Creative Way to Keep You Family Busy and Sane During COVID-19 Crisis

Do an Indoor Scavenger Hunt – This is an activity that the children can do alone or with your help. You all can search for items around the house to see if you have the items or not. You can also create your own scavenger hunt or use this link.

Read Books – You can take some time to read a book to your child or have them read a book to you. If your child is older, you can have them read a chapter of a book and you two can discuss it. Try watching story time books online or signing up for a free trials of audio books and kid’s podcast that you child/children can stream. Don’t forget about the adult podcast as well.

- YouTube Storytimes - Dolly Parton will have story time on her YouTube channel on Thursday at 7pm EST: https://www.youtube.com/user/imaginationlibrary
- YouTube story time– SAG-AFTRA Foundation’s Storyline online or Storylineonline.net.
  - Books are read by celebrated actors such as Oprah Winfrey, Viola Davis, Betty White, Justin Theroux, Chris Pine, and many more.
- Pinna – Podcast and audiobook for kids 3-12 pinna.fm
- Free audiobook app – Audiobooks
- Amazon FreeTime Unlimited - Kids Video’s and Books

Get involved in a family workout plan – Children can start their own workout plan by using this fun and exciting idea. Parents, you can exercise with your child/children or you can do your own work out. Try the alphabet workout for kids and adults. You can even find online workouts to do as a family.

Movie Time - Take some time to watch a TV show or movie. You can do this first thing in the morning, early afternoon, or evening. You don’t even need popcorn; you can get a bowl or potato chips, grapes, marshmallows, or whatever snacks you have and enjoy some TV time.

Start a small project around the house– Clean out and organize some closets, go through clothes in your bedrooms, or toss some of those old papers that you haven’t had a chance to get to. Children love helping out with these projects, give them tasks to do as well.

Do a “Count around the house” activity - This activity will surely bring some excitement to your family and brings lots of laughs to your children. Idea: set a timer and see how quick your child can come back with the answers. Click this link to try this activity.

Give everyone some individual time – This will allow everyone some time to do what they choose, including you.

Cook a meal/treat together – Try cooking a meal or treat with your child. You don’t have to cook anything special or go to the store for special ingredients. You can use what you already have and make an adventure of it.
Go for a walk together – Walking around your neighborhood is safe, as long as you practice social distancing. You can also go for a bike ride, skating, or hang out outside of your place of residence. As long as you practice social distancing and refrain from having visitors.

Online zoo viewing- You can use your phone, tablet, and/or smart TV to visit the zoo. Here is a link for multiple places https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/

Art (Drawing/Coloring/Painting) - Spreading out some paper and crayons, color pencils or paints for the kids makes a great activity. Join in the fun and make your own creations too, or find some extra jars, boxes, or other items to dress up for some new decor.

Have an Indoor Campout- Build a pillow or blanket fort and do fun activities inside them. You can even plan a picnic on the rug.

Beauty Treatments- Give yourself a mini spa day with a variety of DIY beauty treatments. Whether it’s a nice manicure/pedicure, a relaxing scrub, or an avocado mask, it’s a good day to beautify and relax.

Board Game marathon - Break out the Monopoly, Candy Land, LIFE or other great board games you may have on hand for a game day marathon with your family or roommates.

Redecorate- Moving things around in your home can be fun and refreshing if you are into decorating. Try hanging your pictures in different places, rearranging your furniture, or dreaming up new ideas online

Shop Your Closet - Put the extra time you have today to playing grown-up dress-up. Try out some new combos and put together outfits for upcoming events. This can help you organize your things, prune unused items, and discover cool outfits you never knew you had.

Home Improvement - You can even use this time to try that home improvement project you have been wanting to do but could never find the time to get done. Just be sure you have all your materials and can safely do the task. For ideas on what to do visit https://www.wisebread.com/10-home-diy-projects-you-can-do-in-one-day?ref=seealso

Plan Your Garden – This can also be a great time to plan your garden for the spring. Look online for ideas at garden retailers and sketch out your plans in a notebook. Or, if you are short on space, look into https://www.wisebread.com/get-a-great-container-garden-started-with-this-guide

Learn to Meditate- Try lying down with your eyes closed, palms up and while focusing on your breathing. Or spend 20 minutes sitting cross legged and repeat a soothing word to yourself in your head.

Media Improv - Put on a soap opera, TV show or movie that you’ve seen before. Mute the sound. Create your own dialogue.

Self-portrait - Look at yourself in the mirror. Attempt a self-portrait with pencil and paper.
Plan your future - Take time to reflect: What have you accomplished in the last year? What goals are you setting for yourself in the next year?

Become a writer - try writing a short story or novel

Plan a vacation – Even though you are unable to take a trip now, you can also use this time to plan a weekend getaway or a big family vacation for the future.

Family talent show – Everyone has a talent, now is the time to showcase. Each person can show off their talent to the rest of the family. If you want to include other family, friends, or neighbors, invite them to participate virtually.

Tour an Exhibits Online - Lots of museums are setting up their exhibits online, so we can still get our arts and culture fixes from the confines of our homes. Here is a link to the met https://www.metmuseum.org/art/online-features/met-360-project

Learn a New Language - You don’t have to be perfect at it, but you can use any free resource to learn a new language. Start by searching YouTube.

Learn a dance. Download the Tik Tok app and challenge yourself to learn one of the trending dances everyone is doing.

Indoor picnic – Just pack your favorite meal and snack, lay a blanket out anywhere in the house and have a picnic. You can even open your windows for some fresh air. If it is warm enough move the picnic outside.

Costume party – This is a great time to pull out those old costumes or make new ones and have a little costume fun!!!

