

Virtual match activity recommendations

This document was produced in 2020 and originally aimed to provide ideas and links to resources for virtual match activity, including outdoor activity, in the context of Covid-19 guidance.

NIVN has updated the document as of January 2023.

Please follow your service policy and procedure as well as national and local government guidance. All activity should be pre-agreed with local IV services.

Other factors to consider are length of match and level of trust and rapport between the IV and young person; age of the young person; communication skills and preferences of the young person and volunteer; disability and mental health; the young person's placement and access to social media and IT resources.

Activity suggestions

- Video calling via Zoom/Facetime/WhatsApp/MS Teams/Skype. Always follow your IV service policy and GDPR on the safe use of social media apps. Different apps have different recommended age ratings.
- Netflix Party/[Teleparty](#)- where the main account holder of Netflix/Disney Plus/YouTube can share a film with friends and family and watch it simultaneously on separate devices (subscriptions are required for all viewers of Netflix and Disney Plus).
- Traditional correspondence! Letter and postcard writing to stay in touch. Buy blank postcards and decorate them.
- Video bake-off! Choose the same recipe to cook together via a video link. Alternatively, do this separately and share an image of the result.
- Pizza and movies: use your budget to order a takeaway for yourself and your match and stream/watch the same film.
- Coffee shop: make and share a hot chocolate with special toppings together.
- Have a mini book club: read the same book together over the phone or FaceTime, or read separately then discuss together afterwards.
- Send arts and craft materials to young people such as card making/jewellery/paint by numbers/colouring books. Complete the activity and post/share the results with one another.
- Buy a board game for your young person to play with you via video call e.g. battleships, Connect 4, Pictionary, Chess, Charades.
- Participate in an online escape room together. There are lots of different packages available and a quick Google search will give you lots to choose from, many of which are free.
- Seasonal themed activity: Seasonal bingo! Custom-design your own winter or spring/themed bingo cards with your young person.
- Take part in an age-appropriate online game together - there are various gaming platforms available (e.g. Steam, Xbox, Nintendo, Playstation).
- Play games in an online Board Games Arena <https://en.boardgamearena.com/>

- Listen to free Audible audio books: listen to chapter of a book together and then chat about it <https://stories.audible.com/start-listen>

Games to play over the phone

- Make a 'Conversation Cube' that has different topics that are numbered. You can each throw a dice or pick a number from a jar/hat to select different conversation topics. This could be used for new matches as a getting to know one another game.
- Two truths and a lie: one of you lists three 'facts' about themselves, one of which should be false. The other player must guess which of the facts is false.
- 'Last letter': Choose a topic, then somebody has to say a related word to that topic, and then the second person must say another word which starts with the same letter as the last letter of the previous word. For example: 'animals': snake > elephant > tiger > red squirrel > llama
- 'Word game': you choose a long word. The task of the players is to form as many words as possible using the letters from the long word.

Outdoor nature activities

- National Trust: [50 outdoor nature activities to do before you're 11 and three quarters](#). Go on a scavenger hunt, go star gazing, go welly wandering, fly a kite, eat a picnic in the wild, make friends with a big, create some wild art...
- Woodland Trust: Lots of ideas and resources for outdoor nature activities with kids. Examples include: go on a minibeast hunt, make a loo roll bird feeder, move like minibests, be a nature pirate, build a bird nest.
 - www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/
 - www.woodlandtrust.org.uk/blog/2020/04/nature-activities-for-kids-to-do-at-home-part-two/
 - www.woodlandtrust.org.uk/blog/2020/04/kids-nature-activities-to-do-at-home-part-3/
 - www.woodlandtrust.org.uk/blog/2020/04/nature-activities-for-kids-to-do-at-home-part-4/
 - www.woodlandtrust.org.uk/blog/2020/04/nature-activities-for-kids-to-do-at-home-part-five/
- Den building: lots of ideas are available online.
 - <https://www.nationaltrust.org.uk/features/no-4-build-a-den>
 - <https://www.nationaltrust.org.uk/features/no-4-build-a-den>
 - <https://www.woodlandtrust.org.uk/blog/2019/10/how-to-build-a-den/>
 - <https://www.noaandnani.co.uk/den-building-ideas-for-the-best-dens-ever-i43>
- Froglife conservation charity has lots of fun, free, educational activity:
 - <https://www.froglife.org/learning-zone/fun-and-games/>
 - <https://www.froglife.org/learning-zone/wildlife-at-home/>

Budget blower activities

Some IV services might have an under-spend to use by the end of the financial year. This must be agreed with individual services. Ideas include:

- Get a subscription to kids magazines, which could be used as resources for future face to face activities.
- Buy a voucher for a pamper session.
- Meals out vouchers.
- Vouchers for activities like trampolining and go karting.
- Obstacle adventure courses.
- Pre-booking outdoor activity centre days out.
- Pre-booking trips to the Zoo, horse-riding, sports events.