

## How might things look different in a Socially Distant World?

“Be open to ideas. It’s about listening to the community and realizing,  
‘Oh, we hadn’t thought about that. Let’s try it!’”

### Parent Resources:

- **National PTA Healthy Lifestyle School Calendar 2020-2021**
  - [https://www.pta.org/docs/default-source/files/programs/healthy-lifestyles/healthy\\_lifestyles\\_calendar\\_2020-2021.pdf](https://www.pta.org/docs/default-source/files/programs/healthy-lifestyles/healthy_lifestyles_calendar_2020-2021.pdf)
- National PTA COVID 19 Resources for Families:  
<https://www.pta.org/home/family-resources/coronavirus-information>
- **Illinois PTA-** Learning at Home Activities: <https://illinoispta.org/learning-at-home/>
- **National PTA-** STEM at home Activities:  
<https://www.pta.org/home/programs/stem/at-home?fbclid=IwAR0OUuoxQETED2oKbA72qDK4enzjtj1geDd6CvPZSeu4d4k2M9MzqjS5AOs>
- Great Schools- (English/Spanish) Resources: Parents, Academic resources By Grade Level, School Closure Support Resources, Sign up for weekly Newsletter:  
<https://www.greatschools.org/gk/coronavirus-school-closure-support/>
- Wide Open Schools (from Common sense Media): Student Activities, Parent Resources, Get Moving, Digital Citizenship, Emotional Well-being, Offline Activities, Family/Teacher Center: <https://wideopenschool.org/#family/>
- **Learning Heroes:** <https://readtothem.org/parents/everyday-learning-activities/>
- **CNN/Sesame Street Town Hall for Families**  
<https://www.cnn.com/2020/04/25/app-news-section/cnn-sesame-street-coronavirus-town-hall-april-25-2020-app/index.html>
- **STEAM Activities:**  
<https://secureservercdn.net/198.71.233.161/u1c.b98.myftpupload.com/wp-content/uploads/2020/03/Family-STEAM.pdf>
- **Commonsense Media-** <http://commonsensemedia.org>
  - **Common Sense Media-** Activities/events:  
<https://www.commonsensemedia.org/blog/free-online-events-activities-kids-at-home-coronavirus?fbclid=IwAR33yaBhra360mM6Ss8aYCDN3ID7sfHZQQIvWWU5Oi-qTxPrI2caFrfgzow>
- **Kennedy Center Arts Lessons:**  
<https://www.kennedy-center.org/education/resources-for-educators/classroom-resources/lessons-a>

[nd-activities/?fbclid=IwAR1yroMQwk4o0sUY2dIqN4i-UE41Hxm890wfCbtvZyvOYw-ZqsZ6y1xA1g](https://www.nationalgeographic.com/activities/?fbclid=IwAR1yroMQwk4o0sUY2dIqN4i-UE41Hxm890wfCbtvZyvOYw-ZqsZ6y1xA1g)

- **National Geographic Kids:** Activities, videos, games, etc.  
[https://kids.nationalgeographic.com/?fbclid=IwAR2VFI28OucSnPO\\_LkdKE8zAYeeZ3xqIPHKI\\_AgTIIuU\\_kSoeY-46\\_FAdOjw](https://kids.nationalgeographic.com/?fbclid=IwAR2VFI28OucSnPO_LkdKE8zAYeeZ3xqIPHKI_AgTIIuU_kSoeY-46_FAdOjw)
- **40 Old-Fashioned Skills that Kids Need to Know:**  
<https://frugalfun4boys.com/40-old-fashioned-skills-for-kids-today/?fbclid=IwAR1Y-s1IhuOYZxEVa8HzFrhCYc5R2BfbDNejv3GwxhTmGkHxXldBz5ksnX8>
- **PBS Kids-** [www.pbskids.org](http://www.pbskids.org)
- **Read To Them-** <https://readtothem.org/parents/everyday-learning-activities/>
- **NASA-** <https://www.nasa.gov/stem>
- **Academy of Nutrition & Dietetics- Cooking With Kids-**  
<https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/cooking-with-kids?fbclid=IwAR32iTAMm3jQtiVAgoT9M2WCdupB40JgDqwLabVRhWZujs-nTFpmPvECiL4>
- **Virtual Calming Room-** meditation/activities/resources: <https://calmingroom.scusd.edu>
- **Live Animal Cameras-** <https://calmingroom.scusd.edu>
- **Internet Safety Webinars:** <https://internetsafety.trendmicro.com/webinars>
- **Chrome Music lab-**  
[https://musiclab.chromeexperiments.com/Experiments?fbclid=IwAR0FwmBFGG1aV1teaXymZtNoxhy8i7P9FAilpCBg4-aUCs\\_Y6gMfuaRAhWA](https://musiclab.chromeexperiments.com/Experiments?fbclid=IwAR0FwmBFGG1aV1teaXymZtNoxhy8i7P9FAilpCBg4-aUCs_Y6gMfuaRAhWA)

