



Playing

- **Children of all ages may miss being with their friends and family.** It's important to play both indoors and outside. Teens may find ways to be social while maintaining physical distance.
- **Do activities that you and your children enjoy.** Make a plan together with your children to do old favorites or try something new, if that feels right.
- **Here are some ideas for inside and outside play:**
 - **Inside:** Singing, dancing, drawing, coloring, building with blocks, playing with clay, playing cards and board games, and putting together puzzles. Be creative and make music using “instruments” made from kitchen pots and spoons. Build a blanket fort under a table. From your window, play “I spy”—look for birds, count other windows in the neighborhood, and identify colors. Add to this list with ideas that your children and family enjoy!
 - **Outside:** Go on a nature hike or scavenger hunt; play tag, red light/green light, follow the leader (let your child lead too). Play catch or make up games with balls like hot potato/cold potato. On a sidewalk or driveway, draw with chalk. What can your family add to this list?
- **Find a green space close to home for “forest breathing” and other meditation activities or do yoga together** (inside or outside) with these printable cards: <https://www.solandlunayoga.com/>

Learning

- **Stay connected to children’s schools and teachers.** See if the school provides learning packets or other resources to help with learning at home.
- **Build fun into the learning experience** and praise your child for what they explore and achieve. Reinforce learning through “show and tell” time.
- **Parents may fear that their children will fall behind during this time.** Try not to worry too much about getting everything right and completing every assignment.
- **Reading together** is an opportunity for closeness and learning for all ages.
- **Here are some helpful links for schooling at home:**
 - Wide Open School: <https://wideopenschool.org/>
 - PBS Kids: <https://www.pbs.org/parents>

