

SELF ISOLATION
ACTIVITY PACK
FOR KIDS!

PRINT, FILL OUT,
SHARE, HAVE FUN!

BY

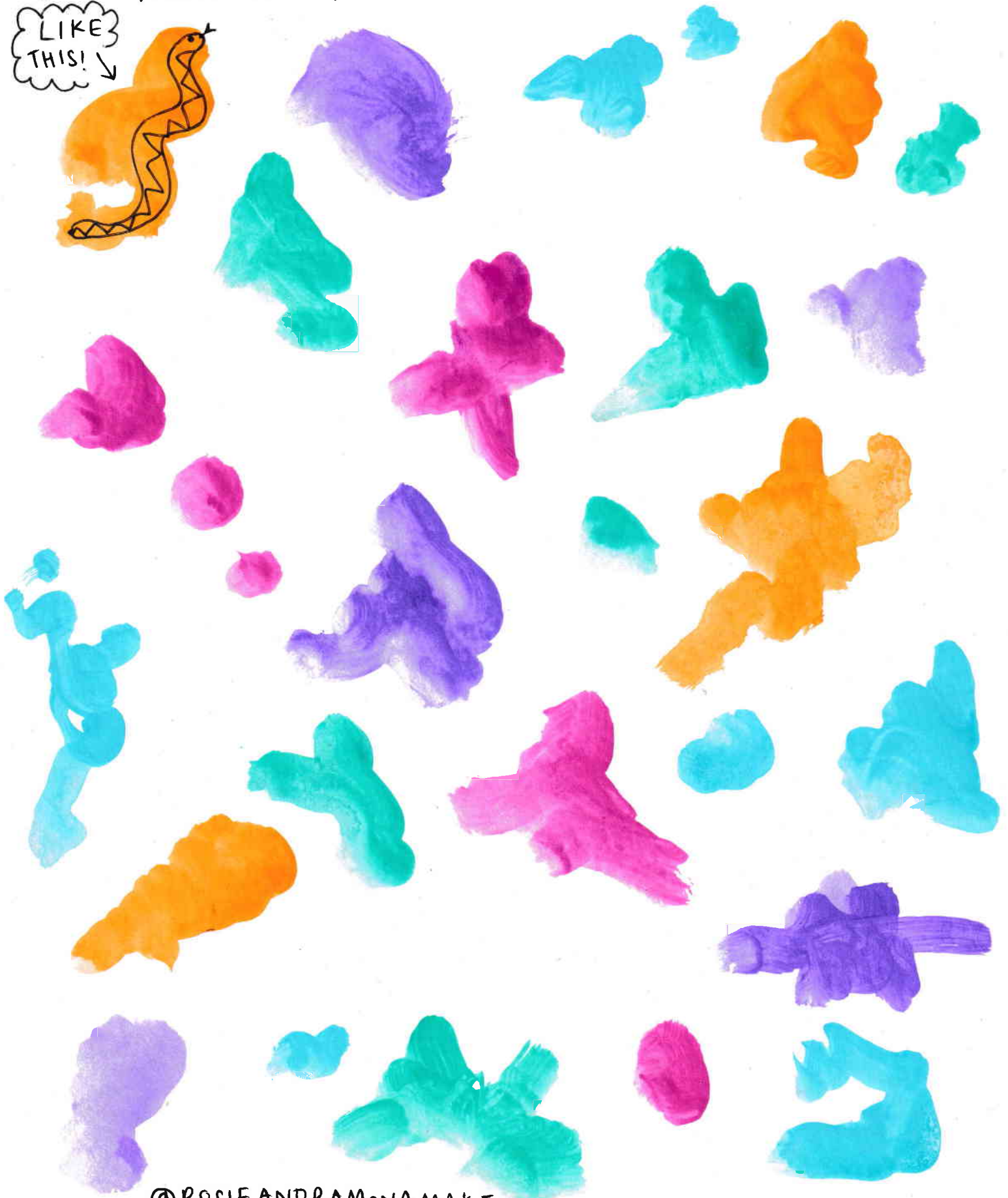
Rosie AND Ramona

IMAGINATION!

