

Below are some fun activities you can do with your kids during the lockdown

(from <https://www.standardmedia.co.ke/evewoman/article/2001365668/fun-activities-you-can-do-with-your-kids-during-coronavirus-lockdown>)

1. Make cooking fun

Learning how to cook is an important life skill. And what better way to start than with baking. Most kids love cake so why not make their favourite cake or cookies together. There are many recipes for simple cakes and cookies online that you can use. Getting your child involved in activities such as these will keep them occupied for a while keeping them out of mischief as they learn new skills.

2. Play dress up

The other day my daughter asked to play dress up. I thought she wanted to dress up as a princess or something. Then she asked for my dress and jewellery and handbag. She wanted to dress up as me. I was flattered and of course, I said yes. Allow your kids to get adventurous as they play dress up. Children grow up very fast and before you know it, they will feel too old for imaginary games. Take advantage of this time to play a little fantasy.

3. Get crafty

There are many craft projects you can do from the comfort of your home, and with items that are already in your house. Search online for crafting activities you can do with toilet roll, for instance. You can also cut out paper snowflakes, stars and flowers and use them to decorate your child's room.

4. Play outside

If you have space outside, step out and get some fresh air. Staying cooped up indoors can be challenging for your mental health so going outside will do you some good. Games such as hopscotch and skipping will allow you to do some exercise and take you back to your childhood.

5. Clean up games

Since we're spending so much time at home the house is bound to get messy. Get your children to help out with the housework by making a game out of clean up time. They can race to see who finishes first or whose room is the neatest. Reward them with their favourite meal or sleeping later. Rewards are great ways to encourage your children to take part in house chores but be careful not to make this the end all be all.

6. Follow their lead

Children have an uncanny ability to get creative. They will come up with all sorts of games from the most random things. If they come up with a game and want you to take part, follow their lead.

As you spend more time with your family during this time, make good memories and take photos of the happy times. It's very easy to get consumed in all that is happening in the world that we forget to recognise the happy moments happening right in front of us. Make every effort to enjoy the time at home even as you stay safe.