



# activities for days at home

## **a note on these days at home during the covid-19 quarantine**

So many things are changing right now for the kids of the world: school is being canceled for weeks, public outings are restricted, there's very little contact with friends, parents/caregivers are working from home. Your children may be feeling excited about all of it. They may also be scared as they overhear conversations/the news and pick up on the stress that this situation causes the safe adults around them.

Outside of just the general feelings of unease and fear, being stuck at home without their normal routine brings about a lot of change for children to navigate.

I would recommend doing everything you can to make a plan for your time at home. Right now, in the midst of so much chaos, it's important that children see and sense the structure around them. Let your kids know what to expect. Help them to know that they are safe by showing them where the boundaries and limits are. This doesn't mean that everything needs to be regimented or strict.

I've created some printable cards to help provide a visual as you plan out your days. You can download them here: [otter.ly/resources](https://otter.ly/resources).

# activity list

For a complete list of ideas, you can take a look at my Pinterest board here: <https://www.pinterest.com/missannaofficial/kids>.

- **Cook something with your family!**
- **Take a virtual museum tour**
- **Start a chapter book with your family** and read a little every day.
- **Get OUTSIDE in an open air space.** Pick flowers. Watch clouds. Breathe. Try some meditations or breathing exercises.
- **Large-scale, collaborative art projects**
  - For murals, you can use flattened cardboard boxes/sheets or kraft paper rolls like [these](#).
  - [Here are some other collaborative art projects](#) you could do with your kids (or that they could work on together as you work):
- **Nurture a plant to grow.** [You can order seeds online here](#) or start with a bean and [follow these instructions](#).
- **Do a puzzle** (OR make your own with cardboard, markers, magazine cut outs, and scissors)
- **Write a story together** using something like these [story bags](#).
- **Create an upcycled fashion show**
- **Pick a show to start watching together.** Watch one episode a day.
- **Clean your devices.**
- **Make a digital log of all the movies, books and video games in your house** and organize by author and/or subject using libib.
- **Make something AWESOME from cardboard.** [Here are some ideas](#).
- **Pick one GoNoodle video and get moving!**
- **Perform a science experiment!** [Here's one of my favorite resources](#).