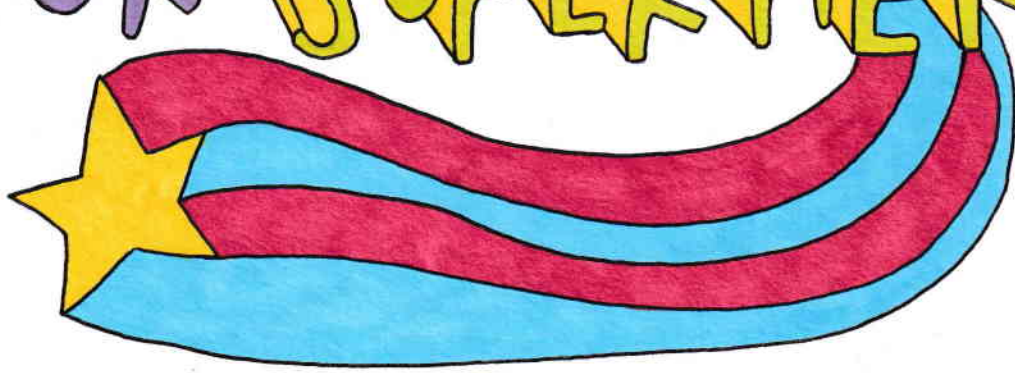
MAKE THESE SPLODGES INTO ANYTHING!
WHAT CAN YOUR MIND MAKE THEM INTO?!



LIKE
THIS! ↓



OUR SUPERHEROES



GIVE OR SEND THIS MOTIVATING
THANK YOU MESSAGE TO AN NHS
STAFF MEMBER, OR EVEN BETTER
WRITE YOUR OWN! (ADD GLITTER WHEREVER YOU CAN!)

Hey There,

JUST WANTED TO SAY SERIOUSLY, YOU ARE
ACTUALLY THE **BEST**. IF I WAS IN CHARGE
OF MARVEL MY NEXT FILM WOULD BE ABOUT
you. THANK YOU FOR CONTINUING TO LOOK
AFTER US AND WORKING SO CRAZY HARD.

THERE ARE NO WORDS TO DESCRIBE
HOW GRATEFUL WE ARE

ALSO - YOU LOOK **AWESOME** ★

(IF IT WASN'T FOR CORONAVIRUS WE'D GIVE
YOU A MASSIVE HUG XXX)

@ROSIEANDRAMONA MAKE

MAKING DENS

MAKING A DEN IN YOUR HOME IS SUPER EASY. YOU CAN USE ANYTHING!

BUT THE MAIN INGREDIENT IS: IMAGINATION!

WHY NOT THINK OF AN AMAZING PLACE YOUR DEN COULD BE, A JUNGLE? A CAVE? AN ISLAND? AND THEN BASE YOUR DEN AROUND YOUR LOCATION!

(YOU COULD ALSO MAKE A SECRET MAP TO YOUR DEN!)

• UNUSUAL OBJECTS MIGHT BE USEFUL, UMBRELLAS CAN BECOME WALLS BOOKS CAN HOLD DOWN BLANKETS. TEDDIES CAN BE YOUR DOOR GUARDS!

IDEAS FOR MAKING YOUR DEN:

- SOMETHING BIG TO HIDE UNDER EG, CHAIRS, TABLES, BEDS.
- A BLANKET OR DUVET TO COVER YOUR BIG OBJECT.
- THINGS TO MAKE YOUR DEN COMFY - CUSHION/PILLOWS.
- A DOOR OR ENTRANCE - BLANKET HUNG UP / CLOTHES RAIL. (ALSO MAKE SURE YOU HAVE A SECRET PASSWORD TO GET IN!)

MAKE SURE THAT YOUR ADULT HELPS WITH BIG OBJECTS SO THAT YOUR DEN IS SAFE! YOU DON'T WANT YOUR DEN TO BREAK WHEN YOU'RE IN THE MIDDLE OF THE JUNGLE!

MAYBE TAKE PHOTOS TO SEND TO SELF ISOLATING FRIENDS AND FAMILY!

• HOW ABOUT CREATING AN EXPLORER PACK TO PUT IN YOUR DEN. COULD YOU MAKE A COMPASS OR TELESCOPE? OR USE CAMPING GEAR LIKE CAMPING LAMPS, TEA CUPS AND CUTTLERY

Glorious garden



HERE'S A FEW ACTIVITIES YOU CAN DO IN THE GARDEN (OR PARK), HAVE FUN!

- CAN YOU SPOT THESE THINGS?

(DRAW THEM WHEN YOU'VE FOUND THEM!)

- * FLOWER

- * TREE

- * BIRD

- * STONE

- * INSECT

- * TOOL (eg spade)

- TREASURE HUNT!



