

# Family Fun: Activities to Do At Home with Children



 **Children's Bureau, Inc.**  
Community Partners for Child Safety  
Serving Marion County

Hello!

This guide was put together by Children's Bureau Community Partners for Child Safety, Marion County. It is intended to be shared with families to help build on and support the [Strengthening Families protective factors framework](#). The information and activities provided here correlate to parental resilience, positive family togetherness, and social/emotional health of children. We recognize the risk factors for child abuse that families face **can** and **may** intensify during this period of social distancing during the Covid-19 pandemic. Encouraging these various activities have the potential to create a necessary and helpful buffer to uncomfortable feelings of stress, worry, and anxiety.

This guide is broken down into these categories:

- *Infant/Young Toddler*
- *Older Toddler/ Pre-K*
- *School Age*
- *Middle School/ Intermediate*
- *High School*

Understandably in some of these categories, there will be overlap in appropriateness of the activity based upon the mental and physical abilities of the youth.

We hope that you and the families we serve find this guide helpful during a time that can be overwhelming and difficult.

If you have questions about this guide, or need additional support regarding family friendly activities, please reach out to Heather Wildrick-Holman, Early Intervention Training & Education Coordinator, [hwholman@childrensbureau.org](mailto:hwholman@childrensbureau.org).

# Infants

There are really great websites available for in-home activities for infants and young toddlers.

**Zero to Three:** <https://www.zerotothree.org/early-learning/play>

**Pampers:** <https://www.pampers.com/en-us/baby/activities/article/indoor-activities-for-babies-and-toddlers>

**Kids Health:** <https://kidshealth.org/en/parents/pregnancy-newborn/learning?ref=search>

**Parents Magazine:** <https://www.parents.com/baby/development/the-best-ways-to-play-with-your-baby/>

**Highlights Magazine:** <https://www.highlights.com/parents/articles/how-play-your-newborn>

**Motherly:** <https://www.mother.ly/child/sensory-activities-for-1-year-olds-play>

## Additional Activities:

### Calendar of Daily Activities for Infants & Toddlers

Are you looking for activities to do with your child that will help encourage their development while still being fun? We have just the list for you. [Our "Developmental Activity A Day Guide" includes 30 activities you can do with your child from birth to age 3.](#)

Visit this site to access the calendars:

<https://teisinc.com/30-days-activities-infants-toddlers/>

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### "How to Play with Babies"

<https://www.zerotothree.org/resources/1080-how-to-play-with-babies>

For babies, play is not just about toys, it's about back-and-forth interactions. Anything from singing a song to your baby as you change his diaper to cooing and smiling back and forth with him as he sits in your lap can be fun for him. Try these fun ways to play with your baby.

As babies enter the second month of life, they become noticeably more interested in the world around them. While they don't "play" in the way that we often think of—pushing trains around a track or feeding a baby doll—they are eager to explore the objects and interact with the people they see every day. At this age, play is not just about toys, it's about back-and-forth interactions—anything from singing a song to your baby as you change his diaper, to cooing and smiling back and forth with him. Loving and playful experiences like these help your baby learn.

## What are some fun ways to interact with your baby in the early months?

Offer interesting objects for your baby to look at.

You will see that as you move an interesting object slowly from side to side, your baby will follow it with his eyes. This is called tracking and is one of the first ways that young babies explore the world while building their visual skills.

Place your baby so that she can kick or hit at a mobile or rattle.

Over the next couple of weeks, she will connect the act of kicking with the sounds the mobile makes when struck. This helps her understand cause-and-effect. And your child will also discover that making noise is just plain fun.

Make Every Day routines playful.

For example, you can add a massage for your baby after baths or before bedtime, which helps him feel bonded to you and also helps him understand that his body belongs to him (body awareness).

Share books together.

Read to your baby or just let her gaze at the pictures. When your baby gets just a little older, she will probably take the lead—grabbing the book and gumming it—while you ask her how it tastes!

Offer interesting objects to touch.

You can bring the objects close so your baby can touch them and begin to learn about how different objects feel. This helps him learn through his senses. Exploring objects with eyes, and later hands and mouth, also helps babies discover how different objects work and what they do. This makes your baby a good thinker and problem-solver.

## Even Babies Need a Break

Parents may find themselves confused about their babies' responses as they play. It's not uncommon to wonder: We were having so much fun a minute ago, and now he's crying. What happened? It may be that your baby reached his limit for stimulation and was telling you he needed a break. Babies have their own individual ways of responding to stimulation—light, sound, touch, and activity. Some can take in a lot of stimulation before they top out and become distressed. Other babies get overwhelmed very quickly by what may seem to be just a small amount of stimulation (like brightening the lights in the room.) There's no right or wrong way to be. A baby's ability to manage stimulation is based on his unique wiring.

Some common “I need a break” signals include:

- Turning his head away
- Arching his back
- Closing his eyes or falling asleep
- Crying
- Fussing or making “fussy” sounds
- Hiccupping

When you see these kinds of signals, try giving your baby a rest for a little bit. Put aside her toys and perhaps rock and sing quietly to her. If that’s still too much, just hold her. And keep in mind that even eye contact can be very stimulating for young babies, so just snuggling her against your chest may feel best to her. It’s all about trial and error.

If your baby is falling asleep in order to rest from playing, let him snooze. You can also swaddle your baby to give him a break. The idea is to reduce the amount of stimulation—sights, sounds, touches, and movements—that he is experiencing. This gives him time to calm down, “re-group,” and pull himself together.

You’ll know your baby is ready to play again when her expression is calm and clear-eyed, when she meets your gaze, moves her arms or legs, turns toward you, or makes sounds. Watching your baby to see how she reacts to, manages, and responds to stimulation gives you very useful information. You can begin to understand what and how much play your baby enjoys, how to recognize when she needs a break, and how to comfort her when she is distressed.

Don’t worry if you don’t get it right immediately. Learning about your baby’s individual needs and temperament takes time. Eventually the two of you will get more “in sync.”

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## SIMPLE, QUICK AND EASY OUTDOOR ACTIVITIES FOR INFANTS

Accessed from: <https://hikeitbaby.com/blog/simple-outdoor-activities-for-infants/>

We all know that it’s great to get kids outside and that nature play has a multitude of benefits, but sometimes getting out the door is difficult even if it’s just into your own backyard. If we at least have some idea of what we are going to do once we are outside, then we are one step closer. For infants, the actual activity really isn’t as important as just giving your baby new experiences. These activities for infants are all simple, quick and easy and should be able to easily incorporate into your routine.



## HERE ARE SOME ACTIVITIES FOR INFANTS TO 1-YEAR-OLDS IN THE GREAT OUTDOORS:

### HIKING OR WALKING OUTSIDE

From just about birth, you can start getting your baby outside to hike or walk with you. Whether they are in the stroller, baby carrier or just in your arms, and whether you are hiking a trail or just walking back and forth in the driveway, getting outside and moving is a beneficial experience for you and your little one.

