



## Ideas to keep kids busy & active

1. P.E. with Joe Wicks on YouTube at 9am!
2. Create a daily schedule together. Use a whiteboard, cardboard or blank paper, or use your visual timetable/ Now & Next boards.
3. Make a reading tent outside (you could use a sheet and some chairs)
4. Plant seeds in cups and set in a sunny spot
5. Listen to a real astronaut read you a book from space! (This is so cool. Watch and listen to Ada Twist, Scientist (<https://www.youtube.com/watch?v=Q7TLggct42M>) Mousetronaut (written by astronaut Mark Kelly and read by his brother, Scott Kelly [https://www.youtube.com/watch?v=60\\_R5mRFUzo](https://www.youtube.com/watch?v=60_R5mRFUzo)), Astronaut Annie ([https://www.youtube.com/watch?v=m3z\\_lpb2K8c](https://www.youtube.com/watch?v=m3z_lpb2K8c)) and Max Goes to Mars (<https://www.youtube.com/watch?v=I8yn92dVxDY>))
6. Create an "I'm bored" list. Each person lists ideas for what they can do when they get bored. Stick it on the fridge. Use it when you get bored.
7. Play board games.
8. Make puppets from socks.
9. Make a comic book.
10. Keep a daily journal.
11. Bake a cake, cupcakes, cookies, etc.
12. Learn to make healthy snacks for after-school.
13. Pick a favourite animal and research it. Create a fact sheet about it.
14. Make and play with salt dough.
15. Make a button spinner (see YouTube)
16. Downloaded coloring sheets
17. Explore Mars with Curiosity <https://eyes.nasa.gov/curiosity/>
18. Lego activity: Make a list of animals and buildings. Write them all down on individual pieces of paper and put them in a box. Each person draws one out and has to build it with Legos.
19. Do a 30-day Lego Challenge. (There are tons of them.)
20. Make your own Knex rubber band cars and race them down the hallway, in the kitchen or on the sidewalk. <https://www.instructables.com/id/Knex-Rubber-Band-Car/>



21. Visit a museum! Check out these lists at Mental Floss and Travel & Leisure, or just check out the website of the museum you've always wanted to visit. Many have online exhibits (see helpful links page)
22. Make origami animals and objects.  
<https://www.easypeasyandfun.com/easy-origami-for-kids/>
23. Take a virtual tour of the Great Wall of China.  
<https://www.travelandleisure.com/attractions/landmarks-monuments/virtual-hike-great-wall-of-china>
24. Teach each other card games with a standard deck of cards. Make up your own games!
25. Go through the house looking for broken toys or things that need to be thrown away. Use tape and glue to turn them into an art sculpture instead.
26. Take a virtual field trip to Yellowstone National Park's top attractions.
27. Have a contest to see who can pick up the most dishes/clothes/socks/Legos/etc. laying around the house. The winner gets to pick the next board game.
28. Take a road trip where you don't get out of the car. Play road games along the way.
29. Watch live jellyfish, beluga whales, African penguins, and more at the Georgia Aquarium's webcams.
30. Thank a community hero. Write a letter or make thank you cards for
31. Pick a sentence from a book. How many words can you make from the letters in the sentence?
32. Build a house of cards.
33. Check out the Kitchen Pantry Scientist for endless ideas that mix science, fun and the kitchen. For most activities, you'll have most of the supplies already in your house.  
<https://kitchenpantryscientist.com/>
34. Create your own secret code. Write a letter to someone else in the code.
35. Listen to podcasts. A few of our favourites include Story Pirates, WOW in the World, Fun Kids Science Weekly, Story Collider, Brains On! (whose latest is a show on coronavirus), Simon's Science Adventure Stories and Fun Kids Story Quest.
36. Blow bubbles outside.



37. Draw pictures outside on the pavement with chalk.
38. Watch animals live on live zoo webcams across the world, such as lions, naked mole rats, elephants and pandas.
39. Go tent camping in your back garden
40. Use FaceTime, Skype or another platform to video chat with a friend or relative.
41. Have a virtual party using video chat platforms. Play party games.
42. Use refrigerator magnets to practise spellings
43. Have a contest to see who reads the most books.
44. Put on a family play.
45. Plan the next family holiday
46. Collect rocks on a walk. Paint them at home.
47. Start a home garden (indoor or outdoor).
48. Check out e-books and audiobooks apps
49. Design your own exercise routine. Take turns teaching an “exercise class” to your favourite tunes.
50. Make jam.
51. Learn three new vocabulary words a day. Turn each word into a painting or other art project. Make flashcards.
52. Write a letter to your grandparents or other relatives or friends.
53. Do puzzles and word searches.
54. Do yoga! Plenty of videos on streaming services and online video sites can lead you through a virtual class.
55. Create an outdoor obstacle course. Use old toys or things you find in your garage and google online suggestions for specific obstacles.
56. Do jigsaw puzzles.
57. Do a household scavenger hunt.
58. Got a lot of boxes lying around from package deliveries? Make box towers or forts.
59. Who can build the tallest or sturdiest structure from sticks and rocks outside?
60. Hide and seek with objects: One person hides the object in the house, and the others have to find it.
61. Create a home movie with your smartphone video.
62. Pick a favourite song. Choreograph a dance routine to it.