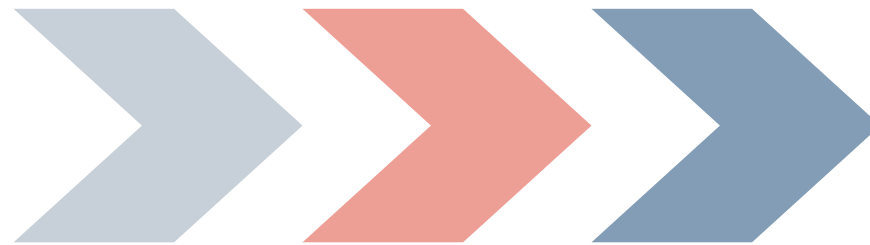


LEARN AT HOME FOR KIDS

-CREATIVE & FUN RESOURCES FOR PARENTS-



BY KRISTINA BUSKIRK

DAILY SCHEDULE

Time	Activity	Details
Before 8am	Wake Up/ Play	Kids play/read in rooms or play area.
Before 9:45am	Workout/ Get Ready	Family workout/ Kids eat breakfast, clean up, get dressed, make beds, and put clothes away.
9:45am	Morning Meeting	Review schedule/calendar and have a family connecting activity.
10:00-11:00am	STEM Time	Little kids do simple math activities, Big kids do math checklists, All kids do simple science together.
11:00am-12:00pm	Creative Time	Process centered art activities and Sensory play/fine motor activities followed by clean up time.
12:00pm-1:00pm	Lunch/ Outside Play	Kids take turns helping make lunch/clean up, and go outside to play (run, scooter, rollerblade, trampoline).
1:00-1:30pm	Read	Read Aloud (15 min) all together and/or Independent Reading. Mom reads with littles.
1:30-2:30pm	Quiet Time/ Get Moving	Kids do quiet time activities in separate rooms (30 min) Kids go outside/jogging club/soccer/circuit training.
2:30-5:30pm	Chores/ Free Play/ Social time	All do daily jobs, followed by free play inside/outside/ work on goals/ video chats with friends.
5:30-8:00pm	Dinner/Shower/ Relax/Bed	Kids help with dinner, clean up, take showers/baths, Relax- family movie/games/read/art, Bed by 8:00pm.

DAILY SCHEDULE

Time	Activity	Details

WEEK 1 SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri
Before 8am	Play time	Play time/ Get Ready	Play time	Play time	Play time
Before 9:45am	Workout/Get Ready	St. Patrick's Day Breakfast	Workout/Get Ready	Workout/Get Ready	Workout/Get Ready
9:45am	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting
10:00-11:00am	Rainbow Oobleck	Lego Building (Rainbow)	Color Potions	DIY Bubble Wands	Building with boxes
11:00am-12:00pm	St Patrick's Day Spin Art	Rainbow Prints	Foil Sharpie Art	Painting with bubbles	Beading
12:00pm-1:00pm	Lunch/ Outside Play	Lunch/ Outside Play	Lunch/ Outside Play	Lunch/ Outside Play	Lunch/ Outside Play
1:00-1:30pm	Read	Read	Read	Read	Read
1:30-2:30pm	Quiet Time/ Video chat	Movement Activities	Quiet Time	Quiet Time/ Video Chat	Movement Activities
2:30-5:30pm	Chores/ Free Play	Chores/ Cooking Class	Chores/ Screen Time	Chores/ Free Play	Chores/ Screen Time
5:30-8:00pm	Dinner/ Games/Bed	Dinner/ Movie/Bed	Dinner/ Games/Bed	Dinner/ Walk/Bed	Dinner/Talent Show/Bed

WEEK 1 SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri

FAMILY CONNECTING ACTIVITIES

MATERIALS

- instruments
(maracas, drums, bells, anything)
- books
- pipe cleaners
(variety of colors)

HAND CLAPPING GAMES

Learn some hand clapping games to teach your kids. Don't forget to ask any big kids to teach their favorite ones too.

[Find hand clapping game ideas HERE](#)

INSTRUMENTS W/ MUSIC

Have each child find an object around the house that can be their instrument. Turn on your favorite song with a beat and let everyone play their Instrument.

Repeat with a different song.

BOOK TALK

Everyone brings their favorite book to the family meeting.

When it is their turn they get to share their book and tell a little bit about the story and their favorite part, favorite character, or favorite picture.

WHAT'S YOUR FAVORITE...?

Each family member sits in a circle together and has the opportunity to say, "What's your favorite...." (food, TV show, treat, book, etc) to the person sitting next to them.

Once one person is done, they get to ask the person next to them another question. Game is over once everyone has had a turn to ask/answer.

GRATITUDE GAME

Pass out different colors of pipe cleaners. Each person gets to share something they are grateful for based on the color pipe cleaner they get:

Grateful for...	Yellow (food)
Red (person)	Green (toy)
Orange (place)	Blue (anything)

STEM ACTIVITIES

MATERIALS

- Cornstarch
- water
- food coloring
- baking pan
- LEGO bricks
- cups
- eye droppers
- pipe cleaners
- craft stick
- bubbles
- cardboard boxes
- painters tape
- scissors
- oil, vinegar, baking soda

LEGO BUILDING

Give children a large container of LEGO and a LEGO challenge to complete. Young kids can just free build.

Ideas:

- Build a tree house out of LEGO
- Build tall rainbow towers
- Build a LEGO car and race it down a ramp
- Build a fairy house

DIY BUBBLE WANDS

Give children pipe cleaners to twist into different shapes of bubble wands. Tape them to a craft stick. Put bubbles in a bowl and use the DIY bubble wands to blow bubbles.

Bubble recipe: 4 cups water, 1 cup corn syrup, 1 cup dish soap

RAINBOW OOBLECK

Combine 6 cups of cornstarch and 3 cups of water and MIX! Divide up oobleck into 6 different bowls. Add a different color food coloring to each bowl. Pour all the colors onto a baking pan or into a plastic bin.

Play! Seal in airtight container when done for repeat fun!

COLOR POTIONS

Take out several clear cups or jars. Add food coloring to some of the jars. Place jars on a baking pan or in a sensory bin. Put oil and water or vinegar and baking soda in the cups for the kids to explore..

