

## Things to Do At Home

Please use this resource to find creative and new things to do while at home with your family. The following list of activities, ideas, sources of information and connection have all been crafted with your child in mind. I know there is one size fits all, but please take from this resource what you can to pass the time in a meaningful, engaged and fun way.

### Build a daily schedule

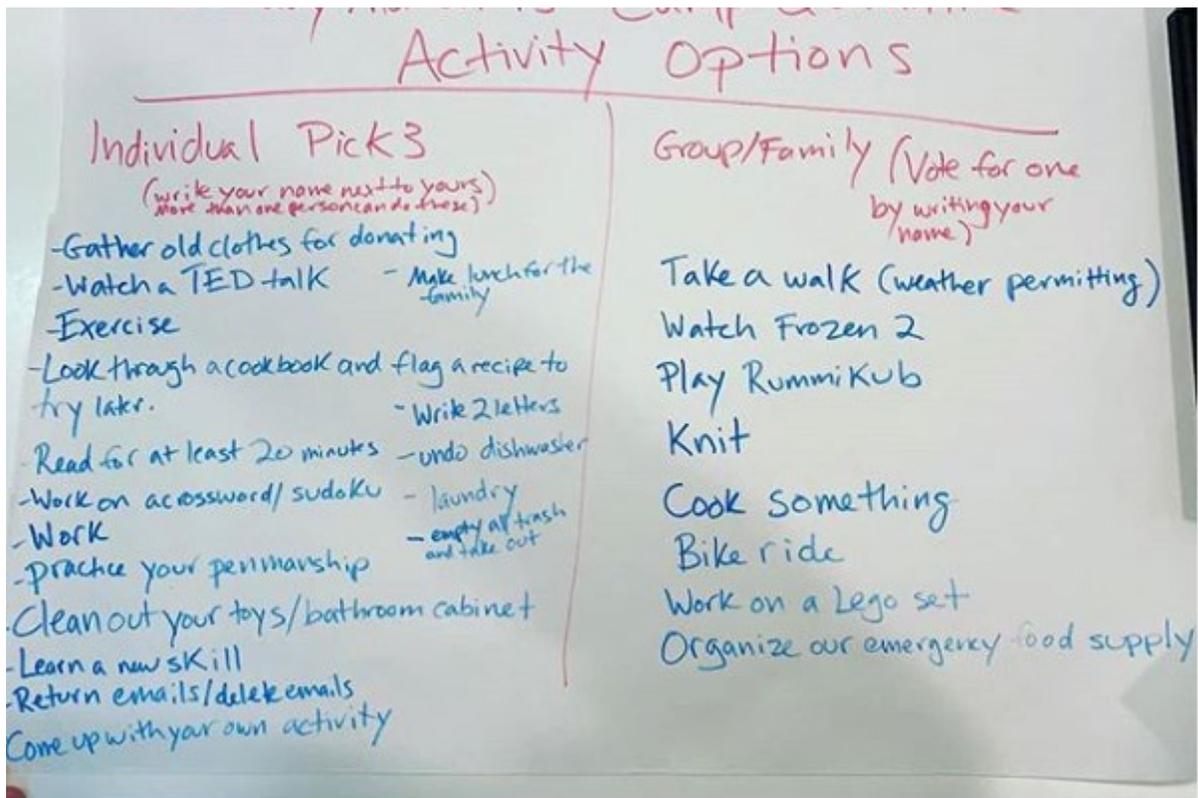
The Star Institute offers parents with many great resources including the "Sensory Balanced Daily Schedule". Check out the link below to learn more about how to create a balanced schedule TODAY!

<https://www.spdstar.org/node/1485>

Raising Children is a resource based out of Australia that offers families ideas that support daily and weekly routines. Check out the link below to get ideas for what to put into your family routine.

<https://raisingchildren.net.au/babies/family-life/routines-rituals/family-routines>

Just an idea- try to balance the family based and individual activities you include in your daily schedule



\*I borrowed this from Kristen Bell's family planning (you may know her better as Anna from Frozen)

### Family Activity Ideas

**Build a drive in:** Consider watching an old animated movie on YouTube or watching a short music concert of an artist your family enjoys.

**DID YOU KNOW:** Musicians have started to record short 20-40 minute concerts in their homes and uploaded them to YouTube.