### TUMMY TIME, READING OR PLAYING OUTSIDE

Bring your normal inside activities outside to the fresh air. Grab a blanket and some books or toys and take playtime outside instead of inside. Even just napping or nursing your infant outside can feel like a new experience.



### PICNICS

What a better place to start your baby on new foods than outside? Sit them on a blanket and picnic together while they try out new foods and new ways of feeding themselves. Added bonus: cleanup for you doesn't involve scrubbing floors, walls, windows or high chairs. If they still need support when sitting, try a "bumbo" type seat with a tray or just bring their high chair out with you.

### SENSORY PLAY

One of the key elements for development in babies is sensory play and the outdoors is filled with new things to explore and stimulate their senses. Let them crawl around in new terrains – grass, dirt, sand, leaves, etc. Let them pick up new materials – rocks, sticks, sand or mud. Just keep a careful eye to make sure their new finds don't turn into their next picnic.

### GET DIRTY

Don't be afraid to let them [get dirty!](#) Let them squish the mud or scoot through the dirt or roll around in the grass. If you don't want to rush to the bath tub afterwards, then move right on to one of the next activities below...

### WATER PLAY

You can take them to a pool or body of water and take them in the water with you, or fill a few bowls with water and let them splash around with their hands. Don't overthink it – babies thrive on simplicity.

## PLAYGROUNDS

During off hours, when there are not many bigger kids around, playgrounds can be perfect places for babies to work on new large motor skills, such as crawling on new surfaces, pulling up and climbing.

## BUBBLES

Babies love bubbles. They are easy and cheap (if you are ambitious, you can make your own following [this recipe](#)) and you are sure to get some giggles!

## BALLS

One of the best toys for little ones are different sized balls for them to push around and watch bounce. Outside is the perfect place because there is nothing to hit and plenty of space. Feel free to experiment with different size balls. This will help with both gross and fine motor control.

## WALKING PRACTICE

Once your little one starts trying to walk, bring them outside where there are less sharp edges and lots of softer surfaces for the inevitable spills. The only downside is that they may become more interested in a new discovery on the ground and may not get very far!

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## It's Playtime, Baby!

### 12 Simple Developmental Activities to Try with Your Tot

<https://www.familyeducation.com/fun/activities-babies/its-playtime-baby-12-simple-developmental-activities-try-your-tot>

By: Erin Dower

Stumped on ideas for how to play with your baby? These fun and easy activities help stimulate your infant's development — and bring on some adorable smiles and giggles. And remember, much of your baby's learning in her first year will happen naturally as you talk, read, make faces, and interact with her every day.



### Tummy Time

Tummy time is one of the earliest ways your baby will learn to play. The American Academy of Pediatrics (AAP) advises that infants always sleep on their back to reduce the risk of SIDs, but

they also recommend that babies get plenty of tummy time when they're awake and alert enough to play. Tummy time helps develop your baby's neck and upper-body muscles for better head control and also helps prevent the back of her head from becoming flat. The AAP says you can begin tummy time the first day your baby is home from the hospital. Place her on her tummy for three to five minutes at a time, up to three times a day or as often as she seems to enjoy it. Increase tummy time as your baby gets older and stronger, and place toys in front of her to encourage reaching, creeping, and eventually crawling.

### **Fun with Faces**

Babies love to explore the world through touch. Allow your little one to feel the different parts of your face and his stuffed animals' faces with his hands. Say the names of the parts of the face as he touches them, and direct your baby's hand to touch his own nose, mouth, ears, and more. Guide your baby's hands to your face while you speak and make facial expressions so that he can get to know how we use our faces to communicate.

### **Babies and Boxes**

Boxes are so much fun! There's no need to buy fancy blocks to build your infant's motor skills. Wrap up some smaller boxes (such as cereal boxes or shoe boxes) with recycled newspaper or wrapping paper and allow your baby to handle them and learn to rip them open. She will love the sound of the paper ripping as she pulls on it. She will also enjoy stacking boxes, knocking them over, and rebuilding the stack with your help.

### **String Along**

You can turn just about toy into a pull-along toy. Simply attach a piece of yarn or a shoelace to your baby's toy truck or the arm of his stuffed animal, and encourage your little one to give it a tug. He'll be delighted to see the effect of pulling his toy on a string! As he begins to crawl, put the string just out of his reach so that he has to move to grab it and reel-in his toy.

### **Silly Stuff**

What could be better than making your baby laugh? It's not just good for your soul — it helps her develop her sense of a humor, which is an important part of human

communication. Pay attention to whatever your baby finds funny, and repeat it. Use props like funny hats, big sunglasses, and mirrors to make your baby giggle.

### **Testing Out Textures**

As your baby begins to scoot and crawl, try laying rugs, blankets, or items with different textures on the floor for him to explore as he travels across them. Nubby carpet remnants, sticky contact paper, and noisy bubble wrap are just a few ideas. Also, carry your baby around and help him feel the textures of different surfaces, such as a cool brick wall or a round staircase banister.

### **Water Play**

Splish splash! You don't have to save water play for bath time: Fill a small plastic tub with water and various squirty toys, plastic cups, kitchen ladles, and other items that you and your tot can use to make a splash. Non-toxic bubble bath adds another fascinating element to water play. Just remember never to leave your baby unattended near water, even for a moment.

### **Pointing Power**

It's not polite to point — unless you're a baby (or playing with a baby)! Carry your baby around and point to different objects and things while saying what they are. Even if your baby isn't showing signs of speaking or making many sounds yet, he is listening and observing as you speak. Point to things and ask, "What's this?" You'll be amazed one day when he is able to answer you!



## **Floating Catch**

Get it! Gentle games of catch give babies a thrill — and help develop their hand/eye coordination. Gather some lightweight, colorful scarves and toss them in the air so that they float down in front of your baby and she can attempt to grab them. If you don't have scarves, you can use non-toxic bubbles in your game of catch.

## **Cupboard Fun**

If your baby is on the move, he's surely curious to raid your cupboards. Instead of making them all baby-proof, leave one designated for play — it's a great way to allow some controlled exploration in the kitchen. Put some pots, pans, wooden spoons, and other safe objects within their baby's reach so that he can entertain himself while Mom or Dad is busy in the kitchen. You probably have a talented little drummer on your hands! Before you know it, baby will be stirring up imaginary meals, modeling his parents.

## **That Makes Three**

Hmm... which toy is the best? Give your baby two toys so that he's holding one in each hand. Offer a third toy so that he can practice his decision-making skills: *Should I exchange one of my toys for this other one? Can I try to hold all three?!* It's a physical and mental exercise for your little guy.

## **Baby Bookworm**

Reading is a fun escape and a mellow form of play — a great habit for a child to get hooked on at a young age. Hearing new words and seeing colorful pictures will stimulate your baby's brain. At the end of a busy, playful day, make reading a bedtime story part of your bedtime routine, and carry it through to the toddler years and beyond.

