

ACTIVITIES FOR TIME AWAY FROM SCHOOL DURING COVID-19

1. Simon Says: involve both sides of the body and crossing the midline/middle of the body
2. I Spy with My Little Eye: adult picks an object in the room and describes it by color or shape and you can add hot or cold, warm or cool to give a hint as the child gets closer to the object. Trade places and let the child pick the object and give clues. You can also pick an object by its function eg. Somewhere you would sit, something soft, etc.
3. Write 3 sentences about any topic of their choosing. It can be about their favorite foods, the weather, what they would like to be when they grow up, the ideas are limitless.
4. Play Dough: if you don't have any, you can make it with recipes available on line. Squeeze the playdough, roll it into a ball, press it down to flatten it, roll it into a snake, use cookie cutters to cut out shapes, practice cutting it with a dull (plastic) knife or scissors, pinch off small pieces to make "baby cookies", roll the small pieces into a ball between your index finger and thumb.
5. Scavenger Hunts: can be done indoors or outdoors. Give the child a list and a bag or small box to gather items. They can be done by color (find one object of each color), by shape (find 3 things that are round), or function (something you wear on your feet, something that goes on your head)
6. Play Games with a deck of cards: sort the cards into 2 piles of red or black cards, make 4 piles of cards with separating spades, clubs, hearts and diamonds, play the game of War (divide the deck into 2, each player turns over their top card and the one who has the higher card keeps both cards, if you have a match, turn over the next card to see who wins the cards).
7. Memory Games: play a game with objects – hide 2 under a towel and do another game and see if you can remember what is under the towel.
8. Activities of Daily Living: clean the table with a wipe or rag and dry it off, set the table counting the number of forks or spoons you need, fold a paper towel or napkin and place it under the fork, help sort laundry finding pairs of socks, tops and bottoms, help with using a vacuum or broom, help with cooking in the kitchen (peeling vegetables, washing fruit or vegetables, stir items in a bowl, measure with a measuring cup, measuring spoons, help tear lettuce for a salad.
9. Board Games/Puzzles if you have them but do not feel like you need to buy them at this time.
10. Bubbles: blow the bubbles, pop them by clapping hands, pointing a finger to pop them or step on them. You can make them with dishwashing liquid.

Any of the above activities should be done to have FUN! The engagement of the child in fun activities allows for more skill development.