

25 Activities

You Can Do At Home

1) Create a marble run – Cut paper towel tubes in half, tape them to the wall and roll marbles through the maze.

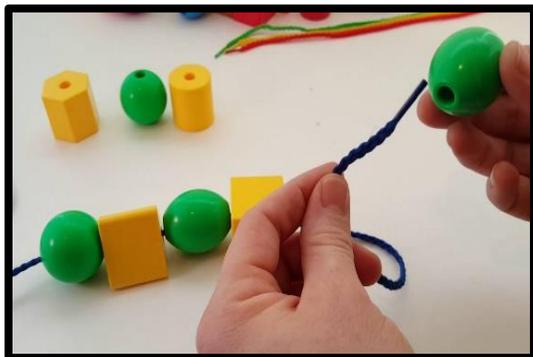


2) Have a picnic in the house

3) Have a paper airplane contest - See how far you can fly your plane, fly through an obstacle course, or turn it into your own version of mini golf by counting how many strokes it takes to throw your plane into a target.

4) Make your own sensory bin - Sensory bins are a great way to let your children use their senses in play and you can use anything around the house! Here are some ideas:

- flour, sugar, measuring cups, measuring spoons, bowls, whisks and a muffin pan
- Mix water with food colouring and/or dish soap. Add some sponges and washcloths and let your child wash their baby dolls or other toys
- Paints, paint brushes and toy animals (they can paint their animals, wash them in the bin and repeat!)
- Rice, construction vehicles, rocks, sticks and scoops



5) Stringing - This is a great fine motor activity that can be adapted to any skill level. You can use regular beads, pasta or even cut up a pool noodle for those early fine motor learners and string it on a ribbon, shoelace or pipe cleaner.

6) Go bowling - Use empty cans, water bottles or cracker boxes as the pins and roll a ball to knock them over.

7) Marble painting - Put a piece of paper in a box or tray, add your choice of paint colours and then roll the marbles around on your paper as you tilt the box up and down, back and forth.

8) Make smoothie popsicles - After you have made a smoothie, pour it into an ice cube tray and get your children to stick popsicle sticks in each cube. Let it freeze and then enjoy a yummy treat!



9) Build a fort

10) Play volleyball or soccer with a balloon



11) Create your own city - Use tape to create your roads on the floor and then add cars. You can even give your children empty cereal/cracker boxes to decorate and turn into buildings to add to their city!

12) Build a rock collection - Gather some rocks from outside and bring them in to sort them into groups, paint them or use them for another fun game.

13) Have a treasure hunt - Hide items around the house and draw a map for your children to follow. After they are done, invite them to hide items around the house and draw a map for you to follow.

14) Cardboard box fun – Give them a cardboard box and watch their imagination go! Provide them materials that may support their creativity as they play such as markers, tape, pillows, etc.

15) Stick it! - Use tape to make a spiderweb and then have your children throw pompoms, cotton balls, or any other items that may stick to the tape.

16) Have a dance party - For some added fun, turn the lights off and give your children flashlights to shine as they dance.



17) Paint on foil - This is great activity because the paint doesn't dry right away! You can mix primary colours together and explore how to make new colours or use a paintbrush to draw letters, shapes and numbers.



18) Hallway laser maze - Use streamers to hang up in a hallway and build an obstacle course that the children have to climb through without touching the streamers.

19) Put a mattress on the floor and have some gross motor fun. They can jump, tumble and fall down on the mattress.

20) Put on a play – Encourage your children to dress up or use their stuffed animals as puppets and put on a play. Record the play so you can watch it together afterwards.

21) Indoor hopscotch - Use tape or string to outline your squares and throw a small object that will land such as a bean bag or hair scrunchie.

22) Make your own movie theatre - Set up your living room like a movie theatre, include a snack and drink stand, make tickets, eat popcorn, dim the lights and enjoy a movie together

23) Let it rain - Take a jar or cut the top off a plastic water bottle and leave it outside in the rain. When it is done raining, measure how much rain. You can even make a chart that shows how much rainfall you received over time.

24) Go camping - Set up a tent inside or in the backyard, build a pretend fire and share some campfire stories.

25) Make a time capsule! - Save the artwork, write down funny stories and add photos of how you and your family spent your isolation together.