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## Older Toddlers & Pre K

For preschool-age kids and younger children, Allyssa McCabe, a psychology professor at the University of Massachusetts at Lowell who specializes in children's language development, advises parents to find time throughout the day to read books with their kids. "Reading interactively with (not just at) children is very beneficial for language and literacy instruction," [...]

"Parents should encourage their children to talk about pictures, predict what will happen next in a story, and what characters feel."

She also recommends taking walks outside (to whatever extent possible) and talking about whatever catches children's attention, as an exercise in language skills. "Name the object and repeat this several times. Describe the object. Ask the child what [he or she] thinks about the object. *You are looking at a butterfly! That is a beautiful butterfly, isn't it? Do you like the butterfly? That butterfly is yellow. And look, over there, there's another one—do you know what to call it?*"

# HOW DO I ENTERTAIN MY TODDLER ALL DAY?

Accessed from:

<https://sammyapproves.com/keep-toddler-busy>



It may feel like your toddler needs to be entertained all day, which can be frustrating. Especially during meal time or if you have to work from home.

As a work at home mom I know this struggle. Feeling like I'm a horrible mom if I'm ignoring my toddler's need for entertainment to try to meet a work deadline on my computer.

Also, the struggle of actually keep them entertained while not glued to the floor with their eyes fixed on a **TV screen** or **electronic device**.

Whenever possible it's great to keep your toddler engaged and learning, even when you're busy.

Here are some **non-screen** toddler entertainment ideas:

1. **Toy Swap**– Keep small toy bins hidden in a cupboard or the garage and pull them out to keep your toddler busy. We have a large ottoman where I will set out some toys my toddler hasn't seen in a while and he plays for hours. I usually keep it the same theme (cars, action figures, Barbies, blocks, crayons). Just leave

them there when they aren't looking and let them discover it... then get to work!

2. **Food**– Sit your toddler down in a high chair or at the table if they will stay with some breakfast or lunch. LET them get messy with yogurt, spaghetti noodles, or cereal and milk. They might need a bath afterwards, but this will give you 30 minutes-1 hour to get something done.
3. **Art**– Same idea as food. Put your toddler in a high chair with something they can safely make art with. Some non-toxic finger paints or toddler friendly crayons.
4. **Music and Stories**– I am in love with our Google Home Mini because I can ask it to play children's songs or to tell a story to my toddler. They get entranced with it, usually dancing around the living room for a good 30 minutes while I get a few things done.
5. **Go Outdoors**– Get a playhouse, water table, or sandbox for your kids to play with outside. This is a great place to go when I need to get some work done for my home business. Toddler is contained in the fenced in yard and it is a nice refresher to work for a while outdoors.
6. **Sorting**– Give your toddler some different color items to sort into the same color cups. Toddlers love learning activities like this.
7. **Dress Up**– Keep a dress up chest and get it out when you need to get things done. Your toddler will love trying on different clothes and getting things out of the chest.
8. **Pots and Pans**– If you are trying to cook in the kitchen get some pots, pans, and spoons out for your toddler. They will love making music with them and being close to mom at the same time.
9. **Large Puzzles**– Buy some large puzzles and matching games for your toddler to play with in a pinch.
10. **On-the-go bags**– Put together some on-the-go bags for your toddler to play with while travelling or at a doctor's appointment. You can include crayons, paper, or toys to keep them busy.



# Additional Activities:

## Post-It Name Match Learning Activity

<https://busytoddler.com/2018/09/post-it-name-match/>



## POST-IT MATCH A NAME RECOGNITION ACTIVITY

### How learning names can unlock the ABCs

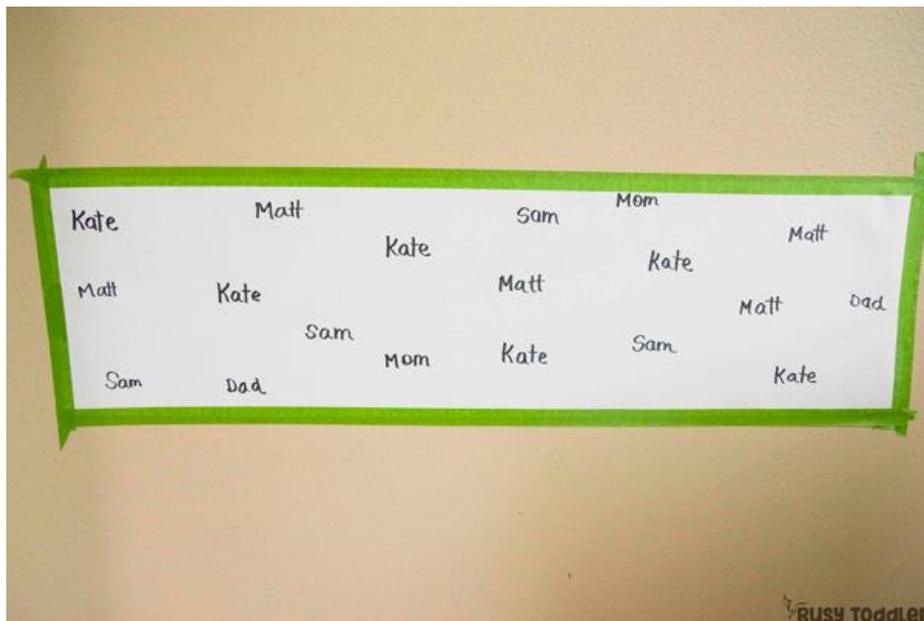
The first word most children learn to read is their name. It's fabulous. It's important. And they see it everywhere.

The next words they learn to "read" are usually the names of their family members – again because we are important and awesome and fabulous.

This activity give kids the chance to "read" all these names and distinguish / differentiate between all these different words. Remember, the road to reading is a long one – this is just one small piece.

I wrote all the names in our family on this paper, about 4 times over. We have a family of five so that meant 20 names to sort through.

On my 20 Post-it Notes, I wrote out the names... **then I hid them around the room.**



### Post-It Name Match gets them moving!

My daughter was sprinting back and forth – grabbing a Post-It and matching them to the correct name.

She did come up with a pretty genius toddler hack and made sure to grab 2-3 Post-Its each time – she’s a quick one.

By the end of the activity, she was worn out, had spent some quality time with five words that she can now “read”, and had a better understanding of how to spell all of our names (and that’s some alphabet knowledge that no flashcard can give her!).



## Tongs Pick Up Activity



This may be the easiest game ever! Just grab a set of tongs, a container, and a bunch of block, legos, cars, or other small items.

From there, let your child work to place the items into the container using nothing but the tongs.

Just make sure that the items aren't too heavy or small to be picked up with tongs. Also, help your child see where there might be danger of the tongs pinching them so they can hold the tongs higher up.

