

Easy Kid's Activities at Home



While grown-ups are anxiously figuring out how to handle the impacts of these decisions, kids are observing everything and may feel just as scared and confused as adults. Click [HERE](#) for resources on how to talk to kids about COVID-19 as well as tips for staying home with kids during the outbreak.

[Move it, move it!](#)

- **Clear some space, put on some music, and take a dance break!** It can re-energize a study session, lazy Sunday or game night. Let each person take a turn as DJ so everyone's favorites get played.
- **Tune into fitness during TV time.** Walk or jog in place or on a treadmill, lift weights, or do yoga while you watch your favorite shows. Break up a TV binge with a bit of activity between episodes. Or challenge each other to see who can do the most burpees, push-ups or jumping jacks during commercial breaks.
- **Get your garden on.** Gardening, mowing and yard work are a great way to get active outdoors. No yard? No problem! Try container gardening or a local community garden
- **Click [HERE](#) for 25 ways to move at home.**
- **Have you heard of Go Noodle?** Go Noodle is a webpage for children grades K-4 and even has an app that is free to download! Kids love the goofy videos and gets them up and dancing. Click [HERE](#) to access Go Noodle.

Make the most of it!

- Write/make thank you cards for first responders – mail them or hold them until you can get out again.

- Write/make notes for out of town family.
- Have kids write notes to their friends, instead of texting or calling them.
- Go through closets and sort donate, giveaway, or get rid of – the things in January you always put off.
- Use cooking to help you work on math and measurement skills.