

# SIMPLE WAYS TO KEEP KIDS LEARNING AND ACTIVE AT HOME

Caregiving through  
COVID-19



what are we doing?  
why are we doing it?  
observations?



# GREAT LEARNING HAPPENS THROUGH ENGAGEMENT & INTERACTION

incorporate  
language & learning  
into your daily  
routine by simply  
narrating your  
tasks/actions as  
you do them.



HELPS KIDS BUILD RESPONSIBILITY,  
INDEPENDENCE, VOCABULARY,  
SENSORY PROCESSING AND MORE

**??ask open-ended questions??**



## while preparing your daily meals have your kids engage in meal planning and complete age-appropriate tasks

setting the table    measuring ingredients    stirring/mixing  
reading recipe    peeling/chopping  
do the dishes    clear the table

*\*ask questions about color, taste, texture of the food.*

## household chores for all



### **Kids Can Help!**

wipe surfaces/dust  
vacuum, mop  
organize, pick up toys  
fold/put away laundry

incorporate cooperative and independent cleaning  
ie: cleaning bathroom together vs child picking up his or her room



## get some fresh air

*lifting, pushing, pulling, digging, and feeling the dirt and grass are all sensory learning experiences*

**pick up sticks  
mulch , weed, plant  
sweep, rake, dig,  
water plants**



**ENGAGE KIDS IN YOUR  
HOUSEHOLD TASKS**







# GET THEM MOVING

## ACTIVE PLAY HELPS CHILDREN FOCUS

take a walk

make observations about nature  
have a step/distance challenge,

unstructured play!!!!

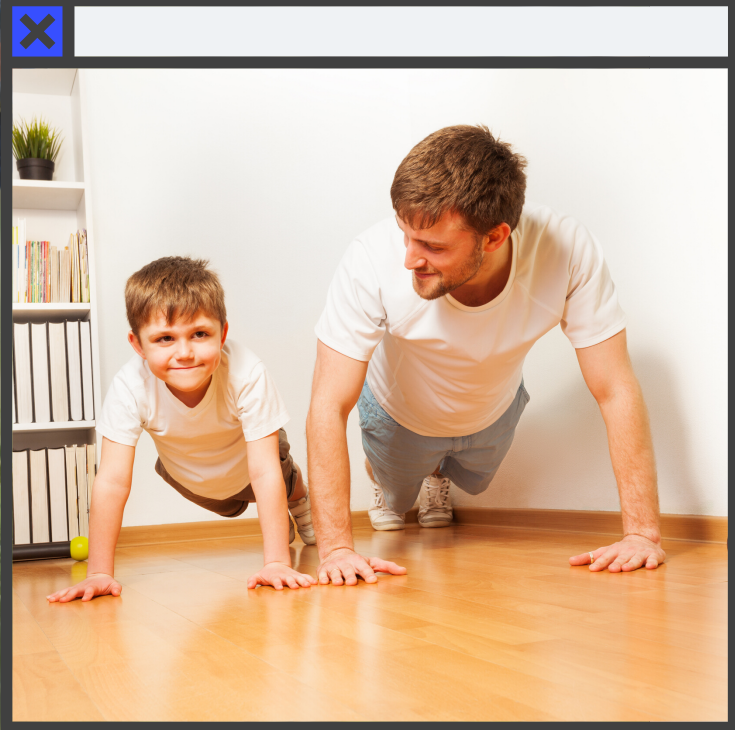
have kids play sports, climb trees,  
rollerblade, or simply run around

build an obstacle course

measure distance  
agility strength speed  
visual-spatial skills

include kids in your fitness routine

exercise videos, trampoline, running, biking, etc





# COMMUNITY SERVICE

a safety-first approach to helping others

schedule regular facetime with grandma and grandpa

LESSEN FEAR AND TEACH EMPATHY IN CHILDREN BY INVOLVING THEM IN HELPING THOSE THAT ARE CONSIDERED HIGH-RISK

## send a smile!

have your child make silly videos, artwork or letters and send them to those that are socially isolated



## help children plan and do a no-contact door-drop

prepare & drop a meal

send a care package, flowers or takeout giftcard to someone that is sick or at risk

take mail and garbage cans up to the house for those that are less mobile

**virtual check-ins with senior family, friends, and neighbors**



# READING

independently and/or together

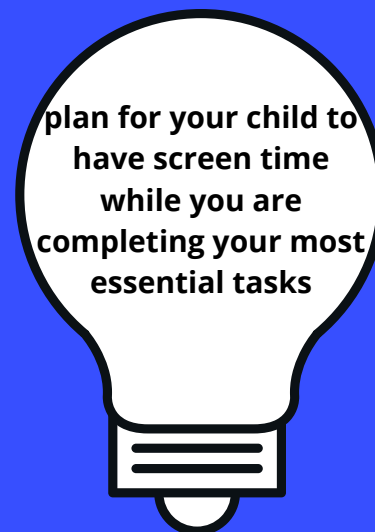
- **build a fort to read in**
- **audiobooks & podcasts**
  - "but why?" podcast
  - Harry Potter audiobook
- **book club**
  - household members and/or involve friends virtually
  - read book and watch the movie version. compare & contrast
  - discuss content, details & theme
- **family reading time**
  - everyone read their own material of choice
  - adults model a love or purpose for reading every day



# The reality is that caregivers still have to get things done during this uncertain time.

## independent activities for children

- reading
- journaling
- arts & crafts
- building with blocks or legos
- playing outside
- napping/quiet time
- elearning/school work
- Imaginative play





**MOST  
IMPORTANTLY**

**STAY SAFE  
BE FLEXIBLE  
HAVE FUN  
RELAX**

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