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/](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/](https://wideopenschool.org/)
  - PBS Kids: [https://www.pbs.org/parents](https://www.pbs.org/parents)