Use eye dropper or turkey baster and scoops to mix and explore the materials.

BUILDING WITH BOXES

Give kids boxes and painters tape to make their own creation!

Ideas:

- Make tunnels/bridges
- Make a robot
- Make a car
- build a tower
- make a car ramp
- make a parking garage

CREATIVE ACTIVITIES

MATERIALS

- Salad spinner
- Dish soap
- washable paint
- Straws
- white cardstock
- Food coloring (or liquid watercolors)
- sponges (or potatoes)
- Large beads
- Aluminum foil
- Optional Fruit Loops
- Sharpies
- Pipe cleaners

ST. PATRICK'S DAY SPIN ART

- Place a white piece of paper into a salad spinner (optional: cut it into a shamrock shape)
- Squirt washable paint on top- variety of colors
- Close spinner lid and spin.
- Remove, admire colors, let dry.
- Repeat

RAINBOW PRINTS

Cut sponges or potatoes into square chunks. Dip sponge/potato into different colors of washable paint and use them to print on paper.

Ideas:

Make a rainbow

Make a pattern

FOIL SHARPIE ART

Give kids a rectangular piece of foil and tape it to the table. Use sharpies to draw pictures and patterns on the foil.

Big Kids: Make a stain glass window by drawing black design outlines and then coloring them in.

BUBBLE PAINTING

Put washable paint, dish soap, and a couple of inches of water into a bowl.

Have kids blow into the liquid to make bubbles with their straw. Next have them put paper on top of the bubbles to make a bubble print. Repeat with different colors.

BEADING

Give kids pipe cleaners and beads to design a bracelet, key chain, etc.

Big Kids: Use smaller beads

Little Toddlers: Use fruit loops

SENSORY PLAY ACTIVITIES

MATERIALS

- playdough
- cookie cutters
- dinosaurs
- googly eyes
- pipe cleaners
- dried black beans
- CAT trucks
- dried oats
- plastic Easter eggs
- plastic cups/plates
- sponges/scrubbers
- plastic tub
- water
- scoops

PLAYDOH & COOKIE CUTTERS

- Give kids playdough and cookie cutters. Add in rolling pins if you have them.

Playdough Recipe from Imagination Tree:

Mix 2 cups plain flour (all purpose), 2 tablespoons vegetable oil (baby oil and coconut oil work too), 1/2 cup salt, 2 tablespoons cream of tartar, Add 1 to 1.5 cups boiling water. Add in gel food coloring (optional)

PLAYDOH MONSTERS

Give kids playdough, googly eyes, and pipe cleaners to build their own monsters.

Big Kids: Use playdough monsters to tell a story.

BEANS & TRUCKS

Put dried black beans and mini CAT trucks into a large plastic sensory bin container. Play! Drive trucks and haul "rocks" (beans).

Optional: Give kids scoops

OATS & PLASTIC EGGS

Put dried oats and plastic Easter Eggs into a large plastic sensory bin container. Play & scoop using the eggs.

Optional: Tape funnels to the side of the plastic bin.

WASH THE DISHES

Put plastic dishes and cups in a plastic bin filled with warm water and dish soap. Fill another plastic bin with cold water.

Have children use sponges/scrubbers and soap to pretend play how to wash the dishes.

MOVEMENT ACTIVITIES

MATERIALS

- craft sticks
- markers
- 2 jars
- cardstock
- scissors
- 6 pieces of paper
- hole puncher
- music (Alexa/Google/Apple Music)
- towels
- canned food
- painters tape

NUMBER MOVEMENT GAME

Write numbers 1-10 on craft sticks. Write action movements on 10 other craft sticks.

Ideas: run like a cheetah- hop like a bunny- crawl like a bear- slither like a snake- jump like frog, etc.

Put both sets of sticks in jars. Have kids pick a stick from each jar and then do what they say. (Ex. Do 6 jumping jacks)

FREEZE DANCE

Turn on music and dance!

Stop the music and have the kids freeze. Then start the music and dance again. Call out different ways the kids can freeze (ie. Freeze like a ballerina, freeze on the floor, freeze with your leg up, etc.). This helps kids practice listening.

JOGGING CLUB

Give each child a rectangular piece of paper to decorate. Create a jogging course around your backyard, cul de sac, or garage.

Have children run laps around the designated area. When they finish each lap, give them a punch on their card with a hole puncher. When they've completed 20 laps (over a few days) they can earn a prize/treat.

CIRCUIT TRAINING

Grab your music and 6 pieces of paper. Write different exercises on each piece of paper. Draw a picture to go along with each exercise. Tape the papers to the floor around the room. Ideas: arm circles, jumping jacks, push ups, high knees
Turn on the music and stand by one of the signs and do what exercise it says for 1 song. Then rotate.

KIDS YOGA

Lay down a towel on the ground for each kid. Try different yoga poses.

Dog- plank- butterfly- star (stand with arms and legs spread out), tree pose, cobra, etc.

[Download FREE YOGA pose cards HERE.](#)

FAMILY CHORE ZONES

KITCHEN 1

- put away anything on counters
- throw away any trash
- wipe down counters
- rinse anything in sink

KITCHEN 2

- unload dishwasher
- load dishwasher
- clear off kitchen table
- take out trash/recycling/compost

BATHROOM

- wipe down sinks
- spray and wipe down mirrors
- put away anything on counters
- throw away any trash

FAMILY ROOM

- throw away any trash
- put away any toys
- vacuum the carpet
- vacuum the wood floor
- chop pillows

