

# Stay at Home Activities



Staying home in order to practice social distancing can present a unique challenge for children, teens and families alike. In a time that may be difficult for some children, it is important to provide an abundance of opportunity for play.

Please enjoy these recommendations from our team of child life specialists at Memorial Heath Dwaine & Cynthia Willett Children's Hospital of Savannah!

## PRESCHOOLERS

- Read aloud with your child
- Engage in sensory play with ice, water, and plastic toys in a bin
- Put on a puppet show
- Draw outside with sidewalk chalk
- Play hopscotch
- Play red light, green light
- Draw a road with chalk for toy cars to drive around on
- "Paint" with water and a paintbrush or old toothbrush on an exterior wall or wood fence
- Go on a scavenger hunt around the house or outside finding certain color items

## SCHOOL-AGERS

- Make a blanket fort
- Read aloud together
- Create a family tree
- Play family board games
- Put on a play
- Make your own play dough
- Have a family karaoke night
- Write and illustrate your own story
- Create an indoor obstacle course
- Create an art project with recyclable or nature items
- Go on an ABC scavenger hunt to find an object that starts with each letter of the alphabet

## TEENAGERS

- Create a family tree
- Play family board games
- Make your own slime
- Try new recipes with any items in your fridge or pantry
- Make your own smoothie
- Play charades
- Go on a nature scavenger hunt, locating items like a pink flower, squirrel or acorn
- Practice yoga
- Journal or draw about your current experience
- Listen to music
- Complete a puzzle
- Read a book

## WEBSITES FOR VIRTUAL EXPLORATION

[PeteTheCatBooks.com/Activities](http://PeteTheCatBooks.com/Activities)

[Kids.NationalGeographic.com](http://Kids.NationalGeographic.com)

[SquigglePark.com](http://SquigglePark.com)

[SanDiegoZoo.com](http://SanDiegoZoo.com)

[StorylineOnline.net](http://StorylineOnline.net)

[DiscoveryEducation.com](http://DiscoveryEducation.com)

[MysteryDoug.com](http://MysteryDoug.com)