



Whoa Mumma

A list of fun, enjoyable things to do with your kids when you're struggling with pain and symptoms and need some inspiration.

Indoor activities

- ~ Find a colouring activity you can do with your child, there are adult colouring books and canvases that kids can do with you.
- ~ Find photos you love and do a scrapbook album of your favourite events and memories.
- ~ Bake, cook or make some nourishing comfort food, teach them about cooking.
- ~ Have a Lego building competition.
- ~ Play card or board games, have a tournament.
- ~ Pick your favourite books, make a list and read together.
- ~ Create your own book together, make up a story and turn it into a storybook.
- ~ Grab your smart phone and make some silly home movies or slow motion action movies with toys.
- ~ Watch a movie in bed.
- ~ Enjoy quiet time together.

Outdoor activities

- ~ Get in touch with nature and pot some plants together, plant some vegetables or herbs and show them the plant to plate process.
- ~ Grab a suitable container and hunt for insects, learn all about bugs and the eco system.
- ~ Lay on the grass and watch clouds and see what shapes you can find.
- ~ Have a picnic in your backyard.
- ~ Have a teddy bears picnic or a tea party with dolls or action figures.
- ~ Get the chalk out and have the kid/s draw anything you suggest.
- ~ Do a treasure hunt, hide special items around the house and garden and draw a treasure map for the kid/s to follow.
- ~ Dance in the rain and splash in puddles.
- ~ Watch the sunset and enjoy the beauty.