Once you have selected the movie or concert you want to enjoy, make your living room a drive in. Please see photos below for ideas!



### Create a Drama Club:

1. Select a favourite book
2. Identify who will play what character
3. Read through the book and work on lines (instructions below)
4. Come up with a dance or song that goes along with the book

5. Make props (Check out this link for ideas: <https://www.pinterest.ca/skwishybrain/diy-dramatic-play-props/>) and then practice and perform!



### Ways to learn a script for a play 101

Start by reading through the book and asking your child what the character would say. Sometimes it is easier to come up a script that sounds like something your child would already say.

Then, write the lines down on chart paper. Use different colours for all the characters to make it easier to follow along.

Try using a toy or object to pass around when practicing lines so your child knows when it is their turn to tell the story.

Another way of contributing to the play is to have your child join in on a key word or sound effect that works with the story.

**Explore your backyard:** Gather together and go on a treasure hunt (list of items to find below) in your backyard. On a sunny day hide and find your child's favourite toys in the yard, on a rainy day bring the outdoors inside and create an Earth Box (imagine below for ideas).

# BACK YARD SCAVENGER HUNT IDEAS



- ant • bugs • clover • grass • leaves • rocks • bird • sticks • dog • flower • tree • cloud • pinecone • mushroom • acorn • squirrel • dandelion • thorn • caterpillar • hole in a tree • worm • tree bark • water • spider web • footprints



- something that moves
- something that smells.
- something that's square  
[& other shapes].
- something that's red  
[& other colors].



- something that starts with the letter "A" [ & other letters].
- You can also vary the amounts:  
4 rocks, 3 leaves, etc.





Please note that the earth box can be much smaller and filled with all the things you find outdoors!

### **Child focused games and activities**

The Ultimate Camp Resource includes games, songs, activities etc.

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

Create a sensory bin <https://www.pre-kpages.com/what-is-a-sensory-bin/> or

<https://yourkidstable.com/ultimate-list-of-sensory-bin-ideas/>

DIY Music Instruments <https://www.howweelearn.com/spectacular-homemade-musical-instruments/>

Kids National Geographic <https://kids.nationalgeographic.com/explore/pet-central/>

### **Virtual ways to connect with family!**

How to be social while social distancing:  
group video chat with up to the following # of ppl with these apps:

WhatsApp - 4

Facetime - 32

Google Duo - 8

Google Hangouts - 10

Skype - 50

Zoom - 100 (40 min limit)

 Facebook Messenger - 6

### **Additional Resources**

**Ability Online** is a safe and secure online platform created for families and children with special needs. This site will ask you to register as a member, when you register please let them know you are connected with the Niagara Children's Centre so you can see the great stuff on our Family Page. Ability Online also has a long list of great resources and creative ideas for you and your family.

- ✓ In the Fun Stuff section you will find a "fun with food" folder which includes family friendly meals to prepare together
- ✓ In the Fun Stuff sections you will find creative crafts, online games, science experiments and so much more
- ✓ As a member of Ability Online you will be given access to Tumble Readables a FREE online library of books for all ages
- ✓ On the Niagara Children's Centre Family Page you will have access to our Family Photography Project! This Project is designed to give you ideas of 'things' you love and find important.

You can sign up today at [www.abilityonline.org](http://www.abilityonline.org)

The "**Mindfulness Booklet**" has been attached to the email I sent you this resource in. The booklet is 45 pages long and includes information on mindfulness, ideas for how to be mindful as a family, activities and apps to download. This booklet was created by Natasha, a Recreation Therapy student from Mohawk College.

### **Apps to Check Out!**

Common Sense Media offers a list of new, innovative apps that your child will enjoy  
<https://www.commonsensemedia.org/lists/best-apps-for-kids-age-5-8>

**Khan Academy** is FREE and download and supports online learning

**Lego Life** lets children explore a world of lego building

**Astronomy for Kids** teaches children about space and planets in an interactive way

**STEM Kids** provides children with activities to complete related to science, technology, engineering and math

### **Things for Youth**

200+ ideas of things to do when bored (please note that some of these are community based but many are for at home) <https://feelslikehomeblog.com/2018/07/the-ultimate-list-of-things-for-tweens-teens-to-do-when-theyre-bored-200-ideas-printable/>

100 things to do without screens <https://yourteenmag.com/family-life/communication/100-things-teenagers-can-do-without-screens>