

Things to Do With Kids During Coronavirus Social Distancing

Keep to a schedule

Schools may be closed but one of the ways to keep things running efficiently at home is to stick to a schedule. (see our Facebook page for an example)

Enact a digital quarantine

Limiting screen time is a good idea. In fact, professionals recommend it. When school work, reading, and other educational tasks have been completed, then you can give back tv, tablets, and phones (for an allocated period of time).

The C2K Newsdesk Hour

Log on to C2K using your personal C2K login details and take part in the C2K Daily Hour activities

Joe Wicks

Joe Wicks has announced he will start online PE lessons to help keep children fit and healthy during the school shutdown.



Make a cardboard fort

Put those empty Amazon boxes out in the garage to good use!

Set up a treasure hunt

Treasure hunts are pretty easy and depending on how many items there are, could last a while. Hide anywhere from 10 to 20 items around the house or outside to keep kids occupied for a few hours.

Bake together

Cookies, cakes, brownies. Anything! Baking is a great lesson in measuring, ingredients, and of course, making delicious goodies.

Have an indoor picnic

Grab a sheet, whatever food you have, and enjoy a living room picnic (without the ants). You can even play that memory game at the same time: “I’m going to a picnic and I’m bringing…” Each person takes turns remembering (in order) what everyone is bringing and then adds one thing each turn.

Make a sensory bin

Fill it with anything and everything, give the kids some shovels, and they’ll be excavating for hours.

Do give them unstructured playtime

Setting a schedule and focusing on educational tasks is awesome, but you should take time to focus on fun, too. After a few educational tasks, make sure to focus on playtime, too.

Write a letter

Break out the envelopes, the stamps, the pens, and paper. No, we’re not talking e-mails; we’re talking old-fashion snail mail. Write a mail a letter to someone you love, like grandma and grandpa, or a family member who lives far away.

FaceTime family members

FaceTime is another meaningful way to connect with family and friends while practicing “social distancing.” Use it to check in on family members and to socialize, even if over the phone.

Do some spring cleaning or organising

We know cleaning isn’t exactly “fun,” but with everyone off from school and off from work, the house is bound to get messy, and pretty quickly at that. Carve out a few minutes, even if it’s just 15, each day to prioritise organisation.

Playing Cards

21, Jack Changes, Suit Snap, Go Fish… Any games you can think of.

Break out the board games

Scrabble, Monopoly, Snakes and Ladders...

Put a puzzle together

Break out the jigsaw puzzle!

Go for a walk

It costs nothing!

Play charades

No talking. Just you and your fam acting something out. It's a classic boredom-saver.

Make a pizza

It's miscellaneous toppings night. Whatever you have laying around the house, that's what's going on your homemade pizza!

Write in a diary

Writing down your thoughts is a classic way to pass the time.

Practice mindfulness

You can practice mindfulness using an app, sitting quietly and focus on your breathing.

Practice opposites

Playing the opposites game is an educational exercise for toddlers. You say "in," they say, "out." You say, "on," they say, "off."

Set up outdoor gym class

Obstacle course, anyone?

Drama

Create a play script, dress up and act it out.

Create an animal fact sheet

Have your child pick an animal. Can they make a fact sheet, listing everything they know about that animal? Now, do some research. After learning a little bit more about that animal, have your child add new facts to the sheet about what they learned

Teach how to edit videos

Use programs like iMovie or YouTube to teach kids how to edit videos. It's a meaningful skill to have in both school and the real world! Who knows? Maybe they'll want to even create their own YouTube channel.

Interview each other

Interviewing is an important skill. You and your child can start interviewing each other face-to-face by asking each other questions and taking notes. If your child shows interest, they can take it to another level by calling a grandparent or family member and interviewing them over the phone. You'd be amazed how many new things you will find out about each other.

Listen to podcasts

There are tons of kid-friendly podcasts out there. Do some research and find which one is best for your family!

Try origami

Might as well hone our origami skills, right? Learn how to make dozens of [origamis](#): dinosaurs, swans, frogs, and more.

Check out these kid-friendly recipes

Cooking with children is one of the most educational lessons you could give.

Practice instruments

If your kids are learning instruments, make sure to instill an hour-long practice time each day.

Bird watch

Can you identify five types of birds and then research them?

Take a virtual tour of the British Museum

Tour the [British Museum](#) online.

Take a virtual glider around the world

The Smithsonian Science Education Center has more resources, too, including a [virtual glider](#) that makes you feel like you're flying around the world, exploring.

Discover BrainPop

[BrainPop](#) is an educational resource that provides lesson plans for all kinds of subjects—even health, arts and music, and engineering and technology.

Create pasta jewellery

Paint it, thread it, and then wear it!

Do yoga

The YouTube account [Cosmic Kids Yoga](#) has all kinds of yoga-for-kids videos. It's not just for kids, either; you can all do yoga together as a family!

Set up an Easter egg hunt

Sure, it's a little early, but it's time-relevant and you can even make it educational by hiding letters inside the eggs instead of candy. Hide the plastic eggs around the house and see if your child can find the entire alphabet!

Don't forget about Disney+!

When all else fails and you crack on the screentime rules, don't forget *Frozen 2* is now streaming on [Disney+](#).

For more information on how to best support children in isolation, check out the government's [Children in Isolation info sheet](#) on coronavirus.