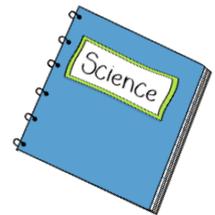# Activities to keep kids occupied without breaking the bank

Many families are facing increased financial pressures due to the Coronavirus and have been struggling to find inexpensive ideas to keep children from going stir crazy. Here are some cheap and cheerful ideas that won't break the bank.

1. **Old school games** – forget online games and break out traditional board and card games. Hide and Seek, Apple bobbing, balloon tennis/ volleyball, building cubbies, bubbles (water, dishwashing liquid and a teaspoon of glycerin), finger painting, making slime, a balance beam (length of masking tape on the floor), hopscotch, hangman, sock puppets, tin can stilts, tin can walkie talkies, make a bowling alley in a hallway with recycled bottles and soft balls.

2. **STEAM up your house** – inexpensive science, technology, engineering, art and math projects can be found all around the house.

   - **Make a volcano** out of a 2 L plastic drink bottle - fill it with 1/3 water, add food colouring of your choice, add 1 teaspoon of baking powder and 1 cup of vinegar. Then stand back and watch the eruption.

   - **Grow seeds** – fold up some paper towels (you can also use cotton wool). Add enough water to wet the towels but don't overflood them. Put seeds or the top of a carrot onto the towels and watch them start to grow.

   - **Marshmallow engineering challenge** – give the kids 15 large marshmallows, 30 sticks of spaghetti, 1 metre of string and 1 metre of sticky tape. Then give them ½ hr to see who can make the tallest free standing structure that doesn't fall over.

   - **Kitchen science experiments** https://leftbraincraftbrain.com/cool-kitchen-science-experiments-kids/

   - **Electric Play Dough** https://babbledabbledo.com/how-to-make-electric-play-dough-with-kids/

3. **Old fashioned party games** – many parents forget how much fun these were. Pass the parcel, blind man's bluff, freeze tag, a scavenger hunt, statues, pin the tail on the animal, 3 legged races, charades, treasure hunts, what's the time Mr Wolf.