

# Information for Families Isolating at Home in Bendigo



Goldfields  
Libraries

**Goldfields Library** [www.ncgrl.vic.gov.au](http://www.ncgrl.vic.gov.au)

Offering a range of online services membership is free and you can do so online or the library can help over the phone – 5449 2700

**Library in your Lounge room** <https://www.ncgrl.vic.gov.au/libraryinyourlounge room>

Access to hundreds of **e-books, audio books, music, movies, magazines and newspapers** plus new interactive online resources. There is a dedicated kids section with heaps of resources and activities. <https://www.ncgrl.vic.gov.au/ekids>

**Life in Lockdown Project** provides opportunity for people to contribute to a reflection and / or sharing of their experiences of lockdown. Including 'Postcard to the Future,' 'I Pledge,' Letter to my Pre-Covid Self. <https://www.ncgrl.vic.gov.au/lifeinlockdown>

**Playgroup Victoria** <https://www.playgroup.org.au/>

Has launched Playgroup at Home offering a range of interactive opportunities for families to join in with online and a range of activity/resource sheets to entertain children while at home



**Bendigo Reads** <http://www.bendigoreads.com.au>

Providing information about reading, singing, talking and playing with your child in Bendigo.

There are Parent Child Mother Goose sessions to do with children, multicultural resources and links to great activities to support language and literacy development.

## Get in a Routine

Kids respond to predictable routines and activities and it helps to break up the day. Include meal and snack times, outside time, physical play, quiet play, down time and something fun. Write it down on a piece of paper and put it on the fridge or wall to refer to so kids know what is next.



## Activity ideas for kids & families during isolation

The internet has endless options of activities for children when self-isolating including indoor, outdoor, craft, cooking, educational, calming and physical ideas.

Search for *kids isolation activities Australia*



## Household Activities - cooking, gardening, cleaning and making things

Although often seen as a chore, these activities can be great time to build relationships, interests and practical skills with children.

Use YouTube to find sewing, cooking, and gardening tutorials. Sit with your children and explore a few, saving the ones you want to try together.

## Backyard Fun

Plan time outside everyday – it shifts the mood. Rug up and try out backyard treasure hunts, simple gardening, crazy running games, obstacle courses, throwing a ball, jumping rope, mud pies.



## 8 Ideas for Indoor Physical Activity

\*Play indoor balloon volleyball \*Have a dance party \*Practice animal crawls \*Make an indoor obstacle course \* Hula hoop \*Try yoga (Cosmic kids yoga is a winner) \*Do a star jump challenge



## Make an I'm Bored list

When kids start saying I'm bored together make a list of activities to choose from (see attached)

This list of ideas is designed to be a brief starter for activities/local resources for families. There are multiple support services available for food relief, information support and help lines available.

# 4 MINDFULNESS ACTIVITIES

FOR CONNECTION, RELAXATION AND REGULATION.

## DEEP BREATHS



1. Find a relaxing place, sit comfortably, set a one minute timer.
2. Breathe deeply in and out, and focus on sounds and sensations around you.
3. Take another deep breath and imagine the air moving up and down in your lungs.
4. Take one more deep breath, hold for a moment, then release.



## MAKE A GLITTER JAR

1. Find an empty jar or plastic bottle.
2. Fill the container  $\frac{3}{4}$  with water, then add clear glue, food colouring, and glitter.
3. Seal the lid and you are ready to go!
4. If a child is heightened have them turn the jar and watch the glitter settle while breathing slowly.

## HEART EXERCISE



1. Ask the child to either jump around or do star jumps for one minute.
2. At the end of that minute, ask them to place their hand on their heart and pay attention to how their heartbeat feels.
3. Talk about their body pumping extra blood and why this happens.
4. When a child becomes heightened, consider asking them to feel their heartbeat, and talk about what their body is telling them.



## EXPLORE NATURE

1. Go on a small adventure – try picking up a flower, or a rock.
2. Notice the bugs or the birds. Take a moment to listen to them.
3. Take a moment to kneel down and touch the earth.
4. Walk in silence to notice the little details.

Build these into your daily routine and consider how they can help when a child or young person is feeling disregulated. You may wish to ask them to practice these while feeling good, so that they can use them as a tool while feeling heightened.

# WHAT TO DO

## if you're bored



Call a friend



Listen to music



Read a book or a blog



Plant a garden



Draw or doodle



Bake cookies



Make a movie



Play with your pet



Organise your closet



Write a letter or an email to a loved one



Join an online sports league



Sort items to donate to charity