

Social Distancing Activity Packet

Outdoor Activities:

Toddlers:

- 1. Explore Nature-** While outside have your toddler look for different items found in nature such as leaves, sticks, rocks, etc. Be as specific as you wish to include color, size, or shape.
- 2. Chalk Obstacle Course-** Using sidewalk chalk, create an obstacle course using chalk on a driveway or sidewalk.
- 3. Red Light/Green Light-** Have your toddler stand across from you several feet away. When you say green light they can walk/run/hop to you, but when you say red light they have to stop. If they move when you say red light, they have to go back to the starting line.
- 4. Play Catch-** Using a ball toddlers can practice throwing and catching with a ball outside.
- 5. Chasing Bubbles-** Blow bubbles and let your toddler chase them.

Children:

- 1. Hide and Seek-** Have your child hide somewhere in the yard and then go and find them.

2. **Nature Hunt-** Time your child to see how fast they can find a list of nature items such as sticks, rocks, leaves, etc. Be as specific as you wish to include color, size, or shape.
3. **Hopscotch-** Using chalk create a hopscotch on the sidewalk or driveway and let your child play.
4. **Tag-** Depending on the number of kids and their ages, pick a version of tag to play outside. Tag options include freeze tag, blob tag, hide and go seek tag, etc.
5. **Water Bottle Bowling-** Using full or partially full plastic water bottles, children can bowl using a tennis ball/soccer ball/lacrosse ball.
6. **Miles with Miles** – Hartford Marathon Foundation online daily exercise challenge (<https://www.hartfordmarathon.com/miles-with-miles/>)

Teens:

1. **Plant a Garden-** Set up an area outside to plant seeds or flowers later in the spring.
2. **Bike/Skateboard-** Grab a bike/scooter/skateboard/rollerblades and make your way around the block or up and down the street.
3. **Geocaching-** Using the free geocaching app, walk around your neighborhood looking for boxes that have been hidden.

- 4. Kite Flying-** If you don't have a kite on hand, make one using paper, sticks, string, and tape.
- 5. Exercise-** Go for a run, go for a walk, do some burpees, sit ups, push ups, etc. Enjoy the benefits of working out and the benefits of the fresh air.

Adults/Family:

- 1. Go for a Family Bike Ride-** Take the bikes out and go for a ride around the neighborhood.
- 2. Hike-** Take a walk around the neighborhood or nearby trails to enjoy the fresh air.
- 3. Picnic Lunch-** Pack up lunches, grab a blanket, and eat outside in the yard.
- 4. Stargazing-** When the stars come out, grab a blanket and head outside. Look for constellations and the moon.
- 5. Nature Walks-** Search your yard for pretty items in nature.
- 6. Skyhawks Family Resources & Activities:**

<https://www.skyhawks.com/page/company/family-resources>

Indoor Activities:

Toddlers:

- 1. Simon Says-** Give your toddler commands such as Simon says pat your head. Include commands that don't involve simon says, such as rub your tummy. If your toddler moves when Simon doesn't say they restart.

2. **Obstacle Course-** Using boxes, pillows, blankets, etc. create an obstacle course for your toddler to work their way through.
3. **Dance Party-** Play your toddler's favorite music and let them have a dance party.
4. **Hide and Seek-** Choose a few rooms of the house to let your toddler go and hide in, then go and find them.
5. **Follow the Leader-** Walk around the house stomping your feet, washing your hands, hopping over things, etc and have your toddler follow and copy you.

Children:

1. **Scavenger Hunt-** Create a list of items for your child to find. Time them to see how fast they can find everything, and how fast they can put them away.
2. **Animal Races-** Have your children race across the room walking and acting like a certain animal. Ex. Lion, bear, duck, monkey, snake.
3. **Dance + Karaoke Party-** Play your child's favorite music and let them have a dance and karaoke party.
4. **Hallway Bowling-** Set up empty water bottles or toilet paper rolls and let your child bowl to knock them over using a soft ball or bundle of socks.
5. **Obstacle Course-** Using boxes, pillows, blankets, etc. create an obstacle course for your toddler to work their way through.

Teens:

1. **Hallway Bowling-** Set up empty water bottles or toilet paper rolls and let your teen bowl to knock them over using a soft ball or bundle of socks.
2. **Dance + Karaoke Party-** Play your favorite music and have a dance and karaoke party.
3. **Play Flashlight Tag-** Turn the lights off and grab a flashlight. Try to “catch” the other players in the light.
4. **Have your own Indoor Olympics -** Practice long jumping, quick sprints, high jumps, and other fun categories.
5. **Workout-** Create your own in-home workout. Sit ups, push ups, jumping jacks, etc.