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## Indoor Obstacle Course

<http://adventuresathomewithmum.blogspot.com/2013/02/easy-gross-motor-obstacle-course.html>

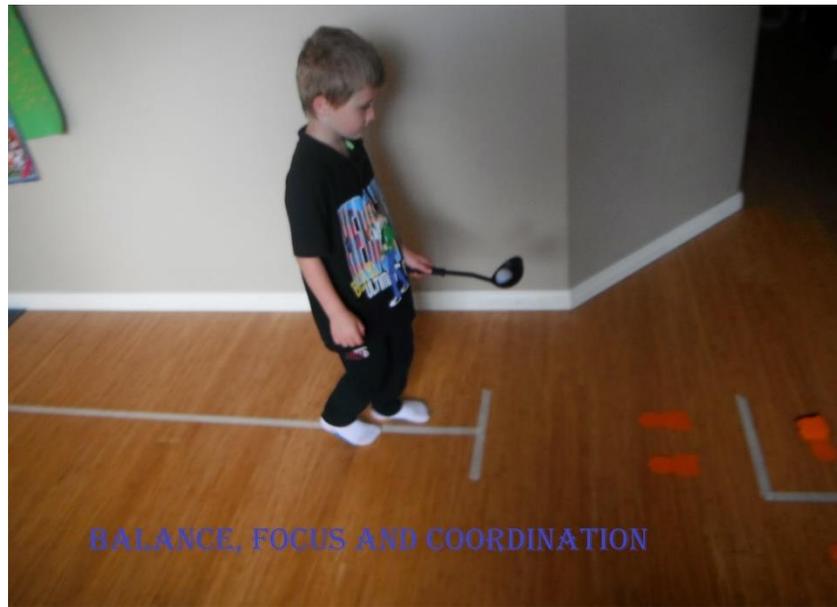


This Obstacle course was so simple to create inside. It is a great way to get the kids active when your trapped indoors, or to just do for fun! All you really need is some paper masking tape (not the plastic stuff, the paper form will come over the floor in one go) and a little space.

Using the tape we put down a Start line. Writing "start" in big red letters.

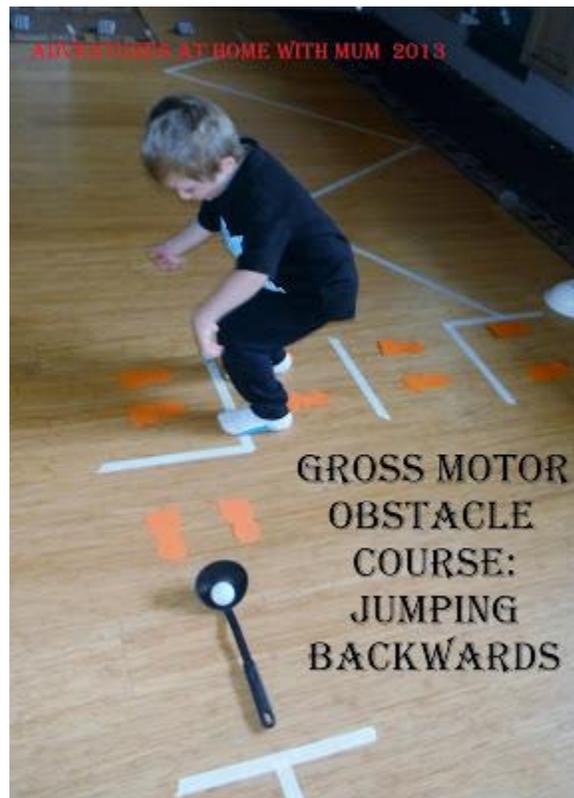
We started with a straight BALANCE line.

First he balanced toe to heel, then he tried hopping and finally I got him to walk with a golf ball in a spoon.

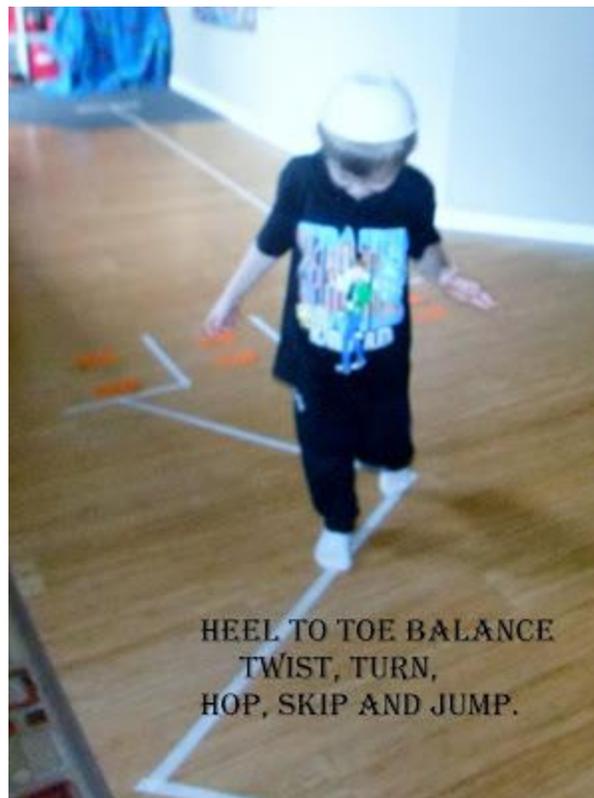


Then he had to jump, do a twist/turn jump, jump backwards 3 times.

I cut some little colored foot prints out and stuck them on the ground as a guide.



Wearing a hat on his head he then had to balance heel to toe, twist at the corner, rotate his body in the next direction and follow the zig-zag line.



More jumping, coordinated jumping over some soft blocks. You are not allowed to touch them or you have to go back to the start remember! Then he had to walk in his monster shoes a couple of meters until he got to the tunnel.



Using the top of the dining room chairs and a table cloth, he had to crouch down low and crawl through the tunnel. The next time we made it lower, off the seat cushion and then he had another go at crawling down real low, without touching the table cloth.



He had to spring out of it and jump over 2 large soft toys, they were pretty close together so he had to judge the distance and land carefully so that he didn't hit them.

One big Monster Jump to the final stretch.



There was a pillow case waiting for him to climb into.  
He had to race down the hall in the pillow case until he reached the stop sign.  
Winner!!! He says, "Lets do that again!"



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## EASY WAY TO START A JOURNAL WITH YOUR PRESCHOOLER

The idea is that you ask your child, “What color was your day?” and then the child chooses a color. Since at this age, the child is a pre-writer, he or she can narrate to you why the day was blue (*for example*).

You can even record your child’s thoughts, either by jotting them down or with an audio recording. (*A video recording will be too distracting for most children.*) If you write your child’s thoughts, I suggest doing so on a separate paper so your child’s scribbles/drawing stands on its own.

