



## TIPS 4 KEEPING KIDS BUSY

Without school and organised sports activities, it can be challenging to keep kids busy and find ways for them to burn off energy so here are some tips.

Student A's timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
Bring to swimming kit Traer el kit de natación a la escuela	Homework due Tráer tarea	Read at home Leer libro en casa	Wear PJ kit Llevar kit de pijamas a la escuela	Practice timetables Hacer los de práctica	Read at home Leer libro en casa	Complete homework Tarea completa

Get a timetable going including getting dressed and out of the PJ's.

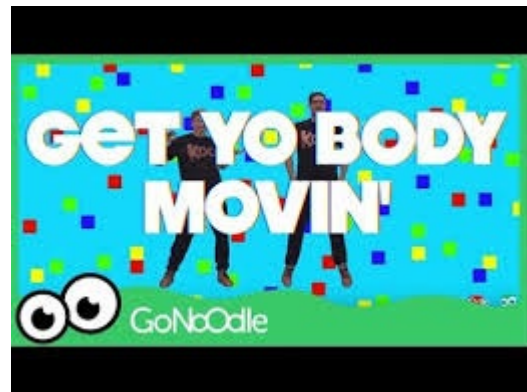
Vary the day with different activities and punctuate it with food breaks as would be the case in school.

There are some online exercise activities like Go Noodle.

This can be good use of screen time instead of TV Programmes or Games.

It will burn up excessive energy.

Also check out [Cosmic Kids](#) on YouTube.



There are also some great sites with **Craft Projects from Everyday Materials**. [happinessishomemade.net](http://happinessishomemade.net), is just one example. There is also a [www.dltk-holidays.com](http://www.dltk-holidays.com) with printable worksheets.



*There's lots of fun games that can be done in the back and front garden.*

Outdoor art with chalk or onto a large wooden board.

The Obstacle Course - Almost anything can be used from slides to buckets and spades. Add multiple disciplines into it, including throwing, catching, digging sand and more.

Time them each day and see if they can get quicker.

**Backyard Camping - All the fun of camping without the travel !! Setting up the tent in the back garden is an ever-popular game for youngsters.**

**Build a Den - Or if your attic isn't home to a wealth of camping gear, keep the kids interested by building a backgarden den. If you live close to a woodland or public pathway, head down there first for any good, big sticks to create a base for the den. Pretty much anything and everything can be used to complete the den – in particular, old bed sheets you no longer use.**

***Get the kids baking and you never know they could be competing for the World's Best Baker Title!! There's plenty of sites with recipes and instructions that they can follow themselves or with a little help. Bakingmad.com is a great one to have a look at.***



*Of course, there's always developing hurling, camogie and football skills. There are loads of drills on You Tube that kids can practice during the next few weeks of reduced activity in school and at training/matches. The future Dublin managers will thank you!!*

