

CHILDREN & LOUNG PEOPLE IMProve

Activities for Children and Young People (5-16 years)

There are some that can be done without adult supervision and some that you might like to do as a family.

Topic	Idea	Link
Education	Listen to Podcasts	Various podcast ideas are available: Listen to But Why: A Podcast for Curious Kids Tune in here! Listen to Stuff You Should Know: Stuff You Should Know is a podcast for kids. You know, stuff they should know. Listen to KidNuz: We bet your family will get hooked. Listen here.
Fun	Make your own board game	https://blog.ed.ted.com/wp-content/ uploads/2017/07/Pen-Pen-Chen- TED-Ed-Innovation-Project-Game- Changing-Kids-additional-material.pdf https://handsonaswegrow.com/two- approaches-to-diy-board-games/
Connections	Virtual Volunteer Opportunities	https://grownandflown.com/virtual- volunteer-opportunities-teens/