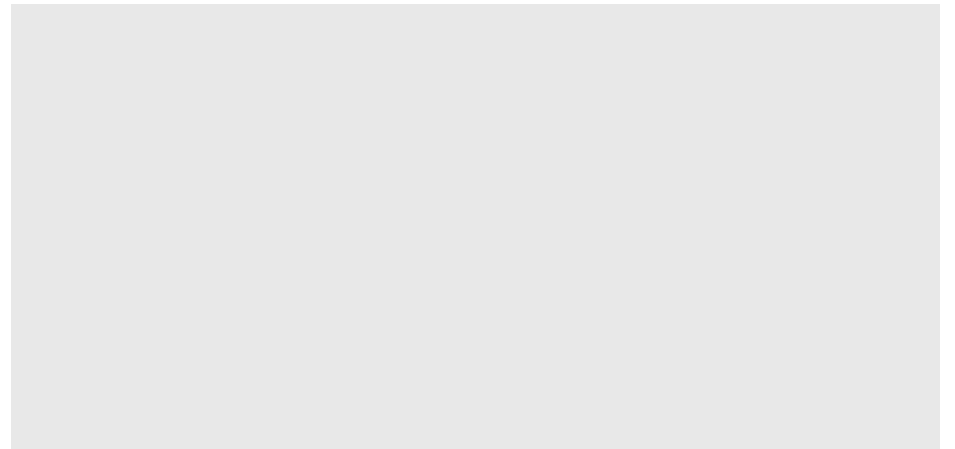
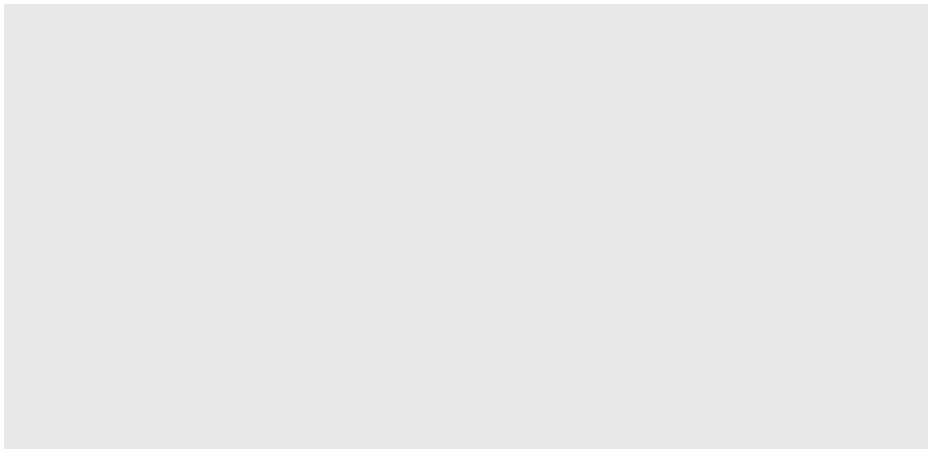
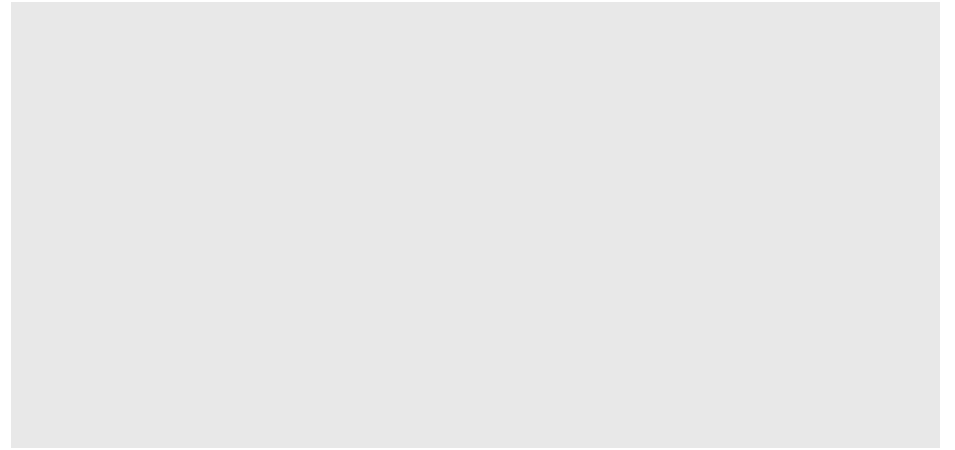
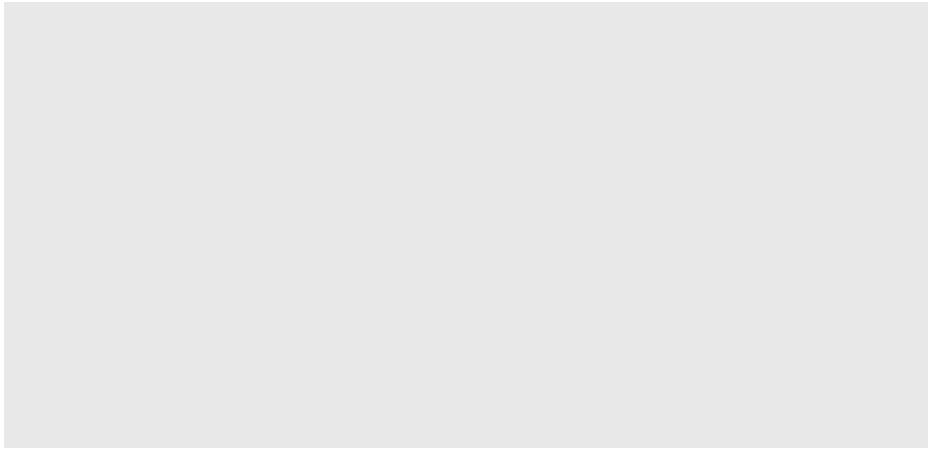
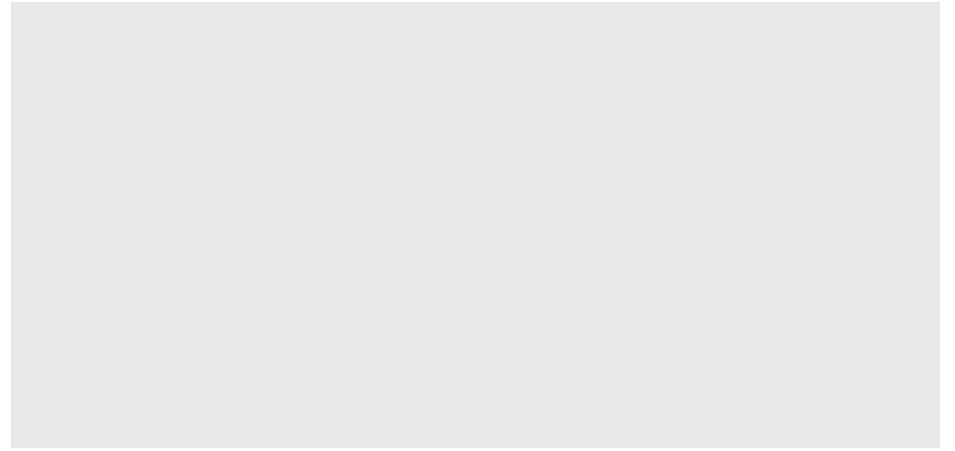
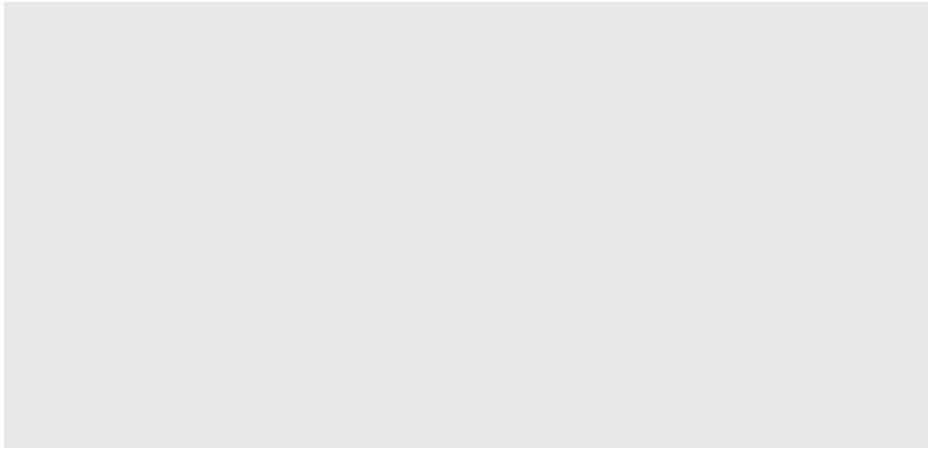
LAUNDRY