<https://www.whatdowedoallday.com/pre-school-journaling/>

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## Masking Tape Letter Game

This is a great toddler game that combines learning with burning energy! Just use masking tape to create letters on the floor around your living room.

Once you have a few letters in place (*I’d say 5-15, depending on space*) you can give your child a letter to find and run to!

Every time they get to a letter, give them a physical activity to do, like “do 3 jumps on A” or “bounce a ball on B”, and so on!

## Paper Plate Ring Toss Game

<http://alittlelearningfortwo.blogspot.com/2010/11/paper-plate-ring-toss-game.html>

Today we made our own take on the traditional ring toss game. My kids enjoyed playing it and enjoyed pulling the rings on and off.

This game worked great for little ones who were throwing close range, but if you wanted the rings to be thrown from a decent distance I think the paper plates were not dense/heavy enough. In this case I'd probably either layer and glue several plates together or wrap them in something like string or twine to weight them.

### WE USED:

- \* paper plates
  - \* paint (or markers/crayons/etc)
  - \* scissors
  - \* long cardboard tube (from cling wrap, paper towel etc...)
  - \* sticky tape
1. Cut the center from some paper plates to use as your 'rings'.
  2. To make the stand just cut slits in the bottom of the cardboard tube and flattened the ends, then tape it to the reverse side of a plate so it will stand up.
  - 3.





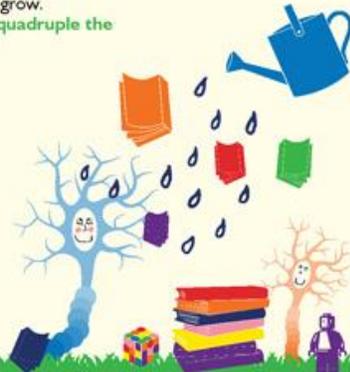
# Parents, it's up to you!

The first few years of life are critical in your child's brain development. Make the most of this window. If you wait, it's too late.

- Your baby's brain is making literally **trillions of connections** during the first few years, the fastest it will ever grow.
- Children are rapidly learning language. They often **quadruple the number of words they know** between ages 1-2.
- Babies learn best through interactions. **There is no substitute for YOU.**



Babies are born with about 100 billion neurons; by age 3 there will be about 1,000 trillion connections between them.

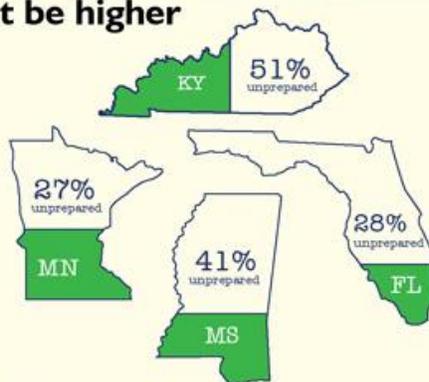


## The stakes could not be higher

### Dodge the word gap

Some children will hear 30 million fewer words than their peers before age 4. Studies have shown **the number of words a child knows when entering kindergarten is predictive of future learning success.**

Hart and Risley 2003

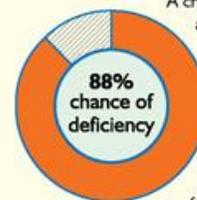


### Get ready to learn

Too many children in the U.S. are **not prepared to learn when they enter kindergarten.** Studies show that those who fall behind are likely to stay that way.

Kentucky.com | FloridaEarlyLearning.com | Education.state.mn.us | kidscount.ssrc.msstate.edu | Shonkoff and Phillips 2000 | Carnegie Foundation 1991

## Avoid the slippery slope



A child not reading at grade level by the end of first grade has an **88% chance of not reading at grade level** by the end of fourth grade.

Those not reading proficiently by third grade are four times more likely to drop out of school.



## Light up your child's brain!



### Read aloud 15 MINUTES every day from birth to:

- Grow vocabulary and knowledge
- Bond and provide enriching engagement
- Foster a love of books and learning

You are your child's first and most important teacher. Read Aloud every day, from birth, for **at least 15 MINUTES** and light up your child's brain.



**If you wait, it's too late.**



# 21 DAY CHALLENGE

Read with expression. Use voices and do sound effects.	Find new words you don't use in daily conversation.	Read a book about shapes and look for them around your house.	Pick up a book about your state, talk about landmarks.	Follow a recipe together.	Visit your local library!	Choose books about events in your child's life, such as going to the dentist.
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Stop and define difficult words for little ones.	Explore the seasons.	Read your child a news or magazine article.	Talk about the pictures.	Let your child pick books that excite him/her.	Show your child the front cover. Explain what the story is about.	Read in a group.
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Read a book in which you mimic actions. (e.g., Eric Carle's "From Head to Toe")	Read a book about your child's favorite animal.	Ask your child questions about the characters.	Discuss what might happen next.	Read a rhyming book. Ask your child about more rhyming words.	Read a book about a different culture.	Make a book! (Available at <a href="http://ReadAloud.org/downloads.html">ReadAloud.org/downloads.html</a> )
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21

Research shows that reading aloud is the single most important thing you can do to help a child prepare for reading and learning.

Learn more at [ReadAloud.org](http://ReadAloud.org)



# RETO DE LOS 21 DÍAS

Lea con expresión. Utilice voces y haga efectos de sonido.	Encuentre palabras nuevas que no use en la conversación diaria.	Lean un libro sobre formas y encuéntruelas alrededor de su casa.	Elijan un libro sobre su estado, hablen sobre su entorno.	Sigan juntos una receta.	¡Visiten su biblioteca local!	Lean fuera.
DÍA 1	DÍA 2	DÍA 3	DÍA 4	DÍA 5	DÍA 6	DÍA 7
Deténgase y defina palabras difíciles para los más pequeños.	Exploren las estaciones.	Léale una noticia o un artículo de una revista.	Conversen sobre las fotografías.	Déjele elegir los libros que le emocionan.	Expóngale a nuevas personas, lugares y conceptos.	Lean en un grupo.
DÍA 8	DÍA 9	DÍA 10	DÍA 11	DÍA 12	DÍA 13	DÍA 14
Lean un libro en el que hagan mímicas. (Por ejemplo, Eric Carle's "De la cabeza a los pies")	Léale un libro sobre su animal favorito.	Hágale preguntas sobre los personajes.	Discutan sobre lo que podría pasar después.	Lean un libro de rimas. Rimen palabras.	Lean un libro sobre una cultura diferente.	¡Hagan un libro! (Disponible en <a href="http://ReadAloud.org/downloads.html">ReadAloud.org/downloads.html</a> )
DÍA 15	DÍA 16	DÍA 17	DÍA 18	DÍA 19	DÍA 20	DÍA 21

La investigación demuestra que la lectura en voz alta es lo más importante que usted puede hacer para ayudar a un niño a prepararse para leer y aprender.