## List of Family Activity Ideas & Resources

- Online Resources and fun for Parents & Students During COVID 19  
<https://drive.google.com/file/d/12O5o8sts87EvhTfGZ9uyIxt9pXCRleBL/view?fbclid=IwAR38KeyKfLSXQwSuL6Lc-xkgXVIKk2gRg17IEGMThesyJ3FcCZVjhfn7xw>
- Family Activities to do at home:  
<https://www.facebook.com/notes/state-pta-membership/covid-19-community-resources/508881906477274/>
- 75 Entertaining and Educational Activities for when you are stuck inside  
<https://learnincolor.com/educational-activities-for-when-youre-stuck-indoors.html?fbclid=IwAR2by-xgsMU7bWfiktrectjeFGNAoBlaG-qe59WMzhWsOwkZCqy-3rUX1nGA>
- Keep Kids Busy-  
<https://www.ptotoday.com/pto-today-articles/article/9020-activities-to-keep-kids-busy-when-schools-close>
- Illinois PTA- Learning at Home Resources: <https://illinoispta.org/learning-at-home/>
- Keeping Kids Connected During Covid 19:
  - <https://ptaourchildren.org/kids-staying-connected-during-covid-19/>

- Be A Learning Hero: Parent Resources, Education, Readiness Check, Anti-Racism Resources, Parent/Teacher Planning Toolkit, Developing Life Skills Resources, Keep Calm Learning is ON- Daily supports
  - <https://belearninghero.org>

### **Non-Screen Activities You Can do at Home:**

- Pobble.com: <http://pobble.com> : Site helps foster Writing Skills: 25 fun ideas for things you can do at home:  
[https://pobble.blob.core.windows.net/asset-0504d392-8324-4fb8-9925-025f5b1aee15/Non-screen%20activities%20-%20from%20Pobble.pdf?sv=2017-04-17&sr=c&si=bce2194b-15f5-4310-b469-b1066b9c6ed1&sig=yoaO2RgR7qgwVxIegHrN73oQLfDhS%2B%2BJthKsYZTWiY%3D&st=2020-03-13T11:37:19Z&se=2120-03-13T11:37:19Z&utm\\_source=Blog&utm\\_medium=o&utm\\_campaign=non\\_screenPDF](https://pobble.blob.core.windows.net/asset-0504d392-8324-4fb8-9925-025f5b1aee15/Non-screen%20activities%20-%20from%20Pobble.pdf?sv=2017-04-17&sr=c&si=bce2194b-15f5-4310-b469-b1066b9c6ed1&sig=yoaO2RgR7qgwVxIegHrN73oQLfDhS%2B%2BJthKsYZTWiY%3D&st=2020-03-13T11:37:19Z&se=2120-03-13T11:37:19Z&utm_source=Blog&utm_medium=o&utm_campaign=non_screenPDF)
- Pobble: 25 more activities;  
<https://medium.com/pobble/25-more-simple-and-fun-non-screen-activities-that-children-can-do-at-home-f74550c00a84>
- Super fun Exercises for kids: <https://www.730sagestreet.com/spell-your-name-workout/>
- 150 Screen Free Activities to do at Home:  
<https://mysillysquirts.com/2020/03/22/screen-free-activities-kids-home-games/>
- 101 Things to do with kids that are FREE: <https://momhacks101.com/free-fun-activities-for-kids/>
- Unique and Fun Activities for Tweens:  
[https://productivepete.com/unique-fun-activities-for-bored-tweens-at-home/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_tribes&utm\\_content=tribes&utm\\_term=1026904120\\_47476068\\_199676](https://productivepete.com/unique-fun-activities-for-bored-tweens-at-home/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=1026904120_47476068_199676)
- 101 Fantastic Ideas for Screen-Free Summer Activities:  
<https://www.mykidstime.com/things-to-do/101-fantastic-ideas-for-screen-free-summer-activities/>
- Screen-Free Fall Activities for Kids:  
<https://www.mommyknowstech.com/fall-activities-for-kids-screen-free/>
- Kid-Approved screen free activities for all Ages and Stages:  
<https://www.merakilane.com/fun-without-electronics-24-screen-free-activities-for-kids/>
- 75 Awesome Screen-Free Activities & crafts for ages 8-12:  
<https://frugalfun4boys.com/75-screen-free-activities/>
- 20 Backyard Activities for Kids:  
<https://www.sixcleversisters.com/20-backyard-activities-for-kids-during-quarantine/>
- Treasurer Hunts: Outdoor, Indoor, Mall, Park, ABC treasure, Grocery Store, Car Ride:  
<https://ahundredaffections.com/7-easy-treasure-hunts-kids/>
- 50+ Outdoor activities for All Ages: <https://busytoddler.com/2020/04/outdoor-activities-for-kids/>