Try one or more of these activities

Rube Goldberg project - A Rube Goldberg machine is any complex contraption that uses a chain reaction to perform a simple task. https://boyslife.org/hobbies-projects/projects/159359/how-to-make-a-rube-goldberg-machine/

Kool Aid play dough - https://www.youtube.com/watch?v=a4LARwJ39R4

Mini golf course - Using tin cans for the holes and cardboard for the club (should a putter not be present) you can help the kids design their own miniature golf course in the house.

Word snowball fight - Write the "sight" word on a piece of paper and crumple it up. Use known and unknown words for all the "snowballs." Crumple the pieces of paper up, and have the kids throw them at each other. When one gets hit by a snowball, they must uncrumple the paper and read the word to stay in the game

Floor is lava- Use household items like chairs, pillows, rugs etc. place them all over the floor and try to make it across the room without touching the ground or you are OUT.
Scrapbooking - Even if you’ve never scrapbooked before, now is a great time to make a book of the kids’ art or your accomplishments, or a gift for a special occasion.

Create a Town in a Cardboard Box - If you have a giant cardboard box, why not draw a town on the bottom of the box, with roads, tracks, bridges, parks, car-parks, etc. Add some wooden building blocks, cars, trains and some wooden/plastic animals.


Create an indoor obstacle course - with plenty of climbing, crawling, hopping, jumping, falling on cushions/mattresses.

Make Tie-Dye Clothes – This does not have to be hard, look online for the easier tutorial and enjoy.

Homemade slime – Everyone love slimes and it’s easy to make. This is the perfect time to let your child/children make their own slime and they may want to use their individual time to play with it. https://www.mykidstime.com/things-to-do/10-easy-homemade-slime-recipes/

Play Balloon Ping-Pong - All you need for this are some blown up balloons, and table-tennis bats (or make your own bats using paper plates and sticks for handles).

Homemade Play Dough Recipe

1. Pour 1 cup of water and a few drops of food coloring into a pot on the stove.
2. Heat to boiling and add 1/2 cup of salt. Stir until the salt has dissolved.
3. Remove from heat and add 1 cup of flour, 1 tablespoon of vegetable oil and 1 tablespoon of cream of tartar.
4. Mix, first with a wooden spoon and then (as the mixture cools) knead it with your hands.
5. Repeat with different colors, or cut the recipe in half or in thirds to make smaller amounts of different colored play dough.

Note: Because you add the food coloring to the water, it should not stain your hands when you mix in the flour.

3 Ingredient DIY Foam Paint

Making foam paint is as easy as it gets. You’ve got your shaving cream, your craft/school glue and your food coloring – that’s it!

1. Mix equal parts shaving cream and glue into a Ziploc bag, add your desired food coloring.
2. With the bag sealed, squish the bag together until all your ingredients are nicely mixed together.
3. Have your little artists create a layout for their design on a semi-rigid material like cardboard.
4. When they’re ready for the foam simply cut off a corner at the bottom of the bag and use like you’re piping icing.
5. Once the art has been completed, set aside so the foam can dry and solidify overnight.

Make Recycled Crayons

Materials Needed: Gather your broken crayons, an old muffin tin, and a knife, and you’re ready to get started. If you are worries about the muffin tin you can line your muffin tin with foil cups. You will want foil cups because the wax may stick to paper cups. You can also use candy- and soap-making molds to create fun, shaped crayons. Just make sure they’re oven-safe. Silicone molds are safe to try because it’s really easy to pop the crayons out of these when they’re done.

1. Gather up all of your broken crayons; unwrap them, and cut them into small pieces. (An adult will need to do the cutting.)
2. Preheat your oven to 250 F.
3. Fill the cups of your muffin tin with a 1-inch-thick layer of crayon pieces. Do one color in each cup, or mix all the colors together to create rainbow crayons.
4. Bake for 15 to 20 minutes, or until the wax has melted. Stay close by to keep an eye on things. If you detect any smoke, grab the oven mitts and take the muffin tins out of the oven.
5. Allow the crayons to cool and harden sufficiently, then pop them out and they’re ready to use.

Bring out your inner Actor/Actress

As you may know, Corner Health Center has a Theatre Troupe where our members talk about health issue to their peers through theatre. One of the fun things about theatre are the great activities. Now you and your family can try some.

Mirrors- This game is to be played in pairs. So if you have multiple children, this is for you.

1. Have players face each other and pick a leader and a follower. Both players will get to lead during the game.
2. The leader is then told to move their arms, legs and body while the follower is to “mirror” their every movement. Encourage whoever is leading to move slowly so the other actor can move with them. Coach the follower to simply move with their partner without thinking about it. After a few minutes, have the actors switch roles.
3. It’s important for both actors to work together. The goal is for the pair to be in sync. They’ll know they’ve mastered it, when Mom and Dad can’t tell who is leading and who is following.

This Is Not A Pencil- This game can be played with 2 or more players.

1. Each player is given a pencil. (A pen is fine) One by one they are to act out a silent scene where they use the pencil as though it is a different object. Some examples could be a baseball bat, a toothbrush, or even a coffee cup. It can be anything except a pencil or a pen.
2. Have the other players guess what the pencil is being used as. Once they do, it becomes the next players turn.
Create a Story - This game is played with 3 or more players.

1. The goal of this game is to create a coherent story together as a team. Each player is to help create the story by contributing one sentence only. For example, the first player could start with “Once upon a time there was a pig named Bart.”
2. The next player could then add, “Bart was a happy pig who loved to play outside.” Keep going around the room until all the players have contributed. If the story isn’t finished, each player can take a few more turns until the story comes to an end.
3. If the group gets to a point where it is easy for them to create stories, change the rules so each actor can only contribute a single word with each turn.

Simple Science Experiments – Here are some links of science experiments that you can try as a family.