



**The
Fostering
Network**

#FCF26

**Foster Care
Fortnight**

Foster Care Fortnight 2026

Activity Pack for foster
carers and fostering
services

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About the campaign

11 - 24 May | This is Fostering



Thank you for getting involved in Foster Care Fortnight 2026! This year is all about celebrating and raising awareness of the different stories across the fostering community through our theme **'This is Fostering'**.

We're encouraging fostering communities to get together this Foster Care Fortnight in a way that best suits you. This could be anything from a picnic in the park, a coffee morning, summer fete or day at the beach. The aim is simple - bring fostering families together, make carers feel valued and raise awareness of the impact of fostering.

This activity pack is filled with a range of different indoor and outdoor activities which are either low cost or no cost, designed to help you plan your get togethers, celebrate fostering and connect with others in your community.

We'd love to hear how you choose to celebrate over the two weeks. Please share your stories with us by posting on social media and tagging The Fostering Network's accounts on [Facebook](#), [LinkedIn](#), [X](#) or [Instagram](#).

Indoor activities (no cost)



Get creative

- **Put on a play** using sock puppets or create costumes with clothes and items you already own.
- **Photography challenge** - take a photo of something beginning with each letter of the alphabet.
- **Poetry** - create haikus or acrostic poems and host a poetry night to show off your work.
- **Hold a karaoke night** or write your own song and get together with others to perform as a band.
- **Create a story together**- each take a turn to say a word and create a funny story. E.g. 'I' 'stopped' 'Goat' 'He' 'Shrieked'.
- **Hold a fashion show** with items you already have around the house.





Indoor activities (no cost)



Get sociable

- Host a movie night.
- Host a talent show.
- Start a choir and take turns hosting.

Get inquisitive

- Choose a subject like a period of history or a current favourite interest to research and share with the group.
- Start a book club.
- Start a movie club.

Get competitive

- Card games - play old ones and create new ones.
- Board games.
- Werewolf.
- Hold a spelling or maths competition
- Host a quiz or game show.

Indoor activities (low cost)



Get creative

- Collaborative painting/drawing, e.g. create a mural.
- Crafts with recycled plastic and cardboard.
- Clay modelling.
- Create a rock garden.
- Jewellery making.
- Knitting and crochet.
- Zine making.
- Cooking and baking.
- Collaging.
- Mosaicing.
- Fingerprint art.
- Tie dye t-shirts, socks, scarves.
- Cake decoration.
- Create a family album or time capsule.
- Natural dye art using vegetables.





Indoor activities (low cost)

Get sociable

- Host a meal where everyone brings a dish that means something to them.
- Host a mini fete in the garden.
- Host a scavenger hunt.
- Host garden funolympics.
- Host a tower building challenge using newspaper and blu-tac.

Get gardening

- Plant some seeds or herbs. Sunflowers are great to plant this time of year and you can see whose grows the tallest.
- Create a rock garden.



Outdoor activities (no cost)



Get out in nature

- Hikes and walks - explore local parks, hills and mountains. You can include a challenge, such as taking photos of something beginning with each letter of the alphabet, orienteering or a scavenger hunt.
- Foraging.
- Fossil hunting.
- Bike rides.
- Bird watching - create a bingo sheet of the different birds to see how many you find.
- Stargazing - how many star constellations you can find and create your own.
- Go wild swimming.
- Park games - hold a sports day or play team games like tag rugby or rounders.





Outdoor activities (low cost)

Get out in your local area

- Visit a local National Trust property - many have activities during half term.
- Go to a local swimming pool/lido.
- Go to a local community farm.
- Go to local museums and galleries - you can bring art supplies and notepads.
- Go for a picnic at the local park or beach.
- Go camping or glamping.
- Pick fruit to use for baking.
- Hold garden parties and take it in turns to host at different houses.
- Flower pressing.



Why take part this FCF?

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There are countless meaningful activities we can do to help strengthen connections and grow a vibrant fostering community. By creating welcoming spaces where people can gather, share experiences, and support one another, you cultivate a sense of belonging that enriches the entire community.

Whether you choose to host engaging group events- such as movie nights, outdoor games, and talent Shows - or organise more relaxed opportunities to simply connect, every activity contributes to building trust and togetherness. Even simple gatherings like picnics, potlucks, or arts-and-crafts sessions provide valuable moments for conversation, creativity, and companionship.

Each activity, big or small, becomes a stepping stone toward a stronger, more supportive fostering network- one that celebrates connection, encourages growth, and helps everyone feel seen, valued, and included.

This is Fostering.

Extra information

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Park runs

Free community runs across the UK - Saturdays for adults, Sundays for children.

Tesco community rooms

Free rooms offered to local groups in larger stores for meetings and activities.

Alex Timpson Trust

Free books, holiday homes and job schemes.

John Lewis Building Happier Futures

Work experience, interview support and apprenticeships.

Everyone Active Membership

Free membership at participating leisure centres and gyms across the UK.

Max Card

Discount card for castles, zoos, bowling alleys, trampoline parks and more.

Karaoke tips

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Search karaoke versions of your favourite songs on YouTube, or connect Spotify to a TV. You can use anything as a microphone -like a hairbrush, TV remote, or spoon -and take turns performing. Sing solos, duets, or get everyone involved with group songs.

You can also turn it into a game inspired by “X Factor.” Each person can create a fun backstory about why they’re auditioning, then perform their song while everyone else acts as the judging panel. Take turns performing and judging, and score each act for extra fun!

Songwriting tips

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Work as a group to brainstorm and create an original song. Take turns suggesting a theme for the song- this could be a style or mood such as romance, hip-hop, rap, slow, fast, or something funny.