- sort laundry
- deliver clean laundry to each bedroom
- put dirty laundry in washer

PLAYROOM

- put away blankets
- put away any toys/books
- throw away any trash
- clean off counters

FAMILY CHORE ZONES



FAMILY MEAL SCHEDULE

MONDAY

Breakfast:

Lunch Helper:
Lunch:

Dinner:

TUESDAY

Breakfast:

Lunch Helper:
Lunch:

Dinner:

WEDNESDAY

Breakfast:

Lunch Helper::
Lunch:

Dinner:

THURSDAY

Breakfast:

Lunch Helper:
Lunch:

Dinner:

FRIDAY

Breakfast:

Lunch Helper:
Lunch:

Dinner:

SATURDAY/SUNDAY

Breakfast:

Lunch Helper:
Lunch:

Dinner:

FAMILY MEAL SCHEDULE

-SAMPLE-

MONDAY

Breakfast: Oatmeal

Lunch Helper: Andrew
Lunch: Pizza bagels & apples

Dinner: Burrito bar

TUESDAY

Breakfast: Cereal

Lunch Helper: Catie
Lunch: Shell noodles & fruit

Dinner: Grilled cheese & soup

WEDNESDAY

Breakfast: Blueberry muffins

Lunch Helper: Ryan
Lunch: Panini sandwiches

Dinner: Pasta & meatballs

THURSDAY

Breakfast: Cereal

Lunch Helper: Annabelle
Lunch: Make your own sandwiches

Dinner: Pancakes & eggs

FRIDAY

Breakfast: Yogurt parfait

Lunch Helper: Mom
Lunch: Chicken nuggets & fruit

Dinner: Chilli & cornbread

SATURDAY/SUNDAY

Breakfast: Omelets

Lunch Helper: N/A
Lunch: Leftovers

Dinner: Pizza

Breakfast: Cereal

Lunch Helper: N/A
Lunch: Leftovers

Dinner: Butter Chicken
& Naan

BIG KIG MATH

Complete at least 1 activity per day.
Cross off when done.

**Practice
math fact
flashcards**

**Math fact hunt
&
match game**

**Play UNO
with math
facts**

**Roll the dice
math fact
game**

**Play a math
computer game**

**Make a math
fact snack**

INDEPENDENT READING

Try at least 1 idea per day.
Cross off when done.

**Reread a
book that you
loved**

**Make a fort and
read inside
of it**

**Read in the
dark
with a
flashlight**

**Read
outside**

**Listen to
a book**

**Read a non-
fiction book**

SIT BESIDE ME ACTIVITIES

Activity	Details
Foam Stickers	Give your toddler a piece of paper and foam stickers. Show them how to stick them onto the paper.
Save the Dinosaurs	Tape dinosaurs or other favorite toys to the table with painter's tape. Pull off tape. Sort toys by color.
Ribbon push	Give toddler an empty water bottle and handful of colored ribbon. Toddler can push ribbons into bottle 1x1.
Clip Clothespins	Give toddler a dozen clothespins and a basket or bucket. Show toddler how to clip the clothespins onto the basket.
Books & sticky notes	Put several toddler board books into a basket with some sticky notes. Have toddler put sticky notes on fav spots.
Paper & stamps	Give toddler stamps, envelopes, and stamp pads. Have her stamp envelopes & drop them into a box with a slot.
Post It Pull	Stick post its all over the wall or table. Have toddler pull them off the wall/table. Repeat.
Water bin	Put an inch of two of water in a plastic tub. Place it on top of a towel. Add scoops and toy animals. Play!
Pipe cleaner push	Give your toddler a colander & handful of pipe cleaners. Show toddler how to stick the pipe cleaners in the holes.
Paint with water	Give your toddler a paintbrush, colored paper & cup of water. Put paper on baking pan. Let him paint with water.

DIGITAL RESOURCES FOR KIDS

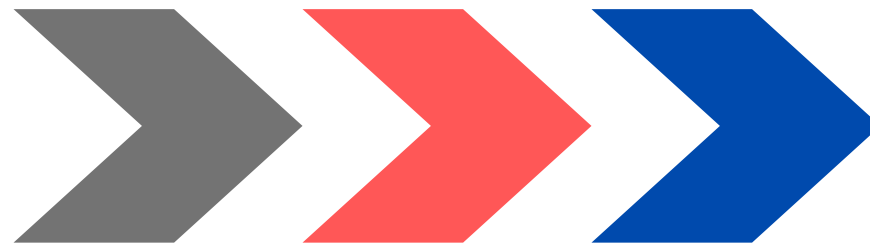
Tap on the name of the website to access it.