GET YOUR ADULT TO HIDE TOYS OR SNACKS FOR YOU TO FIND. YOUR ADULT COULD EVEN MAKE CLUES!

- PLANT POT PAINTING

DO YOU HAVE ANY OLD PLANT POTS THAT NEED BRIGHTENING UP? PAINTING PATTERNS ON THEM WILL GIVE THEM A NEW LEASE OF LIFE.



- CHALK!



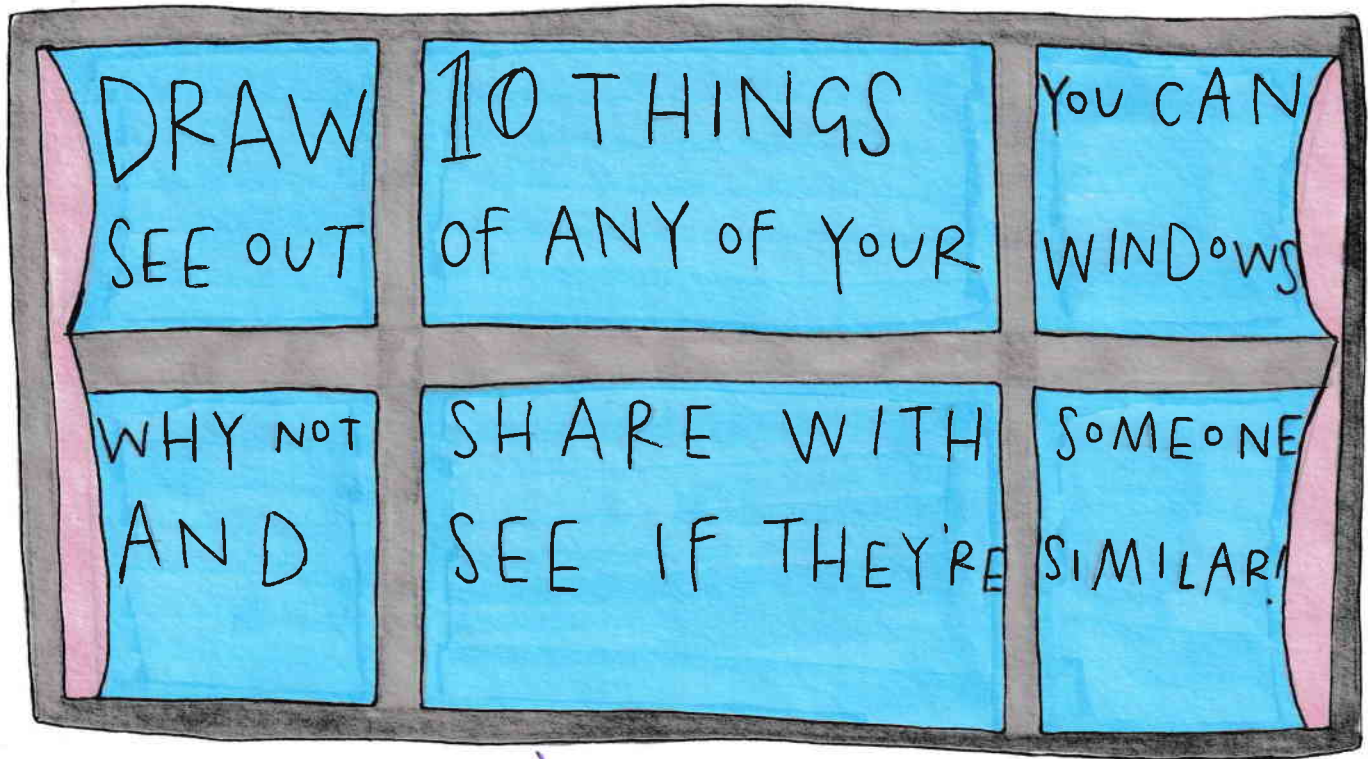
IF YOU CAN GET HOLD OF JUMBO CHALK WHY NOT DRAW SOME BIG PICTURES ON THE FLOOR/FENCE/WALL!

- RECYCLING



YOU COULD COLLECT ANY RUBBISH OR UNWANTED ITEMS TO KEEP WILDLIFE SAFE AND SOME OF IT MIGHT BE USEFUL!

WHAT'S OUTSIDE THE WINDOW?!