Once the theme is chosen, everyone has five minutes to come up with lyrics, a melody, or a performance idea. After the five minutes are up, perform your song together in front of the group.

You can repeat the activity with a new theme each round so everyone gets a chance to suggest an idea.

Poetry tips

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Haiku

A haiku is a short poem with three lines following a 5-7-5 syllable structure.

Example:

An old silent pond
A frog jumps into the pond—
Splash! Silence again.

Acrostic Poem

An acrostic poem is a form of writing where the first letter of each line spells out a word, name, or message, which usually represents the theme of the poem.

You can also work together as a group to create poems, choosing a theme and collaborating on lines before reading the finished poem aloud.

Storytelling tips



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One-Word Story

Create a story together by taking turns saying one word at a time. Go around the circle with each person adding a word to continue the story. This often leads to funny and unexpected results.

Example:

“I” → “stopped” → “a” → “goat” → “and” → “he” → “shrieked”...

Continue around the circle until your group has created a complete (and probably very silly!) story.

Five-Minute Story Challenge

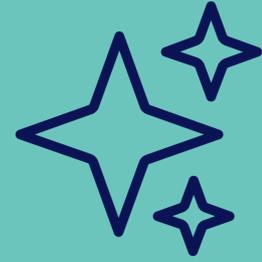
Choose a theme, character, or setting together.

Everyone then has five minutes to create their own short story based on that idea.

After the time is up, come back together and read your stories aloud to each other.

The goal is to have fun, be imaginative, and enjoy hearing everyone’s different ideas.

Fancy dress tips



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Use anything you can find around the house to create your own unique outfit or costume. Be creative - clothes, blankets, hats, scarves, or everyday household items can all be turned into fun fashion pieces.

Once everyone is ready, create a runway in a room or hallway and take turns walking down it to show off your outfit. You can strike poses, add music, and even describe your look as if you're in a real fashion show.

Encourage creativity, have fun with it, and cheer each other on!

Perform a play tips

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Work together to create and perform your own short play. Start by brainstorming ideas as a group and creating a simple story. Think about the characters, setting, and what happens in the beginning, middle, and end.

Once you have your story, turn it into a short play. Decide who will play each character and how the scenes will unfold. You can create simple costumes or props using items from around the house to bring the story to life.

Give yourselves 5–10 minutes to prepare, then perform the play for everyone at home. Be as creative and dramatic as you like- add humour, accents, or sound effects to make it more entertaining.

Games tips

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Empire - [How to play the game Empire. Campfire Party Game - Our1Chance](#)

Werewolf - [Werewolf Rules](#)

Bus Stop - [Bus Stop game Youth Activity - DreamBigAtHome - Woodcraft Folk](#)

Splat - [Splat | Playworks](#)

Wink, Wink, Murder - [Wink murder | Activities | Scouts](#)

Baking tips

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Host your own Great Family Bake Off at home! Choose a theme based on a holiday, celebration, or special family occasion -for example, Easter, Halloween, birthdays, or another festive event. Each family member creates their own baked dish or dessert inspired by the theme. This could be cakes, biscuits, pastries, or any creative treat. Give everyone time to prepare their recipe and decorate their bake.

Once all the dishes are finished, gather together to present and enjoy the creations as a family. One person (or a small panel) can act as the judge, tasting each dish and choosing a winner based on categories such as taste, creativity, and presentation.

You can also add a country cuisine theme, where everyone bakes something inspired by a particular country - such as Italian, Mexican, or French desserts. To make it more fun, print out the country's flag, colour it in, and display it next to the dish during the presentation.

Zine making tips

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[How to Make a Zine | Tate Kids](#)

A great activity for children and young people to take part in together and share their creative ideas with family and friends.

Collage making tips

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Gather old family photographs or select digital photos they'd like to have printed. Encourage a mix of meaningful moments - portraits, celebrations, holidays, or everyday memories.

Draw a large heart shape on a sturdy piece of cardboard. Divide the heart into equal sections - one section for each family participating.

Invite everyone to choose their own section of the heart. This ensures everyone has a dedicated space for their personal memories.

Everyone can arrange their selected photos within their section. Once they're happy with the layout, they can fix the photos in place using glue guns or Pritt Stick.

Tie dye tips

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Buy an affordable tie dye kit.

Use plain white cotton items, fabric dye, rubber bands, gloves and squeeze bottles.

Lightly dampen the fabric. Fold or twist it into your chosen pattern (e.g., spiral, stripes, bullseye) and secure with rubber bands.

Wearing gloves, apply dye to each section. Make sure the colour soaks through but avoid over-saturating.

Place the dyed item in a sealed plastic bag and leave it to set for 6–8 hours (or overnight for stronger colour).

Rinse under cold water until the water runs clear. Then wash separately on a cold cycle and let it air-dry.

Finger painting tips

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Fill a ziploc bag with different sections of acrylic paint and tape to the floor for a great sensory activity! Children will enjoy using hands or feet to mix the paint mess free.

Crochet tips

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Buy low-cost crochet kit and search beginner tutorials on YouTube, such as **[How to Crochet for Absolute Beginners: Part 1](#)**

Jewellery making tips

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Polymer clay is great for creating jewellery.

Buy a kit and follow the steps!

Ensure young children are supervised as an oven is needed to bake the clay.

Natural dye art tips

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Natural at-home dyes for crafts can be easily created using kitchen ingredients:

- Turmeric (yellow)
- Beetroot (pinks)
- Red cabbage (blues/purples)
- Coffee/tea (browns).

Boil these items in water, strain them, add fabric or paper to the mixture and let them simmer.

Enter our competition

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If you and your family create something you'd like to share with us, we have prizes up for grabs in our **Foster Care Fortnight competition here!**

For any other questions, please get in touch with us at **marketing@fostering.net**