### **Non-Screen Activities You Can do at Home:**

- Fun Shadow Activities and Experiments for Kids:  
[https://rhythmsofplay.com/educational-shadow-activities-for-kids/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_tribes&utm\\_content=tribes&utm\\_term=973847040\\_43541932\\_134452](https://rhythmsofplay.com/educational-shadow-activities-for-kids/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=973847040_43541932_134452)
- Outdoor Chalk Games for Kids: <https://happymomhacks.com/outdoor-chalk-games-for-kids/>
- 101 Sidewalk Chalk games, fun, learning activities, & more!  
<https://whatmomslove.com/kids/sidewalk-chalk-ideas/>
- 60 Activities for Spring: <https://www.naturalbeachliving.com/ultimate-guide-spring-activities/>
- Best Outside Obstacle Course IDEas for kids:  
<https://happytoddlerplaytime.com/the-best-backyard-obstacle-course-for-kids/>
- Hidden Pictures: <https://www.woojr.com/difficult-hidden-pictures-for-kids-world-travel/>
- Kids Activities: Printables, crafts, Holidays, Seasons, Mazes, teacher resources, etc.:  
<https://www.woojr.com>
- Snow Science Experiments:  
[https://lessons4littleones.com/2016/01/24/snow-science-experiments/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_tribes&utm\\_content=tribes&utm\\_term=279103370\\_7344588\\_183734](https://lessons4littleones.com/2016/01/24/snow-science-experiments/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=279103370_7344588_183734)
- Indoor Activities to Keep Kids Active:  
<https://www.growingajeweledrose.com/2012/11/winter-activities-to-keep-kids-active.html>
- 87 Energy-Busting Indoor Games & Activities:  
<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>
- 25 Marshmallow Activities for Kids: <http://www.playideas.com/25-marshmallow-activities-ages/>
- 22 Activities to keep kids busy on a snow day:  
<https://www.merakilane.com/22-indoor-snow-day-activities-for-kids-to-keep-your-children-entertained/>

