

COVID 19 FAMILY ACTIVITIES

- At Home
- Over the Phone
- Screen Sharing

At Home Activities

Top 10 photos

For kids that are allowed a cellphone, ask them to share the 10 favorite photos on their phone and ask them to explain why they chose these photos

My songs

Ask your child to choose 5 songs that make them feel a strong emotion. Share some of your favorite songs and create a playlist. Listen to the songs and jot down a few emotion words or thoughts you associate with each song in the playlist.

Spell Your Name Workout

Using the Spell Your Name Workout Sheet

<https://www.730sagestreet.com/wp-content/uploads/2016/05/your-name-workout-kids.pdf> (password is "kids") engage kids in spelling out their name or other chosen word. It can be used as a mindfulness activity, a brain break, or a wellness activity.

Photography prompts

If your child has a cell phone, ask them to photograph their environment. What's important to them? What images make them feel safe, anxious, happy, or alone?

Talk about the pictures and why they evoke the feelings they do. If your child enjoys photography, consider giving them a few words,—such as “home,” “mentor,” or “calm”—each week at the end of the session, so they can come prepared with pictures that represent those words for the following week.

Letter to my future self

Kids write a letter to their future self, giving them advice, and writing about what is currently on their minds this week.

Activities that work over the phone

Game of Things

A free version of this game is available for you to play with friends online. Call them on the phone while playing to make it more interactive.
<https://qa.thegameofthings.com/>

What would you do questions

<https://docs.google.com/document/d/1dM-JZUJsyQgWprPtB0mZh0EEMt1Ykf7JBuotGegSFZY/edit?usp=sharing>

Fill in the blanks questions

https://docs.google.com/document/d/1W_avpXJsZygca-Sv8I18VmVLpGsi_jUrszkBxxXzCuk/edit?usp=sharing

Habitica

This is a great way to get kids to complete tasks and achieve goals through an RPG style game that rewards you for completing tasks. Prompt your child to create goals and work towards them each day with measurable progress! [Habitica website](#)

Would you rather questions

Ask your child to pick a number, then read the corresponding question. Then trade and let your child ask you questions, too.

<https://conversationstartersworld.com/would-you-rather-questions-for-kids/?fbclid=IwAR1KN3iAINMv1wpuE44ihxyTIKMceH5Fa3e6TVr-z8sFfJk7pIWCzGJEJ5c>

Counting Fruits

This is a good activity to get your child's mind off of something they are fixated on, or anxious about.

Teach your children to count to 10 when they are feeling upset. First the child chooses a topic (i.e. fruit). Next, they begin counting: "1 apple 2 banana 3 orange 4 plum 5 watermelon 6 peach 7 grapefruit 8 kiwi 9 cantaloupe 10 strawberry". This helps them move to their "thinking mode" and makes it easier to calm themselves.

Drawing challenge

Have your child draw a picture and describe what they are drawing. Then try to copy that drawing without looking. Show them your creation when you are done! They are sure to laugh.

Read my fortune

Read an online fortune or horoscope. Ask your child what they think about their fortune. Children read their birthday zodiac description from "astrology.com" and decide if they feel like this description is accurate and/or inaccurate, and if so, how. Observes how your child responds to an outsider's [largely uninformed] perception of themselves—if they are likely to readily adopt an outsider's view, resist ("Nobody knows who the real me is"), have a strong sense of self, not really affected, temporary Rosenthal effect, etc.

Rules game

Have the children make up their own rules. If you do something or say something, you have to do the silly consequence. (If you say the word "friend" quack like a duck)

Blanket fort

For a video chat, cover your head and laptop with a blanket to simulate the feeling of a blanket fort

Fact or Fiction "Two truths and a lie"

In this game each person takes turns telling two things that are true about themselves and one thing that is not, the other players must then guess what is fact and what is fiction. Younger kids may not quite 'get' this conversation game, but often their additions to the conversation are hilarious anyhow.

Questions Only

Everything anyone says must be stated in the form of a question. This conversation game is incredibly simple, has no real winner or concrete ending, it will keep you giggling and like it or not it may just crop back up hours after you thought it was finished.

20 Questions

One player thinks of an object, letting the others know only whether it is animal, vegetable, or mineral. Then the other players ask questions that can be answered only with yes or no. For instance, if the object is a car (mostly mineral), the players will ask, "Is it bigger than a laptop computer?" or "Can it move?" The object: Guess the answer in fewer than 20 questions.

What's Better?

This fast paced game simply asks kids about their preferences between two things - • "What's better - banana or apple?" • "Banana" • "What's better - banana or cheese?" • "Cheese" • "What's better - cheese or chocolate?" • "Chocolate" • "What's better - chocolate or ice cream?" Of course, you don't have to choose food - books, prizes, games, sports - anything is fair game. Debates about different choices that children make provide lots of insight into their individual personalities and preferences.

Screen-share activities

Some of these activities were previously posted on mentalfloss.com and [Good Housekeeping](http://GoodHousekeeping.com). The links have all been verified. Some of these are videos. Some are more interactive. · Most are appropriate for young kids. A couple might work for older kids (e.g. Louvre) · All of the activities are free. Some museums may ask for a donation. (Courtesy of Brett Schur, Ph.d., Haverford, PA)

San Diego Zoo: see and read about animals, live cams, videos, and more.

Yellowstone National Park: wolf videos, live cam of Old Faithful, video of mud volcano.

Mars for Kids and more

Monterey Bay Aquarium: live cams.

Farm Food 360: Videos of farm tours: dairy, pigs, mink and others.

Louvre: virtual tours.

Great Wall of China virtual tour

Boston Children's Museum virtual tour

National Gallery of Art

British Museum virtual tour

National Museum of Natural History virtual tour

Metropolitan Museum of Art virtual tour

Dali Theatre-Museum virtual tour

NASA Langley Research Center videos

Vatican-6 Virtual tours

National Women's History Museum

Milwaukee Art Museum virtual tour

Legoland (Denmark) virtual tour

Sea World Orlando virtual tour

Sesame Street games for preschoolers

Give-An-Hour: free activity book for kids