

# Activities at Home

- Build a fort (Use blankets, chairs, couches, outside w/ sticks and leaves, etc.)
- Play hide and seek
- Have a dance party
- Dress up fashion show
- Basketball, soccer, baseball, etc.
- Scavenger hunt (indoor items, outdoor items, cleaning)
- Puppet shows (repurpose boxes to make a stand)
- Build paper planes (Have a competition to see how far they fly)
- DIY Instruments (Tissue boxes, rubber bands, boxes, etc.)
- Popsicle stick bookmark craft
- Play a board game
- Cook a meal with your children (have them interact with each step and help)
- Do the dishes
- Pack lunch together
- Chores around the house (Vacuum, sweeping, wipe down tables, etc.)
- Rock painting
- Gather materials from nature and make an at-home nature center
- Have a picnic outside
- Pick an object around the house and draw it
- Round up spare change and count it
- Start a journal
- Build a pizza (use cardboard, paper, crayons, magazines, tape, paper plates)
- Homemade playdough (2 cups flour, 2 cups warm water, 1 cup salt, 2 tbsp oil, food coloring)
- Shape sorting game (use tape to create shapes on flat surface, collect items around the home and have kids sort the shapes)
- DIY wind chime (string, keys, metal cans, etc.)
- Start a garden (have kids help choose where they should be planted, how far apart)
- String and cup phone

<https://www.goodhousekeeping.com/home/craft-ideas/g1389/diy-kids-activities/>

<https://indyschild.com/70-things-to-do-with-kids-now-that-were-all-stuck-at-home/>

<https://helpclubformoms.com/99-activities-to-do-at-home-with-your-kids/>

# Sensory Activities at Home

Sensory play is any activity that stimulates our senses – touch, sight, hearing, smell and taste. It helps children interact with and make sense of the world that surrounds them. You will need a bin, bowl, bathtub, kiddie pool, etc. Something that is big enough to put objects in.

- Ice cup game (ice cubes, little bowls, spoons, strainer)
- Water and apples (cleaning brush to have kids clean the apples)
- Rice (Rice, spoons, toys, measuring cups, small bowls, etc.)
- Soap bubbles (Soap, water, objects to hide, balls, etc.)
- Outdoor (Leaves, dirt, water, rocks, trucks)
- Pom (colorful pom poms from the craft section, water, spoons)
- Baking station (oatmeal, rice, flour, measuring cups, cup cake holders)
- Sand (toys, bowls, spoons, etc.)
- Pumpkin bin (mix cornstarch and water and pour onto pumpkins)
- Clean the cars (cars, a bowl for dirt, a bowl for water and soap, brush)
- Create an animal world (dirt, animals, rocks, grass, sticks)
- Spaghetti cutting (cooked spaghetti noodles, kid scissors)
- Dinosaur bin (dirt, rice, oatmeal, dinosaurs)
- ABCs (ABC cutouts, tray)
- Shredded paper (trucks, cars, animals, shredded paper)
- Edible mud (pudding, trucks, cars, animals, etc.)



# Outdoor Learning Activities

- Seasonal scavenger hunt
- Rainbow scavenger hunt (find the colors of the rainbow in nature)
- Nature journal (color or write what you see)
- Play with chalk (math problems, spelling, drawing)
- Outdoor theater
- DIY bird feeders (toilet paper roll, seeds, peanut butter)
- Leaf paint brush making
- Bring your toys outside and play
- Make the alphabet out of objects from nature
- Play a ball game with friends, family, or by yourself
- Visit a park
- Bike/scooter/skateboard/rollerblade
- Play in the woods
- Build a fort using sticks and leaves
- Plant a garden
- Balloon fight
- Slip and slide
- Run through the sprinkler
- Scooter bowling (bowling pins or use cups)
- Pick flowers from nature and make a arrangement
- Plastic bag kite (Plastic bag and string)
- Sled down a hill
- Build a snowman
- Snowball fight
- Make a path through leaves, snow, or grass
- Dandelion activity (Make a face on a paper plate, put holes around the edges and place dandelions into those. It will look like a lion)