Website	Details
<u>EPIC Digital Library</u>	Get a 30 day free family trial and receive access to 35,000 books, learning videos, quizzes & more
<u>ABC Mouse</u>	Fun learning activities for kids. 30 day free trial. Free if experiencing school closures.
<u>Virtual Museums</u>	Go on Virtual tours of many museums around the world.
<u>Zearn</u>	Digital math lesson resources for parents of kids grades K-5.
<u>Khan Academy for Kids</u>	Free, fun educational program for children ages two to seven
<u>StoryLine Online</u>	Books read along to kids by celebrities.
<u>Scholastic</u>	Free resources for families grades Prek-Grade 6. Books, activities, ideas for families.
<u>StarFall</u>	Fun and simple learning games for kids. For kids PreK through Grade 3.
<u>Elementari</u>	Add illustrations, animations & sound effects to writing. Kids can write choose-your-own-adventure stories.
<u>Reading Eggs</u>	Fun & simple learning games for kids. 30 day free trial for new subscribers.

LEARN AT HOME FOR KIDS

-CREATIVE & FUN RESOURCES FOR PARENTS-

WEEK 2



BY KRISTINA BUSKIRK

DAILY SCHEDULE

Time	Activity	Details
Before 8am	Wake Up/ Play	Kids play/read in rooms or play area.
Before 9:45am	Workout/ Get Ready	Family workout/Big 5 Jobs- Kids eat breakfast, clean up, get dressed, make beds, pjs away, brush teeth.
9:45am	Morning Meeting	Review schedule/calendar and have a family connecting activity.
10:00-11:00am	Literacy/ STEM Time	Kids do science, technology, engineering, and math activities and/or literacy activities followed by clean up.
11:00am-12:00pm	Fine Motor Time	Activities focused on building fine motor skills through simple activities followed by clean up time.
12:00pm-1:00pm	Lunch/ Outside Play	Kids take turns helping make lunch/clean up, and go outside to play (run, scooter, rollerblade, trampoline).
1:00-1:30pm	Read	Read Aloud all together and/or Independent Reading using checklist page. Mom reads with littles.
1:30-2:30pm	Quiet Time/ Get Moving	Kids do quiet time activities in separate rooms (30 min) Kids go outside/jogging club/soccer/circuit training.
2:30-5:30pm	Chores/ Free Play/ Social time	All do daily jobs, followed by free play inside/outside/ work on goals/ video chats with friends.
5:30-8:00pm	Dinner/Shower/ Relax/Bed	Kids help with dinner, clean up, take showers/baths, Relax- family movie/games/read/art, Bed by 8:00pm.

WEEK 2 SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri
Before 8am	Play time	Play time/ Get Ready	Play time	Play time	Play time
Before 9:45am	Workout/Get Ready	Workout/Get Ready	Workout/Get Ready	Workout/Get Ready	Workout/Get Ready
9:45am	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting
10:00-11:00am	Feed ABC Monsters	Volcano Eggs Science	Paint your Name	Frozen Eggs Science	Skee Ball
11:00am-12:00pm	Mail Cards to friends	Cereal & Tunnels Bin	Cut & Stick Collage	Ramp Play	Fizzy Ice
12:00pm-1:00pm	Lunch/ Outside Play	Lunch/ Outside Play	Lunch/ Outside Play	Lunch/ Outside Play	Lunch/ Outside Play
1:00-1:30pm	Read	Read	Read	Read	Read
1:30-2:30pm	Quiet Time/ Video chat	Movement Activities	Quiet Time	Quiet Time/ Video Chat	Movement Activities
2:30-5:30pm	Chores/ Free Play	Chores/ Cooking Class	Chores/ Screen Time	Chores/ Art Class	Chores/ Screen Time
5:30-8:00pm	Dinner/ Games/Bed	Dinner/ Movie/Bed	Dinner/ Games/Bed	Dinner/ Walk/Bed	Dinner/Joke Night/Bed

WEEK 2 SCHEDULE

Time	Mon	Tue	Wed	Thu	Fri

FAMILY CONNECTING ACTIVITIES

MATERIALS

- roll of white paper
- painters tape
- markers
- post-it notes
- poetry book (or print outs)
- stuffed animals
- piece of cardboard

GRATITUDE WALL

Tape a piece of white paper onto your wall. Have kids of things that they love (and are grateful for). Write each one on a sticky note. Have kids stick them onto the "gratitude wall" (paper on the wall)

SHARE A PAGE

Have kids bring their favorite book to the family meeting and share their favorite picture or page. Then have them say why it is their favorite.

LEARN A POEM

Learn a simple poem or nursery rhyme together. Shel Silverstein is one of our favorites!

See if you can come up with hand actions and memorize it too.

STUFFED ANIMAL SHARE

Each family member sits in a circle together and brings their favorite stuffed animal. Take turns sharing about your stuffed animal and why it is your favorite.

PASS THE COMPLIMENT

Use a piece of cardboard to make a pretend cell phone. Have kids take turns calling on the phone and saying a compliment (something nice that they like) about the person next to them.

LITERACY/STEM ACTIVITIES

MATERIALS

- large brown bag
- cardboard box
- scissors
- alphabet letters
- 2-3 eggs
- baking soda
- vinegar
- cups
- food coloring
- large roll of paper
- washable paint
- paintbrush
- plastic eggs
- small balls
- laundry basket(s)
- plastic tupperware

FEED ABC MONSTERS

Draw a monster face on a large paper bag or box. Cut out a mouth. Encourage child to feed alphabet letters through the mouth to the monster.

VOLCANO EGGS SCIENCE

Make a paint mixture with food coloring, baking soda, and a small amount of water. Paint the eggs.

Squirt vinegar onto the eggs and watch the colors stain the eggs. Add additional food coloring if needed.

HUNT & PAINT THE LETTER

Cut a large piece of paper and tape it to the wall. Write your child's name onto the paper. Call out a letter in your child's name and see if they can paint it. Repeat until all letters of the name are painted.

