

APRIL 14 TO 17, 2020

# WORKING FROM HOME WITH CHILDREN



## SOME HELPFUL ACTIVITY IDEAS, TIPS AND LINKS TO HELP KEEP YOUR CHILDREN BUSY WHILE WORKING FROM HOME

### Active for Life

#### Raising Physically Literate Kids

<https://activeforlife.com/42-activities-to-keep-kids-busy-while-parents-work-at-home/>



### Indoor activities kids can do while parents work

*Tip: If you don't have a designated playroom, consider moving all the furniture in one room to the sides to make a wide-open play space.*

**Toy wash:** Fill a sink, plastic bin, or bowl with water. Provide towels and a box of toys that kids can wash (toys with electronic pieces should be hidden for this activity). Throw in some small cars, plastic animals, toy food, plastic keys, etc., and let your kids clean away.



**Dress up:** If you have a dress-up box, pull it out and if not, create one with hats, socks, coats, purses, shoes, boots, kid glasses, costume jewelry, old dresses, jackets, mirror, brush, old cellphone, old keys (no scarves or other possibly choking items). This could also be the time to decorate that box. Provide the kids with stickers and markers and let them fancy it up!



**Car playmats:** If you already own a playmat with a road design on it, set it up and find any toy that can be used with it—cars and trucks, figurines, airplanes, etc. Kids love the creative play of moving their way around the town. If you don't have a mat, there are ones available for next-day shipping on Amazon, or use painter's tape to create your own set of roads on any floor surface. The best thing about a homemade track is the ability to have the tape go up over small boxes or chairs and in multiple directions.



**Camp out:** Set up a tent or fort and fill it with multiple items for a game of camp. Let your kids get comfy with pillows and blankets, keep them fed with healthy snacks, turn out the lights, and give them flashlights for making shadow animals. Throw in some stuffies for company, some binoculars to keep a watch on the bears, and some animal picture books.



**Bean bag target toss:** Set out a box of bean bags and a number of targets for kids to throw the bags into such as hula hoops or laundry baskets. You'll find more ideas for throwing games in our activities section.



**Rubbings art:** Lay out a number of thin items such as leaves, flat pieces of Lego, coins, or buttons (for kids who know not to put these in their mouths!), a stack of thin white paper, and crayons. Show your children the art of putting a piece of paper over an item and rubbing it with the side of a crayon until the item appears. The simple act of taking the paper off the sides of a pile of crayons alone will keep kids busy for a while.



**Sensory tub:** If you have a sand table that you use outdoors in nicer weather, pull it in, clean it out, and fill it with fresh sand. If you don't have a sand table, pull out a bin or tub and fill it with rice. Place spoons for digging, funnels for pouring through, trucks, plastic animals, measuring spoons, small bowls, etc., in the rice and let your kids dig and explore.



**Ball pit:** If you own a ball pit, fantastic! If not, create your own with a kiddie pool or large cardboard box. Fill your box with as many small balls as you have on hand, as well as with stuffies and bean bags.



**Toilet paper funnels:** While toilet paper may be in high demand, you will probably have some empty toilet rolls, paper towel rolls, or (not judging) tubes that bottles of scotch came in. Tape the rolls to a wall with masking tape, provide your child with small items such as cars, small balls, dry pasta, and have them drop the items through the tunnels. For more fun, use multiple rolls beside each other or aligned to make a longer tunnel.



**Sensory bag for high chair tables or floor:** Fill resealable bags with items that a baby can safely squish or shake such as sand or magic sand, ice cubes, and small items mixed into a bag of hair gel, rocks, or Jell-o. Make sure the bag is fully sealed before your little one plays with it.

**Muffin pan sorting:** For the just-able-to-sit crowd or older, fill a muffin tray with various engaging items of different shapes and colours (make sure these are large enough that your baby can't choke). Children will happily sit and move items from cup to cup (and occasionally chew on items as kids are prone to do!).