Obtenga más información en [ReadAloud.org](http://ReadAloud.org)



# School Age

For older (and responsible) kids, certain kinds of independent play can substitute for structured school learning. Michelle Martin, a professor at the University of Washington's Information School and the founder of a summer literacy program for children, suggests sending kids who are learning math basics on a mission around the house or the building to count all the windows, for example—and then asking them the average number of windows in each room or apartment. Challenging children to pitch a tent—or, in the absence of a tent, create a play fort—out in the yard or at the park can teach kids innovation and resourcefulness. In a pinch, Martin says, it's always fun for kids to write spelling words or do math problems on the windows using dry-erase markers. (“It’s almost like writing on a wall, but you’re allowed to do it.”)

## Additional Activities:

### BrainPop

Make Any Room a Classroom!

BrainPOP is here to help you and your curious learners stay informed and on-track with free access during school closures.

Check out ALL of their sites: [BrainPOP](#)

[BrainPOP Jr. \(K-3\)](#)

[BrainPOP ELL](#)

[BrainPOP Español](#)

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### Indianapolis Marion County Library

<https://www.indypl.org/blog/for-adults/ematerials>

“While our physical locations are closed we will continue to provide access to information, ideas, and experiences as much as possible through our online services. If using them is new for you we are here to help!

It is always our mission and privilege to help you discover new things to read and learn. We look forward to helping you level up your library card by learning how to use all of the digital services available to you at home.

This page will serve as the place we gather support materials and offer ideas to make the most of your library card during this time.”

## Highlights Magazine for Kids



Clickable links:

Pre K: [https://www.highlights.com/sites/default/files/public/bts\\_bfw\\_preschool\\_printable.pdf](https://www.highlights.com/sites/default/files/public/bts_bfw_preschool_printable.pdf)

Kindergarten: [https://www.highlights.com/sites/default/files/public/bts\\_bfw\\_kinder\\_printable.pdf](https://www.highlights.com/sites/default/files/public/bts_bfw_kinder_printable.pdf)

1<sup>st</sup> Grade: [https://www.highlights.com/sites/default/files/public/bts\\_bfw\\_1st\\_printable.pdf](https://www.highlights.com/sites/default/files/public/bts_bfw_1st_printable.pdf)

2<sup>nd</sup> Grade: [https://www.highlights.com/sites/default/files/public/bts\\_bfw\\_2nd\\_printable.pdf](https://www.highlights.com/sites/default/files/public/bts_bfw_2nd_printable.pdf)

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### “Milwaukee with Kids” Google Spreadsheet

Virtual field trips! Daily singalongs! Amazing websites! There are SO many resources and ideas out there, and it can be a little overwhelming.

So we put all the best ideas in one place for you, sorted by subject. We'll continue to add to it and keep it organized for you.

Click here:

<https://docs.google.com/spreadsheets/d/1ghGEd7M4IPOeSkHaMw81kHPI-G9pHinczT5y-i8jQE/edit?usp=sharing>

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## Scholastic Learn at Home

<https://classroommagazines.scholastic.com/support/learnathome.html>

PreK- 9+ day by day projects to keep kids thinking, reading, and growing

\*\*\*You do not need a username & log in to use this as of 3.18.20; if you have trouble accessing, clear cache/cookies on your computer.

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## 5 Steps To An Unforgettable Indoor Scavenger Hunt

As the incessant “I’m bored!” echoes through the house. Not anymore. We’d like to show you five steps to create an indoor scavenger hunt that will provide a fun-filled activity that your kids will love!

<https://momscollab.com/indoor-savenger-hunt/>

### Step 1: Choose A Theme

This step is crucial (but simple) as it is the foundation for the rest of your indoor game with kids. The theme is everything. Go all out and grab whatever odds and ends you have lying around the house to make it a great time. Whether you are a band of pirates searching for lost treasure or a team of police detectives trying to solve a crime, the theme will carry the rest of the activity.

### *Indoor Scavenger Hunt List*

The options are limitless, but here are a few scenarios that can help get you started planning the theme of your indoor scavenger hunt:

1. Princesses
2. Pirates
3. Detectives
4. Archaeologist (think Indiana Jones)
5. Cowboys
6. Game Shows (like Survivor or Amazing Race)Dinosaurs
7. Race cars
8. Easter eggs
9. Cats and dogs
10. Candy Land
11. Cookie monsters
12. Zoo
13. Safari
14. Rain forest
15. Mystery

Here's a little indoor scavenger hunt tip. Choose a themed [wooden puzzle](#) to structure your event around. Hide each piece of the puzzle and have the kids bring them back to the board one by one to receive their next clue.

## Step 2: Write Out Clues

Depending on the age of your kids, this step can be somewhat of a challenge. You want the clues to be easy enough to not be confusing and yet challenging enough so that the activity doesn't last 30 seconds.

### *Indoor Scavenger Hunt Clues*

If you struggle at times with creativity (as we all do), here are some fun clues that can get you started.

- When I'm awake, I fill the room. But when I'm asleep, you won't see me at all: the lamp
- I eat everything that you don't want anymore: the garbage
- I swing back and forth all day long, but I'm ignored on a rainy day: the back door
  - I hold something that you can't live without: the fridge
  - When you look at me, all you see is you: mirror

Again, you want this to be a time where they can think through each clue as they move around the house. You can brainstorm clues that are closely related to your theme, or you can simply use treasures and prizes that are them related. This all depends on the amount of time you have to prepare.

## Step 3: Choose A Prize

This is where things can get tricky. After all, you're probably reading this having not recently gone to the toy store and loaded up on goodies for your kids. But the prize is probably *the* most important step (at least to the kids). Don't worry, your indoor scavenger hunt will have a great ending.

### *Scavenger Hunt Prize Ideas*

1. Home-baked cookies
2. A big bowl of ice cream with toppings they can use to decorate
3. A handmade coupon or certificate (to their favorite toy store or restaurant)
4. Quarters or money they can put into a piggy bank or spend somewhere else

## Step 4: Place Clues Around The House

You'll want the clues to be visible enough to be noticed, but not laying all around the house in the open. We suggest having the corner of the clue hanging out from under something or inside a door or cabinet.

Also, be sure to place clues in several different locations throughout the house even if they come back to the same room several times. If not, the indoor scavenger hunt will move faster. So for example, have a clue in the basement which takes them to the kitchen and then to the master bathroom and then back to the basement (this works wonders for tiring little ones).

## Step 5: Have Fun!

This is where you get to stand back and enjoy. You've prepared a fun indoor activity for kids and now you can bask in the enjoyment of seeing their little imaginations come to life. It may not seem like much, but to them the house just became a treasure map of fun.

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### Mystery Drawing Game

This fun and simple drawing game is one that the author remembers doing as a kid, and it has become our favorite waiting room game for kids.

It's simple! Take a sheet of paper and a pen/crayon/marker. Fold it in half. *Without letting the other person see*, draw half of something....