Add patterns and designs onto the letters.

FROZEN EGG SCIENCE

Place several plastic eggs in a tupperware container. Fill to the top with water. Place eggs/water in the freezer overnight. Pop the frozen egg/water creation out of the tupperware and place it on a tray. Encourage kids to help free the eggs from the ice.

SKEE BALL

Use a cardboard box to make a ramp. Use small balls and launch the balls up the ramp into a laundry basket.

Add additional laundry baskets with numbers on them if you can. Play!

FINE MOTOR ACTIVITIES

MATERIALS

- cardstock
- markers
- stickers
- toilet paper rolls
- painters tape
- box of cereal
- plastic bin
- Elmers glue
- cardboard box
- scissors
- ice
- baking soda
- vinegar
- ice cube tray

MAIL CARDS TO FRIENDS

Use cardstock, markers, and stickers to create cards for family and friends.

Mail them as an act of kindness.

CEREAL & TUNNELS BIN

Dump cereal into a plastic container. Use stale cereal if possible. Tape toilet paper tubes or plastic cups (with the bottoms cut off) to the sides of the plastic bin for kids to drop the cereal through.

Play and dump!

GIANT CUT & STICK COLLAGE

Give kids colored cardstock pieces, scissors, and glue. Tape a large piece of paper to the table. Help kids squeeze glue onto the paper and cut paper scraps to make a giant collage. Cut paper, squeeze glue, stick the paper onto the glue. Repeat.

RAMP PLAY

Use a cardboard box to create a ramp for cars or balls.

Roll cars and balls down the ramp!

FIZZY ICE

Mix 1/2 cup baking soda and 2 cups water and fill an Ice cube tray. Freeze till hard (several hours).

Place some ice cubes on a tray. Squeeze vinegar onto the ice cubes and watch the reaction.

SENSORY PLAY ACTIVITIES

MATERIALS

- vegetable oil
- flour
- plastic bin
- plastic toys
- large ziploc bag
- duct tape
- hair gel
- shaving cream
- Elmers glue
- food coloring
- cocoa
- water
- toy trucks
- plastic alphabet letters

CLOUD DOUGH & TOYS

Mix 8 cups of flour with 1 cup of vegetable oil in a large plastic container. Add in your favorite plastic toys and play!

We love to use dinosaurs, mini CAT trucks, scoops, etc.

PUFFY PAINT

Mix 1 cup shaving cream and 1 cup glue together. Add food coloring. Mix.

Paint onto paper with a paintbrush. Let dry!

SENSORY BAG

Put hair gel and food coloring into a large Ziploc bag. Get as much air out of the bag as possible and then secure it closed with duct tape and tape it to your table.

Let kids squish and play!

MUD & TRUCKS

Mix a cup of cocoa with some water to make "mud."
Put the mud in a large plastic bin with trucks or other favorite toys.

Scoop & drive trucks through the mud. You can even set up a car wash to do after the trucks get muddy.

ALPHABET SOUP

Place plastic alphabet letters in a plastic tub full of water. Give kids scoops to gather the letters. Play and hunt for letters.

MOVEMENT ACTIVITIES

MATERIALS

- pom poms
- painters tape
- paper towel roll (or pool noodle)
- 2 paper plates
- 4 craft sticks
- balloons
- green & red cardstock
- scissors
- markers
- furniture to use for an obstacle course

POM POM PUSH

Make a square on the floor with painters tape.

Drop pom poms all around the room. Have your child use a pool noodle or paper towel roll to push the pom poms into the square.

BALLOON TENNIS

Tape a craft stick to a paper plate to create a tennis racquet. Repeat so that you have one racquet per player. Blow up a few balloons.

Have kids hit the balloons with the racquets and try and send them around the house.

LILY PAD HOP

Cut green cardstock into lily pad shapes. Tape lily pads to the ground. Write letters or numbers on them.

Encourage kids to jump from lily pad to lily pad and say the number or letter.

OBSTACLE COURSE

Use furniture and toys around the house to create an obstacle course for kids. Have kids take turns trying out the course. You can even time the kids and see if they can beat their time.

STOP & GO

Cut a red and green circle out of cardstock. Tape a craft stick to each circle to create two signs- "stop" (red) and "go" (green).

Go outside with kids (or play indoors). Have kids run around or stop depending on which sign you are holding up.



**make
bed**



**get
dressed**



**pajamas
away**



**eat
breakfast**



**brush
teeth**



**BIG
FIVE**

**Do your BIG
FIVE chores
each morning!**

FAMILY CHORE ZONES

KITCHEN 1

- put away anything on counters
- throw away any trash
- wipe down counters
- rinse anything in sink

KITCHEN 2

- unload dishwasher
- load dishwasher
- clear off kitchen table
- take out trash/recycling/compost

BATHROOM

- wipe down sinks
- spray and wipe down mirrors
- put away anything on counters
- throw away any trash

FAMILY ROOM

- throw away any trash
- put away any toys
- vacuum the carpet
- vacuum the wood floor
- chop pillows

