

Tips/activities for Families during COVID-19 Isolation

- There is a wonderful four part parenting workshop called “Calm the Chaos” for parents struggling with behavior issues at home. It is accessible at <https://lemonlimeadventures.com/>.
- Also www.sesamestreetworkshops.com and www.sesameincommunities.com both have resources to help children with a variety of transitions including this one. Short sweet videos as well as activities parents can watch with children. They also launched Arabic resources last month.
- Another website, I’m sure many of you know about, is cosmic yoga on YouTube. Wonderful children’s yoga sessions with fun music and terrific instructors for young kiddos. https://www.youtube.com/results?search_query=cosmic+yogas
- The Zoo is temporarily closed as is everything these days but I went on and they have videos on websites for kids. Cincinnati Zoo and Botanical Gardens
- There are 15 Virtual Field trips to go on/ Also on You Tube a Ride Disney attractions roller Coaster. www.Parents.com
- In Saint John area and low on groceries? Check the P.U.L.S.E. Facebook website. They are delivering emergency food bags to families. The families need to call at 632-6807 and give their phone number and address.
- Late talker? See tips from Talk with Me at <https://www.pinterest.ca/TalkWithMeASD/toddler-talk/>
- editor@activityvillage.co.uk
- <http://www.kids.nationalgeographic.com/>
- Indigo is doing virtual story times on their facebook page
- just wanted to share that there is a wonderful four-part parenting workshop called Calm the chaos for parents struggling with behavior issues at home. It is accessible at lemonlimeadventures.com.
- Also www.sesamestreetworkshops.com and www.sesameincommunities.com
- <http://www.storytimefromspace.com/>
- <https://www.cbc.ca/books/canadian-children-s-writers-illustrators-are-sharing-readings-of-their-books-online-1.5500364>
- <https://www.andnextcomesl.com/2020/03/free-printable-school-is-closed-social-story.html?m=1>
- <https://qz.com/1818622/how-to-practice-self-care-during-coronavirus/>

- https://stories.audible.com/start-listen?fbclid=IwAR0WIXsko0pmJBwvwfSC8bZXQOWHLYoLSf6r8MPLStqtN-z205pSXsH_guU
- https://stories.audible.com/discovery/enterprise-discovery-21122358011?ref=adbl_ent_anon_ds_ds_dccs_sbtp-0-0
- Free Online Boredom Busters
- <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>
- -is-isolated-at-home
- Network of Moms
- <https://networkofmoms.ca/>
- <http://busytoddler.com/>
- <http://scholastic.com/>
- <https://classroommagazines.scholastic.com/>
- Raz-kids.com
- Kidsactivitiesblog.com
- National Geographic Kids-google it!
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Activities for indoor

Here are some activities to try well you are home with the kids. ENJOY

playdough recipe.

2 cups flour
 2 tablespoons of cream of tartar
 1/2 cup of salt
 3/4 cup of hot water
 1 tablespoon of veg oil
 food coloring

Marshmallow Tinkertoys

A bag of marshmallows and some thin pretzel sticks are all you need to build the perfect puffy pal, a 3-D house, or tepee. Your child simply skewers the marshmallows with the sticks to create his own masterpiece. Add to the fun by placing toy pigs or other animals in the house and challenging your child to be the big bad wolf and blow it down.

Create a Sensory Table

Remember the slimy thrill of sifting your hands through a bucket of ersatz eyeballs (aka peeled grapes) at the local haunted house? This activity offers the same thrills without the nightmares. Fill a series of bowls or washing basins full of textured objects—peeled grapes are still a good choice, as is cold cooked spaghetti, steel-wool pads, cornstarch, or dry beans. Blindfold your child, have him sift his hands through, and describe what he feels. Then challenge him to guess the object.

Bowl-a-rama

Small, empty water bottles and a rubber ball are all you need to transform the family room into a bowling alley—sans silly shoes, of course. Six bottles should suffice for bowling pins; if the bottles fall over too easily, fill them up with a little water or dry pasta for some extra weight.

Mini Car Wash

Gather up your child's fleet of cars, trucks, and spaceships for a detailing job that'll put your local garage to shame. Load them all into the tub and give them a cleaning with plant sprayers and empty squeeze bottles.

Masking-Tape Marvels

Who would have thought that a humble roll of masking tape could provide so much fun? Make a hopscotch pattern or mock balance beam on the living room floor. Or have your child color pieces of tape with markers and use them to "design" his own T-shirt. My personal favorite: the invisible dollhouse. Lay down a "floor plan" on the rug, and furnish the house with doll furniture.

Slow-Motion Tag

Chasing my 18-month-old around the house (especially if I do it in slow motion) and tickling her when she gets caught can keep my daughter endlessly amused.

Other Ideas

1. **Make a fort.** How many hours did you burn growing up building the perfect hideaway?
2. **Do an easy craft.** No need to go over the top, just give your kiddos some construction paper and crayons and let their imaginations soar.
3. **Make an obstacle course.** Use old pillows and toys to set up a quick-and-easy obstacle course in the living room. Just lay out a few instructions for your little ones to follow.
4. **Write letters to relatives.** Have your kids craft a letter to a grandparent or family member.
5. **Make a simple recipe.** Get kids involved in the kitchen by having them help you prep lunch or dinner, with supervision, of course..

6. **Do a puzzle.**
7. **Get building.** [Use Legos or building blocks](#) to create a true masterpiece. Go for a more complicated build, like a bridge, to give your kids the lowdown on basic physics.
8. **Cuddle up with a few books.** There's no such thing as too much reading, so carving out an hour to hunker down with [your kids' favorite titles](#) is certainly a good idea.
9. **Stage an impromptu concert.** Ask your children to practice a favorite song or dance and have them perform it in front of the family in a post-dinner talent show.
10. **Plan a scavenger hunt.** Lay out some clues to hidden treasures around the house to keep kids busy.
11. **Have a board game night.** A tried and true family favorite, getting a little competitive for a few hours will keep boredom at bay.
12. **Play a round of indoor games.** Have little ones burn off some energy by playing a few rounds of LeapFrog, Simon Says, or Red Light, Green Light. You'll thank us during nap time.
13. **Dig up some of those activity books.** Have a few puzzle or coloring books laying around you usually reserve for family road trips? Now's the time to break 'em out.
14. **Decorate cardboard boxes.** Let kids go to town coloring or painting any leftover boxes you have laying around for hours of fun.
15. **Break out the Play-Doh.** Children can use squishy good stuff to make whatever they want! Encourage them to make a sculpture to get the creative juices flowing.
16. **Use water.** Fill your sink with dish soap and plenty of toys to keep toddlers entertained long enough to make lunch.
17. **Have an indoor camp out!** Grab your sleeping bags and s'more ingredients and set up a mini camping site in your living room. We have a feeling your kids will love the change of pace.
18. **Go on a walk.** Touching and climbing on playground equipment should be off-limits right now, but experts say [taking a walk or playing outside](#) is perfectly fine.
19. **Ride Disney attractions virtually.** Fans young and old who are missing all things Disney can experience their favorite rides virtually, thanks to [these handy first-person YouTube videos](#).
20. **Have a colorful bubble bath.** Combine your kids' shampoo with 1.5 cups of water and a little food coloring for maximum bathtub playtime.
21. **Make a sensory bin.** Fill a plastic container with rice, pom-poms, beans, or kinetic sand and let little ones explore with their hands.