



CORONAVIRUS RESCUE FOR PARENTS

100

**FREE IDEAS/ACTIVITIES
TO DO WITH KIDS AT HOME**

SUE PATTERSON COACHING



Nobody expected this - so we're all off kilter. And now, parents are already hearing their children complain about being bored. Many are used to a tightly scheduled routine at school... which is not always the best way to live at home with your family. It's time to look around the house and think about what's available! Many of these activities just need to be dusted off and remembered.

Hope you enjoy the list - *and* your time together!

1. Read a book with your child daily - their choice!
2. Have a dance party
3. Start a Monopoly game - you have time!
4. Do a jigsaw puzzle
5. Play card games - learn a new one each day
6. Play a different board game every day
7. Bake cookies/brownies
8. Learn a cake-decorating skill from Youtube
9. Build a pillow/blanket fort
10. Learn yoga
11. Play "I-Spy"
12. Learn to meditate
13. Learn a deep-breathing technique
14. Play with play doh - or make homemade playdoh
15. Draw with sidewalk chalk in your driveway - send happy messages to neighbors!
16. Sort clothes for donation - or toys or shoes
17. Play some dice games
18. Learn to juggle
19. Do a crossword puzzle
20. Learn Sudoku
21. Do a word search
22. Do a MadLib
23. Take a nap
24. Watch virtual museum tours
25. Watch live cams of animal habitats
26. Listen to an audiobook together as a family
27. Have a movie marathon
28. Create a scavenger hunt
29. Cook dinner together
30. Take a walk after dinner every night
31. Learn some hand shadow animals
32. Make a family bucket list for the quarantine time
33. Make a family bucket list for post-quarantine!

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34. Start a journal - decorate the cover
35. Get the family to pose for selfies each day, together or solo, think of a theme
36. Create an account to play on your kids favorite videogames with them - or ask them for an easy game to start with!
37. Start a gratitude jar
38. Think of 3 things you're grateful for each day
39. Write a haiku poem
40. Write a wild crazy story about your pet (or tell it)
41. Play with Duolingo
42. Do a kitchen science experiment
43. Read under the covers with a flashlight
44. Learn Multiplication Rock songs
45. Do some birdwatching in your yard
46. Paint rocks
47. Make a fairy garden
48. See how fast you can run across the yard
49. See if you can beat your own time the next day
50. Practice your hopping, skipping, galloping skills
51. Practice a standing broad jump
52. Water the plants outside
53. Notice new buds and growth
54. Plant seeds
55. Learn the names of the different cloud types
56. Learn some easy knots and what they're for
57. Play with static electricity
58. Share funny YouTube videos with your child
59. Play fun music in the house
60. Take a long bubble bath with relaxing music
61. Play dress up
62. Put on a puppet show (or stuffed animal show)
63. Have a talent show
64. Learn a magic trick
65. Have a fashion show
66. Learn some improv games
67. Sing karaoke
68. Make a video with your child
69. Play with Snapchat filters
70. Be the cameraman for your child's LEGO story
71. Sort/organize toys, socks, or whatever needs it

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72. Give each other a neck rub or a hand massage
73. Learn how to take your own pulse
74. Have a picnic (inside if necessary)
75. Have a tea party
76. Play hangman
77. Play tic-tac-toe
78. Play Rock/Paper/Scissors
79. Declare a Thumb War
80. Have a spa day (masks and lotions)
81. Do your nails day - manicure/pedicure
82. Paint with shaving cream in tub or shower
83. FaceTime relatives and friends
84. Make slime
85. Learn origami
86. Color - hang your artwork
87. Paint - hang your artwork
88. Set up a marble run
89. Set up a Hot Wheels track for little cars
90. Play Hide and Seek
91. Play Red Light/Green Light
92. Play "Mother May I?"
93. Play Simon Says
94. Play "Warmer" "Colder"
95. Eat by candlelight
96. Take lanterns or flashlights into the backyard and tell ghost stories
97. Play flashlight tag at night
98. Look at the moon - learn about the phases
99. Identify star constellation
100. Say "I love you" multiple times each day!

I have lot more resources at the website, if you need it!
You can start here: www.SuePatterson.com/Quarantine

XO,
SUE

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