

# 10 INDOOR ACTIVITIES FOR FAMILIES

---

## Build a Fort

Go old-school with pillows and blankets, or create a full-day activity by picking up a large appliance cardboard box.

## Make Play-Dough

Play-dough can be easily made at home! Use 1 part hair condition to 2 parts flour/cornstarch. Mix together with food dye and voila!

## Cook Together

Use this opportunity to teach your children kitchen basics. Invite the kids into the kitchen while you make breakfast, lunch, dinner, or bake!

## Tell Stories

Now is your chance to break out the old photo albums and tell your children about their ancestors and relatives.

## Make Art

Structured or unstructured, art is always a good way to utilize your kids energy. Use stickers, recyclables, paint, markers, etc.

## Build With Boxes

Use old boxes to build forts, robots, houses, cities, whatever comes to your kids imagination! Allow markers to add to their engineering.

## Make Shadow Animals

Engage in this lost art form. Hang up a sheet, use a flashlight, and look up some easy shadow animals to do with your kids.

## Play Dress-Up

Invite your children into your closet or challenge them to make outfits out of the clothes in their closet.

## Dance Party

All that freeze dance or a dance party requires is music. It's a great way to get energy out and engage your children in an activity!

**AND...READ!** Now is the perfect time for one-on-one time reading to your children.

# 10 OUTDOOR ACTIVITIES FOR FAMILIES

---

## Bubbles

Use 12 cups of tap water, 1 cup of dish soap, 1 cup of cornstarch, and 2 tablespoons of baking powder to create the perfect bubble mix.

## Fly a Kite

Kites can be made out of old materials and string, or if you have an old one in the closet they can easily be patched up with homemade materials.

## Gather Materials

Go outside and pick up rocks for painting, sticks for building, leaves for collages, etc.

## Cloud Gaze

On a cloudy day, go back to basics. Lay out on some grass and look at clouds,

## Act Out A Story

Pack up some books, find somewhere nice to sit, and read out in the yard. Utilize the open space by acting out the story.

## Go on a Walk

As long as you are maintaining space between you and others, there's no reason you can't go on a walk around the neighborhood.

## Water Play

Take cups, spoons, pans, and toys outside. Use water to completely change the meaning of the toys.

## Picnic

Invite your children into the kitchen to help you all make lunch. Get a big blanket and move outdoors to have lunch.

## Color with Chalk

Chalk is equal parts cornstarch and water. Mix them together in a mold (you can create one with your kiddos) and add food coloring. When it dries, it's chalk!

And utilize the outdoor spaces around you! Your kiddos know more games than you'd think, and would love to share them with you!

# Maintaining Normalcy During the COVID-19 Pandemic...

**...might be impossible. There is no set of guidelines for parenting during national or global emergencies. Your children will often be unmotivated to do school work at home, might be needier than usual, and might act out in ways you're not used to. Remember though, you are NOT ALONE. Here are three things that might help you to do your best self during this unparalleled time:**

## Create A Routine

Now is a great opportunity to talk to your kids about what their school day is like and create a routine for their at home time. Routines create stability and make children feel secure. In your routine include academic time, creative time, time for physical activity, and time for fresh air.

## Be Flexible

Especially with your own expectations. There will be days when your kids are more motivated than others. There will be days when they are more anxious than others. Go back to your responsive parenting roots, and try to be flexible and meet them where they're at.

## Take Care of Yourself

Your kids know when something is going on. Chances are, they already have a good idea of the stress you are feeling in this strange time. Make sure to set aside a few minutes for you every day and tend to your mental health as well. Whether it's a few minutes of music, reading a chapter of a book, or taking a few minutes of solitude in fresh air, don't forget about

YOU.

# Example Daily Routine

Feel free to move activities or add activities to best fit you and your family.

After your "academic day", follow your usual after-school routine.

## Wake Up/Breakfast (1 hour)

Have your children wake up and get ready for school like any normal day. Getting them out of their pajamas, teeth brushed, and hair ready will help them to feel better motivated for their day. Eat breakfast together and enjoy conversation that might not have been previously possible.

## Free Time (45 minutes-1 Hour)

Challenge your kiddos to engage in non-technology related activities for this time so that they aren't starting off their day with screentime. You can do indoor activities like coloring, reading, building a fort, building a house of cards, etc.

## Academic Time (1-1.5 Hours)

Academic time can still be fun time. Websites like PBS Kids, Scholastic, and many other websites have rolled out digital lessons to help alleviate the stress of the COVID-19 Pandemic. While your kids are having their free time, pick out 2-3 games/lessons you want your child to focus on today.

## Movement/Lunch Time (2 hour)

Whether it's indoors or outdoors, children need physical and motor movement. Play freeze dance, play a game of indoor basketball (with socks and hampers, trash and the trashcan, etc.), or just run around the backyard together. After movement time, invite your kids in the kitchen with you and use this opportunity for lessons in cooking.

## Naptime/Free-Time (2-3 Hours)

If your kids are used to taking a nap at school, don't neglect this practice at home! Read a few stories together, turn on some calming music, and relax with your kiddos for a little while. If they aren't nappers, have them do some calming activities like coloring or reading.

## Academic Time (1-1.5 Hours)

While your kids are napping, pick out a few more activities. If you focused on reading in the morning, try math or science in the afternoon, and vice versa.

## Creative Time (45 mins-1 Hour)

Spend the last hour of your "academic" day creating things with your kids. Don't feel pressured to have all the right supplies to make anything in particular. Handing them a box full of recyclables and craft supplies gives them the opportunity to explore their abilities. Don't limit yourself to creating art, either. Have them write/make-up stories and act them out, create music with household items, etc.