To see examples, visit: <https://www.mamasmiles.com/simple-fun-waiting-room-game-for-kids/>



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## AT-HOME ACTIVITIES FROM GREENWOOD PUBLIC LIBRARY



Are you stuck at home during the coronavirus quarantine in need of some activities for your kids or yourself? We'll be compiling online videos, activities, classes, etc as we find them here to help ward of boredom or cabin fever.

<http://www.greenwoodlibrary.us/athome?fbclid=IwAR1Q8zAxyvRVdiRGd-qTZxtFNrf5PM4bp6VVks8MTSmUaK7tcBo0k8KeApU>

# NUMBER HUNT. A COUNTING BASED TREASURE HUNT.

<https://emmaowl.com/number-hunt-a-counting-based-treasure-hunt/>

This just happens to be a great indoor activity if you are looking for something to do on a rainy day, however, you can do this number hunt anywhere – house, garden, park...

You have to search for things that are in groups of 1 – 10.

Younger children can draw what they see and older children can write the answer, or write and draw!

*Number Hunt: an example around the house:*

- 1 carpet on the entrance hall floor
- 2 taps on the bathroom sink
- 3 drawers on the office desk
- 4 clocks around the house
- 5 candles on the lounge table
- 6 chairs around the dining room table
- 7 windows in the front room
- 8 lights on the kitchen ceiling
- 9 photos on the wall
- 10 buttons on the T.V.

**Template for the hunt:**

## Number Hunt

1	2	3	4	5
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6	7	8	9	10
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## “Animal Walks”

[https://lemonlimeadventures.com/animal-walks-sensory-diet/#\\_a5y\\_p=3122653](https://lemonlimeadventures.com/animal-walks-sensory-diet/#_a5y_p=3122653)

Gross motor skills are such an important part of the healthy development and children of all ages. In fact, gross motor activities not only get the kids moving and active and allow them to release much needed energy, they also are responsible for helping children regulate their sensory needs. One of the easiest ways to include proprioceptive and vestibular input on a daily basis in our home is with Animal Walks.

### What are Animal Walks?



**Animal walks** are simple and fun exercises that anyone can do to get a quick dose of **gross motor play** in their day. Simply put, they are exercises that resemble the animals they are named for. Some of the animals walks we do have classic instructions that are known throughout early childhood and physical development experts, such as the **crab walk**, **bear walk** and **frog jumps**.

However, the fun doesn't have to stop with the classics. Animal walks can resemble any animal and are a great way to [encourage creativity](#) while developing the important gross motor skills and providing sensory input.

Many of these movements require core strength, balance, and agility which are wonderful for sensory input and regulating the [sensory systems](#) (especially when there is a problem).

In addition Animal Walks are an excellent source of “[heavy work](#)” which is perfect for helping children that are struggling with [fidgets](#), [wiggles](#), and even [meltdowns](#).

We learned about the following animal walks and were encouraged by our occupational therapist to include them at least once an hour every day. It wasn't long before we started noticing how effective these were in calming down our son during gatherings, before school, and before homework.

## Classic Animal Walks



**Crab Walk** | Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a “table top” now. Now walk sideways, while holding your bottom off the ground and your back straight.



**Bear Walk** | Start in the standing position. Bend over and put both hands on the ground. Now, walk forward with the same leg and arm. So, move your right arm and right leg forward, then the left leg and arm at the same time, then repeat. For additional challenge, try keeping your legs and arms straight.



**Frog Jumps** | Start in the squatted position. Place your hands on the floor in between your knees. Using your feet, jump forward and land with your hands and feet on the ground.

**Additional Classic Walks:**

**Alligator Push-ups** | Have your child lay on their belly and push up into a plank with their hands and toes. As they walk have them push up with their hands while trying to keep their bodies as straight as possible.

**Snake Slither** | Have your child lay on their belly and put their hands to their sides. Wiggling their hips and shoulders side to side, have them try to move forward across the floor without using their hands.

**Click the link to the original article to see more “animal walks!”**

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### “How to Tell Stories to Children: The 2020 Coronavirus Storytelling Challenge”

As the nation struggles to catch up with the disease, let’s help parents and children connect at home, have a little fun, and turn the stress meter down just a notch.

<https://howtotellstoriestochildren.com/blog1/coronavirus-home10>

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## FUN PEN AND PAPER GAMES TO CURE BOREDOM

Everyone should know how to play pen and paper games! They make great icebreakers, waiting games, quick boredom busters, and fun activities for gatherings with friends or family. And best of all? All you need is a pen or pencil and paper to play!

This link includes single player & multiplayer pen and paper games. Suitable for elementary age and up!

[https://www.whatdowedoallday.com/pen-and-paper-games/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_tribes&utm\\_content=tribes&utm\\_term=1009131098\\_45125186\\_280899](https://www.whatdowedoallday.com/pen-and-paper-games/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=1009131098_45125186_280899)

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## RAINY DAY KIDS ACTIVITIES

Draw Pictures

Play with play dough or clay

Bake a Home Made Treat

Make a Stop Motion Video

Get Out Old Toys

Play a Board Game

Have a Movie Marathon

Make a Blanket Fort

Do a Puppet Show

Make a Craft

Have a Story Time

For more visit:

<https://sammyapproves.com/rainy-day-kids-activities/>

## Arcademic

<https://www.arcademics.com/>

Arcade-like games that teach a variety of subjects for grades 1-6.

## Coding & Computer Science

Code.org - <https://code.org/>

Online learning platform to teach K-12 students coding and computer science. Used by schools and districts worldwide, with a focus on increasing participation by women and underrepresented youth.

## The Stock Market Game - <https://www.stockmarketgame.org/>

An online simulation of the global capital markets that engages students grades 4-12 in the world of economics, investing and personal finance.

Minecraft Chemistry - [https://education.minecraft.net/wp-content/uploads/ChemistryLab\\_Journal.pdf](https://education.minecraft.net/wp-content/uploads/ChemistryLab_Journal.pdf)

## Indianapolis Indians Baseball in Education at Home

### Links:

Grades 2-3: [http://www.milb.com/documents/4/4/6/312786446/BIE\\_Grades2\\_3\\_Interactive.pdf](http://www.milb.com/documents/4/4/6/312786446/BIE_Grades2_3_Interactive.pdf)

Grades 4-5 [http://www.milb.com/documents/3/8/2/312786382/BIE\\_Grades4\\_5\\_Interactive.pdf](http://www.milb.com/documents/3/8/2/312786382/BIE_Grades4_5_Interactive.pdf)

Grades 6-8 [http://www.milb.com/documents/3/8/4/312786384/BIE\\_Grades6\\_8\\_Interactive.pdf](http://www.milb.com/documents/3/8/4/312786384/BIE_Grades6_8_Interactive.pdf)

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## MadLibs

**Mad Libs** is a word game where one player prompts others for a list of words to substitute for blanks in a story before reading the – often comical or nonsensical – story aloud. They have printables and smartphone apps available for download. This one is great for K-12 fun.

