

Get creative!



What to do this quarantine ?

- By Thought Project

2020

Get creative!



Staying at home in quarantine is difficult. This massive change to our daily routine can take some time to adjust to. All this free time can make us anxious and leave us feeling restless.

We, at Thought Project, want to help you and your children channelize this energy, through some fun and creative ways. Do go through our tools and let us know which ones you tried. If you have any that we can add to the list, let us know, we will share them with our community.

We will be sharing updates through our social media channels (**FB and IG - [thoughtproject.in](https://www.facebook.com/thoughtproject.in)**), about how our community has engaged with these tools! Do share your updates with us. We'd love to know how you are engaging with the current situation.

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BOOKS

We always complain how there is never enough time to read. Now, with all the free time on your hands, go back to that pile of books you haven't looked at in months! We've got some very interesting activities to get you engaged with everything books!



READ IT YOURSELF!

At Thought Project, we are all avid readers and constantly encourage it! One must never stop reading, whether in quarantine or not, whether at home or not. Stack up some books and get a hot cup of cocoa and get reading!.

In case you are wondering what to read, write to us at info@thoughtproject.in

We are opening up our library, offline and online for all those avid readers out there, practising social distancing.

Further on, we have some very interesting book lists for children and adults. Write to us to access them!

It's time to unleash your literary side!

OXFORD EDUCATION READING HOUR

But reading can be tiresome, for the mind and eyes. But that doesn't mean you have to take a break from books. Ever heard of listening to story books? Oxford Education Hour is exactly just that. Listening to stories can be very interesting, as it combines beautiful words, with the perfect amount of emphasis and tone variation! Check out Oxford Education's reading hour and attune your ears to become effective listeners.

You can find them on [YouTube](#)

STORY TIME FROM SPACE, BY ASTRONAUTS

Did you know astronauts spend anywhere between 6 months to 3 years in space? Isolated from the rest of the world, they find company and solace in BOOKS! And they are sharing this love for reading with children back on Earth. Storytime From Space, makes it possible for children on Earth to listen to stories being read by astronauts, in real time. Listen to some fantastic stories from the champions of Social Distancing! Do explore their [Website](#) !



VIRTUAL TOURS

Social Distancing is real, and most of us haven't stepped out of our homes. How cool would it be if you could visit some of the most interesting places around THE WORLD while sitting at home? It's now possible with the platforms that give you a chance to explore places that combine fun and learning!



CINCINNATI ZOO & BOTANICAL GARDEN

We are not the only ones practising Social Distancing. Animals at the zoo are too! What do animals do when they don't have animal friends visiting them at the zoo? How do they pass their time? Well, you can now find answers to these questions, from the comfort of your home.

Check out the Cincinnati Zoo & Botanical Garden [Facebook Page](#) to watch live streams of cute animals at the zoo.

GREAT WALL OF CHINA

International Travel is strongly discouraged at the moment, especially from countries where cases of Coronavirus are extremely high. But that is no reason to not marvel at some of our biggest architectural marvels. China Guide allows you to visit one of the 7 wonders of the world from home - The Great Wall of China with just the click of a button!

Visit their [website](#) to witness this wonder.

MUSEUMS

We love museums. We love museums designed for children. They are an effective way and fun way to learn about history, science, arts, and culture. Combine fun and knowledge with a virtual tour of the Boston Children's Museum.

Visit their [website](#) for this once in a lifetime experience with your children!

AQUARIUM

How do fish sleep? Where do they sleep? Do they swim all the time? Ever wondered about these questions? Now you can watch and learn about underwater animals as well online! Monterey Bay Aquarium provides a live stream of Sea Otters and other aquatic animals that you can watch from your homes!

Visit their [website](#) to watch the little ones!



FOOD FEST

Most of us come will come out of the quarantine becoming excellent cooks. But it's possible for the younger ones to whip us some masterpieces in the kitchen as well. And let's admit it - cooking is a survival skill for the 21st century! Try these 3 super simple and nutritious recipes.



PANEER SKEWERS (APPETIZER)

Ingredients

15 large toothpicks
250 grams Paneer
2 tomatoes
1 capsicum
100 gms basil leaves
Salt and pepper to taste

Process

- ▶ Chop paneer, tomatoes, capsicum into small, equal sized pieces
- ▶ Pierce them through the toothpick in order. It should look like a mini skewer
- ▶ Sprinkle some salt and pepper on it
- ▶ Bon Appetit!

