

30 Fun Things to do While Quarantined:

Movement Activities

1. Have a dance party! Put on some fun music and get moving.
2. Do kids yoga. Here is a great kids yoga YouTube Channel [Cosmic Kids Yoga](#)
3. Play a game of tag and get the whole family involved.
4. Hide and seek is a great way to move around and involve younger kids in learning to count.
5. The floor is lava game. Start on one side of the house and try to get to the other side. You must jump from rug to rug and pillow to pillow without touching the floor.
6. Relay race especially if you have a backyard. If you only have one child make an obstacle course for them.

Artistic Activities

Art is so fun and it doesn't have to be a big mess or expensive. Here are some simple ideas with items that are most likely in your home.

1. Get out the craft box! Paint, color, cut and glue things together. If you are low on supplies get creative, use some cardboard from packaged food.
2. Make a silly video and edit in imovie. Imovie is very easy to use and you can add some music to the background. Then the kids can share it with friends and family to stay in touch.
3. Make a sock puppet. Get creative with some old socks. Most homes have some mismatched socks laying around. Cut a hole in a cereal box and now you can have a puppet show.
4. Learn to draw! There are a lot of learn to draw tutorials on YouTube. These simple tutorials have taught my 6 year old how to draw spiderman in a 20 minute lesson. Here is a great tutorial on [how to draw a unicorn](#).
5. Bake something yummy! We like to make banana bread because it is very easy and my 3 year old can mash the banana with no help.

Quiet Activities

Sometimes we need some quiet time. I usually keep these activities for the afternoon when we have less energy. We tend to get tired after lunch and everyone can use a rest.

1. Depending on the age of your child they might have fun counting. Have them count how many items are in the toy box.
2. Reading is a great quiet time activity.
3. Do that puzzle that has been sitting in your cupboard for the last 10 years.

4. Sort and count coins. If you have a lot of coins this can take up a large chunk of time.
5. Bubble bath during the day.
6. Color code lego. Separate your lego by color. If your child is older download some lego directions from the internet and try to build something new.
7. Let them use the tablet, there are a lot of fun learning apps that can help pass the time.

Toys

1. Build a mini Lego land. Use your cars and toys you have to help create the feeling of a theme park.
2. Have a nerf war. If your kids are older they will love a nerf war with mom and dad.
3. Activity book work. Most of us have those huge worksheet books for our kids and I know most of us never use them. Pull them out and get working. If you don't have any then you can print activity pages from the internet.
4. Get out the play doh or the kinetic sand. Sometimes adding some regular kitchen tools can make the process more interesting.

Get Creative!

1. Make a fort. Drape some sheets around the house and get out the flashlights. My boys love to hide in the fort and use flashlights to read.
2. Organize the toys or rearrange the room.
3. Plant some seeds in the backyard and watch them grow. There are a lot of things you can grow from the food in your fridge, like potatoes and pumpkins.
4. Make a band with kitchen pots, pans and wooden spoons.
5. Do you have a balloon? If you do, then you can play keepy uppy. Blow up the balloon and try to keep it in the air by bouncing it back and forth.
6. Make a store with everything in your kitchen. Give your kids fake money (you can make some if you don't have any) and have them buy the food from you. This will teach them how to add and show them how it works to pick things out and pay for it.
7. Make a treasure hunt. Hide some treasure (it can be anything) and make some clues. Each clue leads to the next clue until they find the treasure.