

How to Keep Kids Busy and Stress Free

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Try These Activities

Fun for Children of All Ages –

For Younger Children

- Make a painter's tape maze on the carpet, for use with toy cars and trucks.
- Fill plastic bins with seasonal/themed sensory items to explore.
- Make homemade crafting dough or slime. (see recipe below)
- "Draw" pictures on the walls with flashlights and see if others can guess what they are.
- Using a whiteboard or pad of paper, let your child teach you; this is a great way for them to practice their own skills and retain knowledge.
- Plant seeds in cups and set in a sunny spot to get an early start on the summer vegetable garden.
- Practice writing skills by becoming pen pals with friends.

For Older Children

- Bake cookies and other treats.
- Assign older kids the task of cooking dinner one night each week.
- Take this time to check in with older kids on how they're doing in general, making sure to listen fully. Being stuck at home can be difficult for teenagers.
- Create a journal during this extended period at home for a keepsake that will prove to be very special later.



Staying Active

Side or out !

- Jumping jacks:** stretch arms and legs out to the side like a starfish while jumping.
- Tuck jumps:** bend knees and lift heels high while jumping.
- Hurdle hops:** jump side-to-side or front-to-back over pretend hurdle.
- One-foot hops:** lift one knee and jump on standing leg; alternate...
- Criss-cross feet:** jump straight up, then cross one foot in front of the other.

Keep a Routine !

Make a List. First, write down everything you need to get done daily. Structure Your Day / Get Specific Schedule in Time for Flexibility. Life gets in the way of even the most detailed of routines so be flexible!

How to Keep Kids Busy continued:

For All Ages

- Build puzzles together.
- Color in coloring books or on downloaded coloring sheets.
- Use FaceTime and other apps to virtually connect with friends for socializing or studying.
- Build a fort and use it for play or as a reading nook.
- Play board games.
- Mail hand-drawn pictures and letters to residents of local nursing homes.

NO COOK KOOL AID PLAYDOUGH

Ingredients

2 1/2 c flour, sifted
1/2 c salt
3 T cooking oil
1 pkg Kool-aid (unsweetened)
1 c very hot water

Directions

Mix together flour, salt, oil, and Kool-aid.
Add the cup of almost boiling water. Mix well.
Knead the mixture until it forms a soft dough.
Have fun!



Store in a sealed container in the refrigerator.
Your play dough will be the scent and color of
the Kool-Aid!
*Any other unsweetened, powdered drink mix
may be substituted.
*There may be colored hands but it washes off.