<http://www.madlibs.com/printables/>

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## Charades for Kids!

Charades is a fun game that can be played in a variety of ways. Children love the FREE smart phone version that is available.



<https://apps.apple.com/us/app/charades-kids/id663084496>

If you do not have a smart phone, you can still play!

<https://kidactivities.net/charades-ideas-for-kids/>

# Middle School/Intermediate

## 30 Virtual Amusement Rides

Universal Studios, Walt Disney World, Disneyland,

<https://indyschild.com/30-virtual-amusement-park-rides/>

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## Coat of Arms/ Family crest

If your teen is creative or loves painting, this activity provides a creative outlet for them and helps build their confidence.

### **What to do:**

- Make your teen summarize the coat of arms with the tagline, 'What makes me great'.
- Individual sections of the coat of arms should reflect what makes your teen a good sibling, friend, child, and person.

### **What they learn:**

Having a personal coat of arms will make your teen feel great about themselves. Listing out reasons why they are great will make them realize they are a good person.

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## Motivational quote challenge

It can be a great bonding activity for everybody in the family and also a self-esteem exercise for your teen.

### **What to do:**

- Tell your teen to come up with three motivational quotes every day to inspire them to take up bigger challenges.
- You can have a family discussion on them to go deep into the meaning of the quotes.
- The quotes can be quirky, humorous and interesting.

### **What they learn:**

This activity helps develop a positive outlook and encourage the teen to do something better every day.

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## Secret Dancer

An enjoyable family game, sure to get everyone cracking up!

### *You will need*

- Just the players

### *How to play*

1. Make all the family members stand in a circle and choose one of them to be the spy.
  2. Send the spy out of the room and while he/she is out, select one player to be the secret dancer.
  3. Everyone has to follow the moves of the secret dancer and start dancing.
  4. The spy has to come in and guess who the secret master dancer is.
  5. The secret dancer has to keep changing the moves and the spy has a maximum of three guesses to find out the dancer.
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## **Kite Flying:**

It is one outdoor activity that your teen would love to indulge in and even learn. Kite flying can be a fun activity for the whole family. Once your teens know the ins and outs of kite flying, you can even organize family competitions.

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## **"I Am"**

This is a great activity to build self-esteem to facilitate at all grade levels. It is the "I Am" activity. It utilizes the effective and positive affirmation technique. Youth are encouraged to think positively and with energy about what makes them who they are. The idea is that by writing down such positive thoughts, they are reinforced in the young person's minds, and by thinking about themselves and their attributes positively, their self-esteem is heightened.

To do the "I Am" activity, you will each need:

A sheet of paper

A pen or pencil

Some magazines or stencils

Scissors and glue

On the paper, create a list of "I am"s. Some examples include: "I am a hard worker." and "I am good at basketball." Each sentence must begin with "I am..." The student writes down as many positive attributes and qualities about him or herself as he or she can think.

Then the youth may decorate their list by adding magazine cut outs of things they like or by drawing, etc.

# High School

## Treat Teenagers as Problem-Solving Partners

As we scramble to figure out new rules, systems and routines for daily living, let's remember that adolescents are usually *at least* as creative as adults, and will appreciate being treated as such.

Don't hesitate to recruit teenagers' help. Instead of presenting them with a suggested daily program, we could say, "We're all having to invent new ways to arrange our days. Can you show me what you have in mind so that I can get a feel for your regular schedule and make sure you're covering all your bases?" Similarly, we might ask persistently grumpy teenagers how they themselves would like to balance their own right to be upset with our reasonable expectation that they not make life in close quarters miserable for everyone else.

Excerpt from <https://www.nytimes.com/2020/03/02/well/family/coronavirus-teenagers-anxiety.html>

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## Netflix Party

"Netflix Party is a Chrome extension for watching Netflix remotely with friends, e.g., for movie nights with that long-distance special someone. It synchronizes video playback and adds group chat."

<https://chrome.google.com/webstore/detail/netflix-party/oocalimimngaihdkbihfgmpkcpnmlaoa>

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## Tik Tok Videos with Your Teen

Is TikTok safe? How does it work? And can I do a duet with my kid? Everything you need to know about this popular musical singing and sharing app at Common Sense Media.

<https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-tiktok>

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## Create Pinterest Boards Together

<https://www.pinterest.com/>

Work with your children in the use of vision boards to help keep them focused on personal as well as family goals.

"Over the last couple of years we have been experimenting this with our children and every time we do this, the process of designing or updating these vision boards is always an engaging, inspiring and entertaining family time. This time of self-isolation could be a great time for such activities."

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## Cook & Bake Together

Do you have a favorite family recipe? Let your teen take a crack at it! Or let them choose a recipe for you to cook together.

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## Work Out Together! “From boot camp to yoga, YMCA launches 60 free online classes for people stuck at home”

<https://www->

[1.thenewstribune.com/news/local/article241307611.html?fbclid=IwAR3vdU9ogryNGVF\\_4tty2q34Hr1ExWrIrlulu7tqHSDHTapKSqFv94dhMx7o#](https://www-1.thenewstribune.com/news/local/article241307611.html?fbclid=IwAR3vdU9ogryNGVF_4tty2q34Hr1ExWrIrlulu7tqHSDHTapKSqFv94dhMx7o#)

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## Would You Rather Game

Would You Rather Questions are a great way of quizzing one another, either for fun or as a conversation starter, and it's a favorite for teenagers.

It's quite easy to play too – it's simply choosing between two options, would you rather do this or do that. Usually, the two options offered are related to one another.

<https://wouldratherquestions.com/would-you-rather-questions-for-teens/>

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## Talk to your teen about “Adulthood”

Ask your teen to think of one adulthood thing they don't know how to do, and show them how to do it or help find a YouTube video or other tutorial.

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## Interview a Grandparent or Older Loved one virtually

Have your teen come up with several questions to ask a grandparent...it can be about their childhood, their early adulthood, or whatever your teen comes up with! Then have them set up the virtual chat. It will definitely make their grandparents day! <3

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## Encourage Your Teen to Learn a New Card Game, and Let them Teach It To You

<https://bicyclecards.com/article/top-three-classic-family-card-games/>

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## Look Through Family Photos Together/Create a Family Album

Do you have family photo albums? Go through them with your teen and discuss the memories. Does your family not have any photo albums? Discuss & choose what pictures from your digital devices would be fun and important to print off for years to come. You can create free online albums at Shutterfly or Snapfish or on many other photo service websites. Once we've returned to some normalcy, make it a point to print the pictures off!

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## Practice Mindfulness Together

13 Minutes Body Scan Meditation For Teens and Adults/ Mindfulness For Children

<https://www.youtube.com/watch?v=X462QPGZQt4>