HERE'S OURS!:



@ROSIEANDRAMONAMAKE

WRITE A

Letter



WRITE SOMETHING THAT CAN BE SENT TO AN ELDERLY OR VULNERABLE NEIGHBOUR/FRIEND/FAMILY MEMBER TO MAKE THEM SMILE 😊 USE THIS SPACE ↓ AND CUT IT OUT!

Dear,

HERE'S OURS!:

Dear Great Gran,

We're so sorry you have to stay indoors for a while, we hope you have lots of books to read! We have been doing lots of activities indoors like drawing pictures of the dog. We're also going to play dress up and send you lots of pictures. Mum and I are going to try your amazing bread recipe today, we'll let you know if it tastes as good as yours! Please write back if you can, lots of love Rosie and Ramona xxx

@ROSIE AND RAMONA MAKE

★ MAKE A PLAY ★

WHY NOT CREATE A SHORT PLAY OR PERFORMANCE THAT YOUR ADULT CAN FILM AND SEND TO FRIENDS AND RELATIVES STAYING INDOORS.

HERE'S SOME IDEAS! :

- * SPACE MISSION
- * LOST IN THE JUNGLE
- * MAKING FRIENDS WITH A DINOSAUR
- * MAGIC SHOW
- * SUPERHEROES
- * COMEDY SHOW, JOKES AND CLOWNING.

★ YOU'RE A STAR! ★

TIPS FOR MAKING A GREAT PLAY:

- * CREATE A STAGE - YOUR LIVING ROOM, YOUR BED, THE GARDEN?!
- * DRESS UP! - FIND LOTS OF FUN CLOTHES TO CREATE YOUR CHARACTERS!
- * USE PROPS - WHAT DO YOU HAVE AROUND THE HOUSE THAT WILL MAKE THE PLAY BELIEVABLE
- * SING + DANCE - GET MOVING TO MAKE IT LOTS OF FUN!

@ROSIEANDRAMONAMAKE

Baking Bread

BAKING BREAD IS FUN AND DELICIOUS! HERE'S A REALLY SIMPLE RECIPE THAT YOU AND YOUR ADULT CAN TRY! (FROM BBC GOOD FOOD IF YOU WANT TO LOOK ONLINE!)



- * 500g wholemeal flour

- * 2tsp sea salt

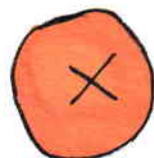
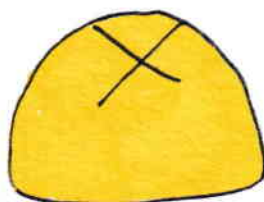
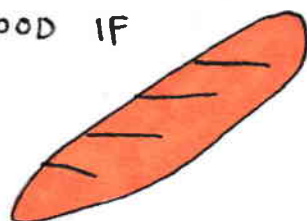
- * 400ml whole milk

- * 1 lemon juiced

- * 2tsp honey

- * 1tbsp chopped rosemary (optional)

- * 1tsp bicarbonate of soda



HEAT OVEN TO 200°C/180°C fan/gas 6.

MIX TOGETHER THE FLOUR, SALT + BICARB IN A BOWL (AND THE ROSEMARY IF YOU WANT IT!)

MIX THE LEMON JUICE + MILK IN A JUG AND WAIT A MINUTE. IT WILL TURN INTO BUTTERMILK. THEN STIR IN THE HONEY.

THEN POUR THE MIX INTO THE FLOUR MIX.