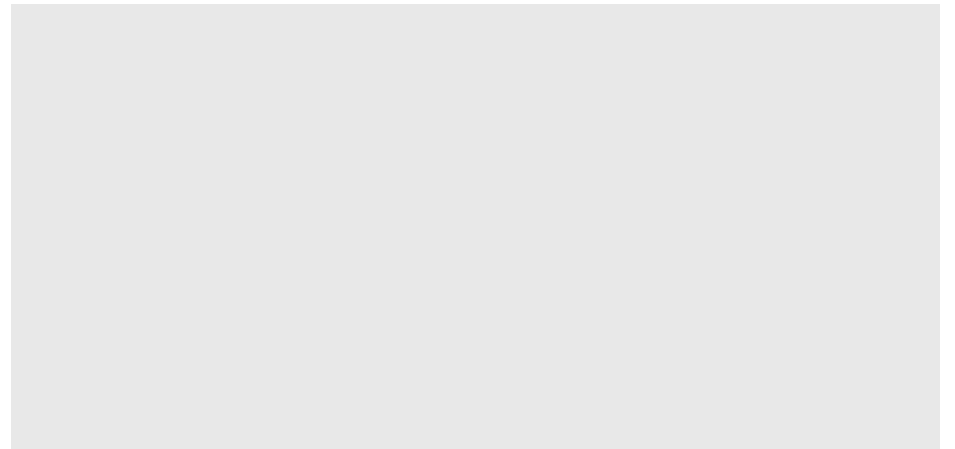
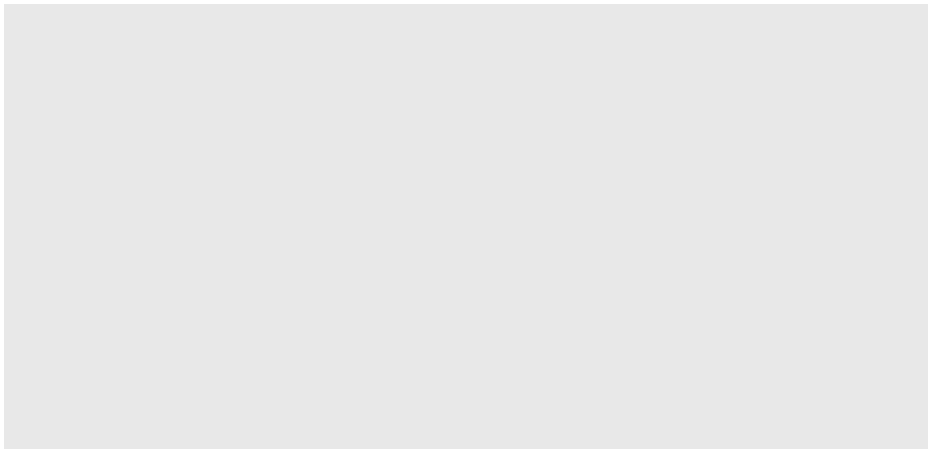
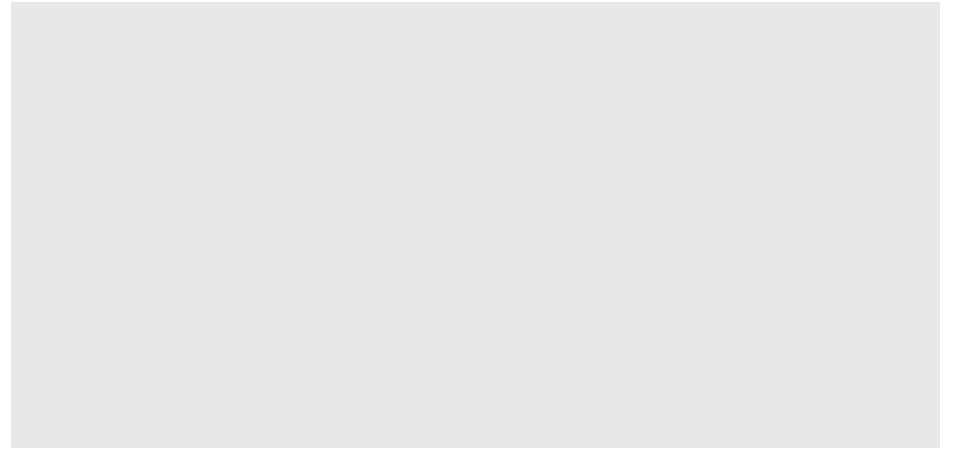
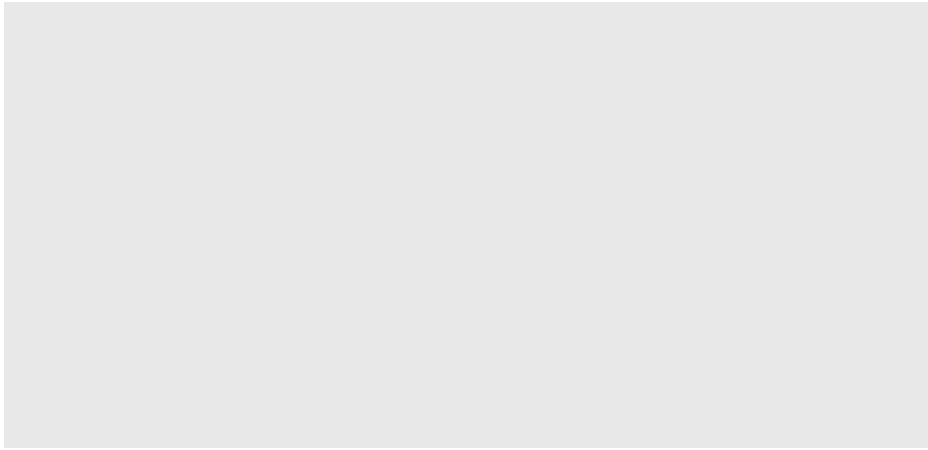
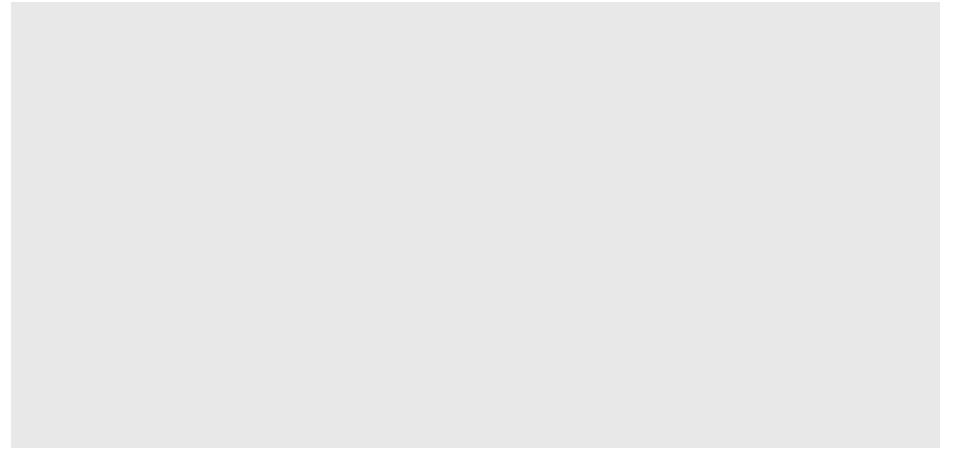
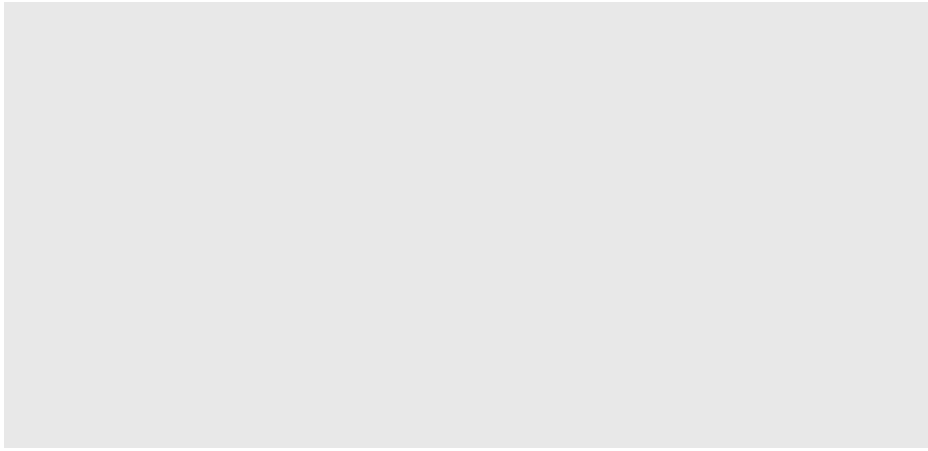
LAUNDRY

