



ACTIVITY GUIDE



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Tips on How to Keep your Kids Active While Social Distancing

Outdoor Activities

Include **Outdoor Breaks in a Daily Routine** - If possible; try to get your kids and yourself outside several times a day, even if it's only for 20-30 minutes at a time. Consider these “recess” or “lunch breaks” that you schedule every day.

- Get out some basketballs/soccer balls to play pass or kick around.
- Use sidewalk chalk and play hopscotch on the sidewalk or draw a mural.
- Take a family walk around the block (don't forget to bring your dog too).
- Walk, run or play fetch with your dog.
- Challenge your child to a race down the block.
- Set up an obstacle course in the backyard (or even in the house).



Nature Adventure or Scavenger Hunt

Make a list with your child of things they want to find or look for in their outdoor environment. Once outdoors have your child search for these items. Encourage your child to look around their natural surroundings and identify natural objects. This can be done in the backyard, around the block or at a nearby trail.

Indoor Activities

- Blow up balloons and try to keep them up in the air.
- Find some painter's tape and create a hopscotch board right in the living room.
- Play “marching band”: Everyone gets a different instrument (pots and pans included).
- Build an obstacle course indoors for your kids using sofa cushions and pillows.
- Hallway soccer – find a soft ball and have them play pass or a mini soccer game in the hallway.

Dance

Put on your favorite music or video and dance along. Check out **GoNoodle** or **Just Dance** on [youtube.com](https://www.youtube.com) for your child's favourite songs and dance a-longs.

At-Home Fitness Workout

Try one of many online workouts that keep you and your family fit and healthy. Try yoga with your children; many local studios are starting to offer live stream virtual classes, so check in with your favorite spots. Look for workout videos that are family friendly. Youtube.com is another good resource for finding at-home workouts.

What are some sensory activities I can do with my child?

1. Making a lightbox

What items I need: battery operated light/flashlight lantern, clear storage box or bin with lid, coloured glass stones or coloured plastic game chips/beads that let light filter through

What to do: Place battery operated light inside bin, close lid. Use surface to create patterns, pictures or form letters with stones/plastic game chips.

2. Making a sensory salad

What items I need: plastic bowl, green felt or construction paper cut or torn into strips, black buttons (for olives), red pompoms (for tomatoes), cut up pieces of orange pipe cleaner (for cheese), small yellow wooden or foam blocks (for croutons)

What to do: Cut or have your child cut construction paper into strips. Once all items are put into bowl, ask your child to 'toss the salad' using their hands. Use salad tongs to place some into dishes, this can also lead into a discussion of what food items each person likes and what textures are preferred or not preferred.

3. No mess finger painting

What items I need: Ziploc bags, various tempera or acrylic paint colours, tape

What to do: Squeeze a small amount of 2-3 paint colours into the middle of the Ziploc bag, seal bag and place more tape for extra reinforcement. Tape ends to a window or fridge. Have your child mix paints to change colour.

4. 'Colouring' with clay or playdough

What items I need: various colours of Play-Doh or modelling clay, easy colouring pages

What to do: Have your child break off a small piece of clay or Play-Doh (about the size of a pea), and place in the middle of picture or part of picture your child wants to colour. Ask your child to flatten Play-Doh or clay and begin to push and spread toward the outline of the picture.

5. Sensory letter bin

What items I need: small plastic storage bins or food container, felt/foam/magnetic letters, rice/popcorn kernels/beans/pasta to fill bin.

What to do: Fill a plastic bin with rice/popcorn kernels/beans/pasta to fill bin. Hide letters inside bin and have your child find single letters, or a combination of letters to form small words. For extra tactile input, have your child search and find letters made of same material to make up small words.





Scholastic Learn at Home Pre K – Grade 9

- Scholastic offers daily lesson plans, and day-to-day projects to keep kids reading, thinking and growing from Pre-K to Grade 9.

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

MathScore.com K – Grade 8

- Adaptive online math assessment and practice for grades Kinder to Grade 8.

<http://www.mathscore.com/>

Activity Village

- Colouring pages, kids crafts, educational resources, puzzles, printables of all sorts, worksheets, sudoku for kids and lots more fun activities for kids!

<https://www.activityvillage.co.uk/school-closures>

We Are Teachers

- 30 Great Educational Disney+ Shows

https://www.weareteachers.com/educational-disney-plus-shows/?fbclid=IwAR0JE5vVxEjuV7PUS2hYy1XlwrnzZhJg9Gy5hYeGMUF9_JLIQegQa5eagPY

Vooks

- A kid-safe, ad-free streaming library of read-aloud animated storybooks. Offering one month FREE!

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

Storyline Online

- Free online read-aloud stories.

<https://www.storylineonline.net/>

Starfall Pre K – Grade 3

- Kids Games, Movies & Books

<https://www.starfall.com/h/>

ABCya! Pre K – Grade 6+

- Educational games for grades PreK through 6 that will keep kids engaged!

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

Teach Your Monster to Read Pre K +

- Covers Everything From Letters And Sounds To Reading Full Sentences. Covers Letters And Sounds. 3 Games - Preschool & Up.

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

Raz-Kids Kinder - Grade 5

- Online guided reading program with interactive ebooks, downloadable books, and reading quizzes.

<https://www.raz-kids.com/>

Khan Academy Pre K – Grade 12

- Free online courses, lessons and practice.

<https://www.khanacademy.org/>