

Family Fun at Home Activity Suggestions

Some activities are listed here. The intention is to provide ideas. This list is not exhaustive. Try to think of activities that include: movement, sensory engagement (something that the child can see, hear, taste, touch smell), interactions with other people. Adjust for different skills and abilities and temperaments. Ideas included should be adaptable to materials that you already have on hand. Activities are intended to be able to include multiple family members.

- accessible movements/yoga/ or other mindful movements – many ideas can be found online
- breathing (e.g... zoo themed breathing exercises while making animal faces, Bird breathing) – focus on deep breathing into the belly and moving with your breath. Example an owl turns their head very far. Inhale forward to center and exhale a long “whoooooooo” hoot while turning head as far left as possible, inhale slowly and deeply back to front the exhale “whooo” back to right. Flamingos balance on one leg. Stand centered, inhale raising both arm and maybe one foot if you can up for a count of four (balance like a flamingo with foot raised or one toe touching for balance) then exhale wing arms back down for count of four to stand both feet on ground with arms relaxed. What other bird breaths can you think of?
- collect items around the house to make a percussive orchestra
- kids get to dress a parent up or do a parent's hair for a fashion show – make it a zoom fashion show with family friends.
- collage portraits child of parent and parent of child. This can be a collage to make a likeness of the other or a collage of things and images that remind each of the other or that the other is known to like. E.g. favorite foods, activities, and colors...
- FEELINGS charades (one by one we make a feeling face and everyone guesses the feeling)
- household towers (use things around your house to build your best tower... could be cans of soup, empty amazon boxes, stuffed animals, pillows, or toilet paper rolls?)
- Show and tell (find something in your house that you: are proud of, like to cuddle with, purple...) show it to your family – make it a zoom show and tell with other family friends
- Alphabet museum – collect a small item from your home that starts with each letter of the alphabet.
- Indoor bowling – set up empty drinking bottles or even stuffed animals, stand them in a group and bowl them down with a soft round ball or pillow.
- house scavenger hunt
- Tape walk on floor (duct tape, masking tape, whatever is allowed) – tape a pathway on the floor for the child to follow. It can be most fun for kids to have to climb over or under certain furniture, maybe have different options such as walking backwards on the pathway.
- Draw with sidewalk chalk – if there's an area outside where it is okay for kids to draw on the sidewalk or driveway.
- Blow bubbles, break with a specified body part – kids often like to blow bubbles or watch others blow bubbles. Can include some teaching in the activity by blowing the bubble and asking the child to pop it with his/her head, finger, nose, etc. This can create a silly and fun time.
- Play balloon volleyball – blow up a balloon and hit it back and forth. Another option is to keep the balloon from touching the ground.
- Run, march, power walk or jump, skip around room. This could be an activity of Follow the Leader, have a child or adult be the leader and say how to move around the room, with others following.
- Sing songs together – can help to sing songs that include movement such as Row Row Row Your Boat (pulling on towel moving back and forth), Ring Around the Rosie or London Bridge. Many songs are online that include fun movements.

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- Active games such as Red Light, Green Light / Freeze Tag, Simon Says/Mother May I?
- Obstacle Course – create an obstacle course around the house, a child must make his/her way from one end of the home to another.
- Paper basketball – crumple up paper and take turns throwing it into a target
- Work together on puzzles
- Board games, card games
- Crafts – coloring with crayons/markers can be a simple craft, making masks with paper plates, creating puppets with paper bags or old socks, painting rocks.
- Tandem Art – each draws on line, taking turns.
- Have a puppet show – can use stuffed animals.
- Join in child-led play or playing pretend. Can set a specific time to spend one-on-one time with your child.
- Re-arrange child's bedroom with your child or work on a project that your child can participate in. Some examples could be to organize toys, wash certain toys (shampoo doll's hair), gardening.