring something cool to the session and talk about it. Ideally something that the other person does not already know about.

19. Add New Backgrounds

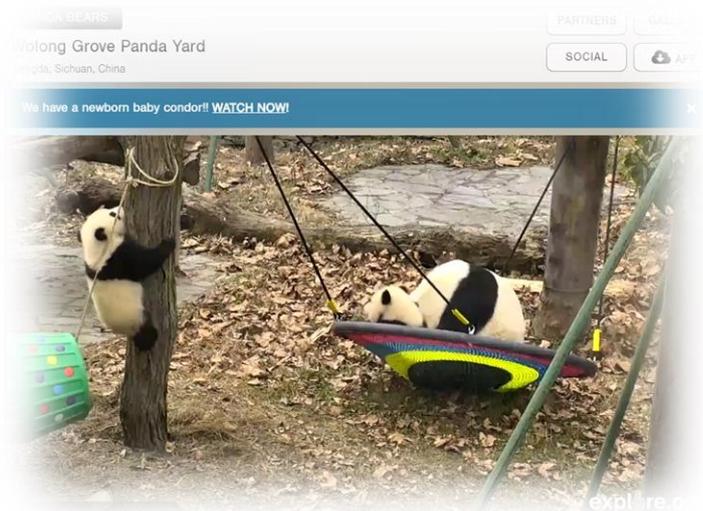
On many video apps you can change backgrounds, have an experiment, its fun. Otherwise, why not go old school and make a background of your own to be displayed behind you.

20. Sing a Song.

What could be more ~~erunge~~ ~~worthy~~ fun than having a sing together.

24. Go on Safari.

Share screens and visit some of the most beautiful parts of the world. Most places have webcams now and you will find them easily with a quick google search. Why not visit the African Plains, South American Rain Forests, Niagara Falls, Times Square, China Zoo or the Sydney Opera House?



Spending Time with Younger Children.

Generally, you might find spending time with babies or toddlers online to be a real challenge. We often wouldn't recommend it because the child won't get lots of enjoyment from it. However, if you want to give it a go keep it simple and maybe quite short.

Why not do what you usually do:

- Rattles.
- Talking.
- Stimulating lights or shiny things.
- Stories.
- Nursery Rhymes.
- Talk to them about any toys they might be holding.