- sort laundry
- deliver clean laundry to each bedroom
- put dirty laundry in washer

PLAYROOM

- put away blankets
- put away any toys/books
- throw away any trash
- clean off counters

FAMILY CHORE ZONES



FAMILY MEAL SCHEDULE

MONDAY

Breakfast:

Lunch Helper:
Lunch:

Dinner:

TUESDAY

Breakfast:

Lunch Helper:
Lunch:

Dinner:

WEDNESDAY

Breakfast:

Lunch Helper::
Lunch:

Dinner:

THURSDAY

Breakfast:

Lunch Helper:
Lunch:

Dinner:

FRIDAY

Breakfast:

Lunch Helper:
Lunch:

Dinner:

SATURDAY/SUNDAY

Breakfast:

Lunch Helper:
Lunch:

Dinner:

FAMILY MEAL SCHEDULE

MONDAY

Breakfast: Oatmeal

Lunch Helper: Andrew
Lunch: Make your own sandwiches

Dinner: Hawaiian Haystacks

TUESDAY

Breakfast: Cinnamon rolls

Lunch Helper: Catie
Lunch: Pulled Pork sandwiches

Dinner: Stir Fry

-SAMPLE-

WEDNESDAY

Breakfast: Blueberry muffins

Lunch Helper: Ryan
Lunch: Noodles & fruit

Dinner: Taco soup

THURSDAY

Breakfast: Cereal

Lunch Helper: Annabelle
Lunch: Make your own sandwiches

Dinner: Lasagna

FRIDAY

Breakfast: Yogurt parfait

Lunch Helper: Mom
Lunch: Chicken nuggets & fruit

Dinner: Alfredo Chicken Pasta

SATURDAY/SUNDAY

Breakfast: Pancakes

Lunch Helper: N/A
Lunch: Leftovers

Dinner: Pizza

Breakfast: Cereal

Lunch Helper: N/A
Lunch: Leftovers

Dinner: Thai Yellow Curry

BIG KID IDEAS

Complete at least 1 activity per day.
Cross off when done.
Tap on the activity name for more details

Play addition
or subtraction
bowling

Play Post-it
Math

Play Playdough
Math Smash

Play
Number
Hockey.

Try some
number tunnels

Duplo Math
Games

INDEPENDENT READING

Try at least 1 idea per day.
Cross off when done.

**Read a
fairytale**

**Make a fort and
read inside
of it**

**Read in the
dark
with a
flashlight**

**Read
at the
park**

**Watch someone
read a book**

**Read a book
based on
a movie**

SIT BESIDE ME ACTIVITIES

Activity	Details
Foam Stickers	Give your toddler a piece of paper and foam stickers. Show them how to stick them onto the paper.
Save the Dinosaurs	Tape dinosaurs or other favorite toys to the table with painter's tape. Pull off tape. Sort toys by color.
Ribbon push	Give toddler an empty water bottle and handful of colored ribbon. Toddler can push ribbons into bottle 1x1.
Clip Clothespins	Give toddler a dozen clothespins and a basket or bucket. Show toddler how to clip the clothespins onto the basket.
Books & sticky notes	Put several toddler board books into a basket with some sticky notes. Have toddler put sticky notes on fav spots.
Paper & stamps	Give toddler stamps, envelopes, and stamp pads. Have her stamp envelopes & drop them into a box with a slot.
Post It Pull	Stick post its all over the wall or table. Have toddler pull them off the wall/table. Repeat.
Water bin	Put an inch of two of water in a plastic tub. Place it on top of a towel. Add scoops and toy animals. Play!
Pipe cleaner push	Give your toddler a colander & handful of pipe cleaners. Show toddler how to stick the pipe cleaners in the holes.
Paint with water	Give your toddler a paintbrush, colored paper & cup of water. Put paper on baking pan. Let him paint with water.

DIGITAL RESOURCES FOR KIDS

Tap on the name of the website to access it.

Website	Details
<u>Play PBS Kids</u>	Play free learning games with your favorite PBS KIDS characters anytime, anywhere.
<u>Cosmic Kids Yoga</u>	Yoga, mindfulness and relaxation designed specially for kids aged 3+.
<u>Go Noodle</u>	GoNoodle® gets kids up and moving to fun, engaging content and games.
<u>Lunch Doodles</u>	Lunch Doodling lessons with author Mo Willems
<u>Stop Motion Kids Camp</u>	Free, stop motion kid's camp available on Instagram.
<u>America's Test Kitchen Kids</u>	Recipes and cooking tips available for kids for free.
<u>#Savewithstories</u>	Books read to kids by celebrities on Instagram
<u>Kids Art Spot</u>	Try 14 day free trial to the Kids Art Spot. Shares art & creative activities for families.
<u>Virtual Field Trips</u>	30+ Virtual Field Trips for kids
<u>Duolingo</u>	Learn a language for free.