TODDLERS

Activities to do with your little one!

1. Read stories to your child

2. Help them with their ABCs or counting

3. Sing songs with your child. Some suggestions are the ABC song, itsy bitsy spider, and Old Macdonald.

4. Play simple number or letter games. For a letter game, ask your child what letter does the word cat start with. For a number game, come up with simple number scenarios such as "If Jack has 2 apples and drops 1, how many apples does Jack have left?"
Elementary Children

Activities to do with your kids:

- Help with homework or spelling
- Tell your child positive stories from your childhood
- Play the alphabet game. Start by saying a word that begins with the letter A. Your child would then name a word that begins with B, and it would continue through the rest of the alphabet
- Read them folktales or fairytales
ADOLESCENTS and activities you can do with them

1. Talk about interests (ex: video games, tv shows, sports, etc.)

3. Help them with homework

2. Play games together
Pre-School Aged Children

Here are some ideas of things to do while visiting with your child remotely.

- Teach your child an interactive song (Ex: "Head, Shoulders, Knees, and Toes")
- Sing a song together
- Play Simon Says
- Practice the ABC's
- Draw pictures for each other
- Practice counting
- Tell your child a funny story

If your child is worried about the virus, reassure them that professionals are working all over the country to solve the problem.
Elementary Age Children

Here are some ideas for things to do while visiting with your child remotely.

- Make a funny face and paint or draw a picture of each other's faces
- Read a book to your child - show the pictures
- Help your child with their homework or help them spell new words
- Play charades
- Play Tic-Tac-Toe
- Teach your pet tricks and have the pet perform live

If your child is worried about the virus... reassure them that professionals are working all over the country to solve the problem.
Middle School Aged Children

Here are some ideas for things to do while visiting with your child remotely.

If your child plays an instrument, have them play it for you.

Teach them how to cook something simple (scramble an egg).

Make a dance video - similar to a Tik Tok together.

More ideas:

- Create a book club together - talk about the book next time.
- Help your child with their homework.
- Give your child a riddle to solve.
- Make a music playlist of your favorite songs together.

If your child is worried about the virus... reassure them that professionals are working all over the country to solve the problem.
High School Aged Children
Here are some ideas of things to do while visiting with your child remotely.

Have a list of things your child can do if they are bored at home

Find a new hobby to learn together

Create a book club together

Create a vision board and share it with each other

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