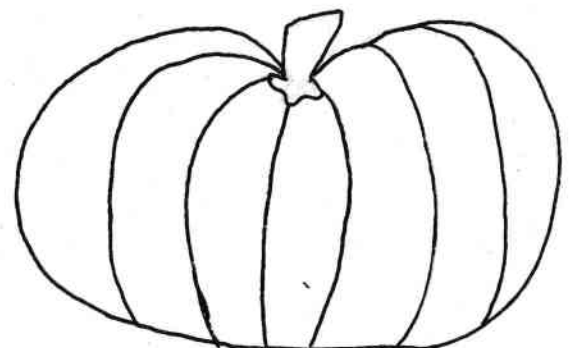
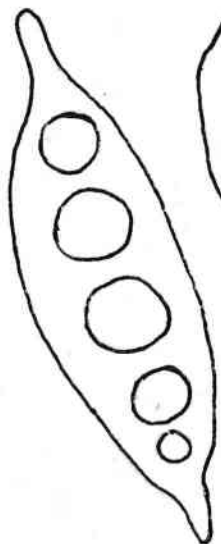
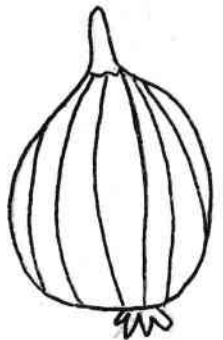
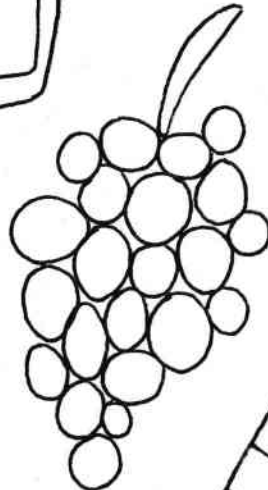
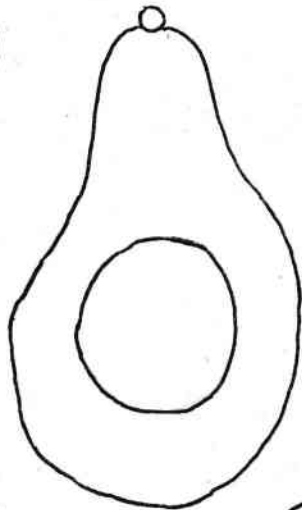
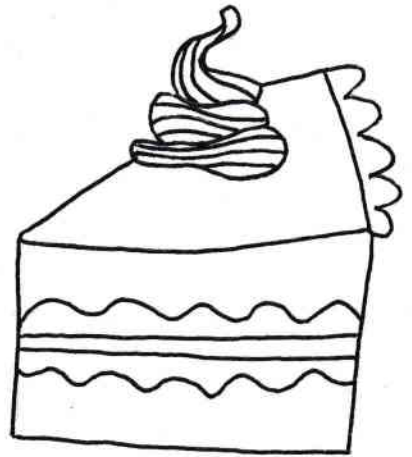
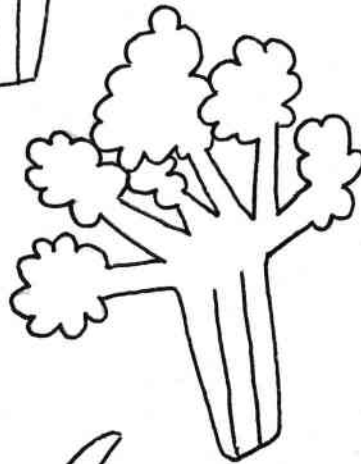
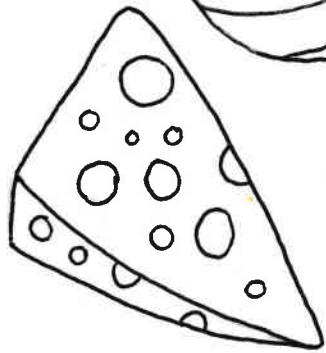
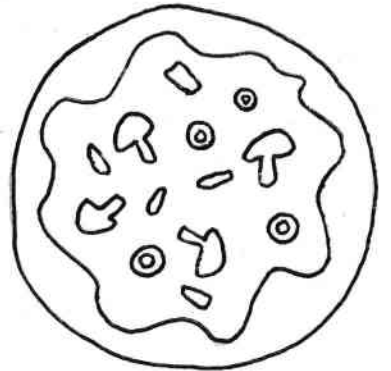
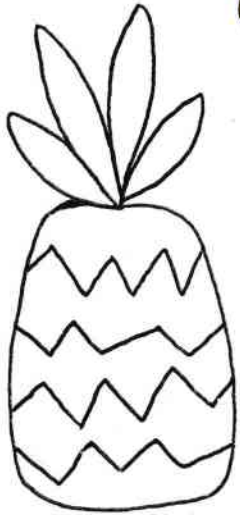
STIR WITH A KNIFE UNTIL IT COMES TOGETHER. TIP ONTO FLOURED SURFACE AND SHAPE INTO A BALL.

PUT THE BALL ON A FLOURED BAKING TRAY USING A SHARP KNIFE TO MAKE A DEEP CROSS ON TOP. PUT IN THE OVEN AND BAKE FOR 40 MINS. COOL ON A WIRE RACK UNTIL WARM THEN SLICE AND ENJOY!

COLOURING IN!



FOOD



COLOURING IN! ★

PLANTS



COLOURING IN! ANIMALS