Adults/Family:

1. **Board Games-** Play a game as a family such as twister to get everyone moving.
2. **Balloon Volleyball-** Blow up some balloons and hit them across the room to each other trying to keep it in the air.
3. **Charades-** Play a family game of charades.
4. **Spring Cleaning-** Work on chores to get the house nice and clean for the summer.
5. **Freeze Dance-** Dance until the music stops!

Creative Activities:

Toddlers:

1. **Finger Painting**
2. **Coloring**
3. **PlayDough**
4. **Paper Plate Masks**
5. **Cardboard Box Castle**
6. **Printable Activity Sheets-** https://www.readbrihtly.com/educational-resources-activities-ages-3-5/?ref=PRHB577C8250A2F&linkid=PRHB577C8250A2F&cdi=A11E3C6927D4F79FE0534FD66B0A632B&template_id=16198&aid=randohouseinc4208-20

Children:

1. **Masking Tape Race Track-** Use masking tape to create a race track on the floor.
2. **Handprint Frogs-** Cover your hand in green paint and stamp it on a piece of paper. Then add eyes and a tongue.
3. **Shoobox Dollhouse-** Create your own dollhouse in a shoe box.
4. **Make your own Board Game**
5. **Create your own Puppet Show**

Teens:

- 1. Paint a Bob Ross Tutorial**
- 2. Cook Something New**
- 3. Write a Story/Poem/Song**
- 4. Redecorate your Bedroom**
- 5. Create a Bucket List**

Adults/Family:

- 1. Create a Family Bucket List**
- 2. Scrapbook**
- 3. Pick up a Hobby-** Maybe sewing, knitting, woodworking, etc.
- 4. Write Letters to Family and Friends**
- 5. Create a Family Video to Send to Relatives**

Mental Activities:

Toddlers:

- 1. Singing-** Playsome songs for your toddler to sing along to.
- 2. ISpy**
- 3. Create a Sticker Journal-** Take some paper and let your toddler decorate the pages with stickers.
- 4. Help in the Kitchen-** Bake something or cook a meal with the assistance of your toddler to mix and add ingredients.

5. **Look at Books-** Set your toddler up with some picture books and let them look through the pictures, creating their own stories.

Children:

1. **Blocks/Lego Challenge-** Try to make the tallest, longest, strongest, etc. building.
2. **Read a Book**
3. **Do a Floor Puzzle-** If you don't own a floor puzzle, let your child make their own with paper, markers, and scissors.
4. **Visit Online Zoos-** Many zoos and aquariums are now live streaming footage of their animals online. For example the Cincinnati Zoo live streams footage of their animals each weekday at 3on their Facebook page.
5. **Write-** Encourage children to write stories and poems while stuck at home.

Teens:

1. **Catch up on Schoolwork**
2. **Work on a Picture Collage or Photo Album.**
3. **Blog or Vlog your Adventures at Home**
4. **Read**
5. **Solve some Brain Teasers or Logic Puzzles**

Adults/Family:

1. **Cook a new recipe**

2. **Play a Card Game-** Go Fish, Old Maid, War.....
3. **Family Jigsaw Puzzle**
4. **Read a Book**
5. **Crossword Puzzles and Word Searches**

Relaxation Activities:

Toddlers:

1. **Toddler Yoga-** Simple yoga poses will help toddlers wake up in the morning and decompress at bed time.
2. **Coloring Books**
3. **Sleepy Music-** Slow and gentle music before nap or bedtime.
4. **Storytime-** Read your toddler a story as they get ready to relax.
5. **Build a Pillow Fort-** Build a fort out of pillows to relax in before bed.

Children:

1. **Yoga-** Try simple poses to calm down during the day or before bed.
2. **Coloring Books**
3. **Clean Up Race-** Clean up any mess from the day as fast as possible trying to beat the time from the day before.
4. **Deep Breathing-** Take deep breaths throughout the day when children need to calm down.

5. **Build a Pillow Fort-** Read a book and decompress in your pillow fort at night.

Teens and Adults/Family:

1. **Meditate**
2. **Yoga-** Follow yoga tutorials online to become a pro
3. **DIY Face Masks**
4. **Listen to Soothing Music-** Block out the loud noises of the day by closing your eyes and listening to soothing music.
5. **Take a Hot Bath/Shower-** Relax your body with a hot bath/shower.