OATS PANCAKES (DINNER)

Ingredients

1 cup oats
1 cup semolina (rava)
1 cup mixed veggies (capsicum, tomatoes, carrots, onions, corn)
1 tbsp Sesame seeds
1 tbsp roasted cumin, crushed
1 tbsp toasted walnuts and almonds
Salt and pepper to taste
Water as needed

Process -

- ▶ Put all ingredients in a bowl
- ▶ Add water gradually and keep mixing till a batter is formed.
- ▶ Grease a flat non stick pan with some ghee/butter
- ▶ Put a scoop of the batter on the pan, flatten it with a spatula
- ▶ Let it cook on medium flame, on both sides
- ▶ Once it is golden brown, take it off
- ▶ Eat with ketchup and chutney at the side!

BANANA MANGO ICE CREAM (DESSERT)

Ingredients

3 bananas

1 mango

1 tbsp honey/maple syrup (or as needed)

1 tsp Vanilla essence

Process

- ▶ Chop the bananas and mango into small pieces
- ▶ Put them in a ziplock bag and leave them in the freezer overnight
- ▶ Next day, add the fruits, honey, and Vanilla essence to a blender
- ▶ Blend till everything is of a ice-cream like consistency
- ▶ Bon Appetit
- ▶ Note - Replace mango with strawberries, if you'd like



SPOKEN WORD

Academic work takes up so much time! It is very difficult to work with children on their diction and articulation, while homework is staring at us in our faces. But this unexpected break from school allows us to work on children's articulation skills. Use these days to develop some rituals to improve speech clarity.



VOCAL WORKOUTS

Due to Social Distancing, physical workouts are not possible! So do try some vocal workouts, from the comfort of your house

The "Ha."

Stand and place your hands on your abdomen. Squat your legs. Breathe in by expanding your stomach outward; you are now breathing from your diaphragm. Exhale with a loud "ha" with each exhale, pushing in your abdomen with every syllable. Repeat.

Move your Jaws

Circles With the tip of the tongue, draw circles on each cheek. Aim to make the circles as perfect as possible. Once you have completed making 10 circles clockwise, draw 10 more circles in the anti clockwise. Do the same for the other cheek. The jaw may hurt a little after doing this, however, this is only because the jaw is extremely tight and is out of movement practise. This exercise will help bridge that gap.

Moving Voices

Say the following -

la la la la

lala lala lala

lalala lalala lalala

Then change the initial sound L, T, D, K, G etc.

This is very helpful with tight jaws, and in cases of lack of articulation, not exclusive to any particular letter.

VLOG

A BLOG is an online book where you write your thoughts and record events! A VLOG is a blog, but in video form. It combines photography + your excellent speaking skills. People vlog, daily, about their life, vacation, workouts, food, among others. So how about vlogging A DAY IN QUARANTINE? Use these steps as a basic guide -

- ▶ Get a smartphone with a selfie camera
- ▶ Pick a good angle to hold your phone
- ▶ Start video recording what you and your family are upto while in quarantine
- ▶ Constantly add what you think about it, like a commentary during sporting events
- ▶ Include all the important events from the time you get up till the end of the day
- ▶ Keep these videos safely, and make sure to look back after quarantine
- ▶ Share your VLOGS with us on and we will share it with our entire student community through our social media handles!
- ▶ Happy Vlogging!



GAMES

Outdoor games are a strict NO, to contain the spread of the virus. And let's admit, we have a LOT of time in our hands. Games have always been a popular way to connect with people. We've got some ingenious games for you, that you can play with supplies



GAMES

15 questions

Think of an object or a famous person and let the audience ask you 15 questions. However, you can only answer with a YES or NO. The objective is to guess what you are thinking.

Pictionary

A dictionary, that only relies on picture. Think of a word, and try to explain it to your family only through your drawings! No numbers, no letters to be used. Let's see how many can you do in under a minute.

Spelling Bee

The time spent at home can also be used to improve your vocabulary! Parents can devise simple spelling bee activities to encourage their children to learn new words. Ready, steady, spell!

GAMES

Heads Up

One of the greatest guessing games is now available on devices. From guessing celebrities, to cartoons, to silly accents, to animals - guess the word on your device before the timer runs out!

Download Heads Up! On App store or Play Store.

Psych

Guess, Discover, or even Make-up your own words to know your friends and family better! Family time made a lot more fun and interesting with Psych!

Download Psych! On App store or Play Store.

Scrabble Go

Our classic favourite, Scrabble is now available on **Appstore and PlayStore**, with a whole new range of variations. And what's better? You can play it with friends, online, across continents! You can also set up games with opponents you don't know and test your vocabulary.

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**Let us know
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