# 101 WAYS TO PLAY OUTDOORS

1. Play leapfrog
2. Jump rope
3. Climb a tree
4. Build a fort
5. Play hide and seek
6. Kick a ball
7. Make a rainbow with the hose
8. Pull weeds
9. Ride a bike or scooter or horse
10. Create a nature collage
11. Build a sand castle
12. Head out on a treasure hunt
13. Roll down a hill
14. Make a bug hotel
15. Balance along a wall
16. Throw a frisbee
17. Balance a bean bag on your head
18. Have an egg and spoon race
19. Hug a tree
20. Create patterns in damp sand
21. Make story stones
22. Paint a fence with water
23. Make texture rubbings with crayons
24. Swing your hips in a hula hoop
25. Make a rain gauge
26. Play tag
27. Draw something you can see
28. Jump in a puddle
29. Play hopscotch
30. Draw on the trampoline (or the footpath) with chalk
31. Read a book
32. Catch raindrops on your tongue
33. Make a set of stilts from tin cans
34. Have a game of marbles
35. Or elastics
36. Enjoy breakfast outside
37. Rake leaves
38. Set up a worm farm
39. Decorate mud pies
40. Run under the sprinkler
41. Paint the outside of a window
42. Make a daisy chain
43. Start a nature journal
44. Lie in a hammock
45. Toast marshmallows
46. Find 10 things to float in a tub of water
47. Write in the sand with a stick
48. Press flowers
49. Make a pinwheel
50. Make a stick sculpture
51. Make a pet rock
52. Try leaf printing
53. Draw around a shadow on the ground
54. Plant vegetables and herbs
55. Grow a bean or sunflower teepee
56. Take photos of what you see
57. Have a 3 legged race
58. Or a wheelbarrow race
59. Gaze at the stars
60. Set up a lemonade stand
61. Paint with feathers
62. Decorate a tree
63. Create a home for a fairy (or an elf)
64. Make a tin can telephone
65. Enjoy a teddy bears picnic
66. Make a drip castle with wet sand
67. Write a letter on a leaf
68. Fly a kite
69. Make up a new game
70. Put on a show
71. Grab a magnifying glass go bug hunting
72. Try a somersault or a handstand or a cartwheel
73. Watch a sunset
74. Spin and get dizzy
75. Start a collection
76. Float a paper boat
77. Make a cave for a dinosaur
78. Wash the dog
79. Wash the car
80. Create a small world for your favourite figurines
81. Make a sundial
82. Host a paper plane flying contest
83. Blow bubbles
84. Dance and sing
85. Make your name from sticks
86. Make a road for toy cars
87. Play torch tag
88. Build a compost bin
89. Throw water balloons
90. Make object impressions in air dry clay
91. Put on a cape and fly
92. Grow a grass head
93. Make a bird bath
94. And a bird feeder
95. Make petal perfume
96. Dig for treasure
97. Make a leaf crown
98. Hang laundry
99. Draw a map of your space
100. Set up a snail race
101. Lie back on the grass and look for shapes in the clouds

childhood101.com

<https://childhood101.com/101-things-to-do-outdoors-a-fun-printable-poster/>

## How can Kids & families give back to the community?

Use this infographic with service ideas on social media



**From: Youth Service America**

<http://ysa.org/resources/#1531262254006-75051e1d-b542>

### Virtual Field Trips:

- **It' Time to Explore the World:**
- [https://docs.google.com/document/d/1ZAxvFV2\\_uSk44q75y4odr8XjuZ7KWUDvkSptHi6TVfE/edit](https://docs.google.com/document/d/1ZAxvFV2_uSk44q75y4odr8XjuZ7KWUDvkSptHi6TVfE/edit)
- **Art Institute of Chicago.**  
<https://artsandculture.google.com/partner/the-art-institute-of-chicago?hl=en>
- **Field Museum-** <https://artsandculture.google.com/partner/the-field-museum?hl=en>
- **Shedd Aquarium-** <https://artsandculture.google.com/partner/shedd-aquarium?hl=en>
- **Adler Planetarium-** <https://artsandculture.google.com/partner/adler-planetarium?hl=en>
- **Chicago History Museum-**  
<https://artsandculture.google.com/partner/chicago-history-museum?hl=en>
- **National Museum of Mexican Art-**  
<https://artsandculture.google.com/partner/national-museum-of-mexican-art?hl=en>

## Virtual Field Trips:

- **DuSable Museum-**  
<https://artsandculture.google.com/partner/dusable-museum-of-african-american-history?hl=en>
- **Commonsense Media-**  
<https://www.commonsense.org/education/top-picks/virtual-field-trip-apps-and-websites>
- **Virtual Field Trips by Subject Area & Grade:**<https://docs.google.com/presentation/d/1Sgk9Pq5eCRJFvnrjM9PNdei21z5-AQ6l0-bJqFE7n25o/edit#slide=id.p>
- **Google Earth-** <https://www.google.com/earth/>
- **National Parks-**  
[https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home?fbclid=IwAR0Pc3gie-4fo2ioSdceMICoMvzUz7ehJ8z9\\_91p06xAzVrmhpNq\\_Uxn348](https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home?fbclid=IwAR0Pc3gie-4fo2ioSdceMICoMvzUz7ehJ8z9_91p06xAzVrmhpNq_Uxn348)
- **Explore the World-**  
[https://docs.google.com/document/d/1ZAxvFV2\\_uSk44q75y4odr8XjuZ7KWUDvkSptHi6TVfE/edit](https://docs.google.com/document/d/1ZAxvFV2_uSk44q75y4odr8XjuZ7KWUDvkSptHi6TVfE/edit)
- **ACCESS MARS-** <https://accessmars.withgoogle.com>
- **Wide Open School-** links to Museums, zoos, sports, etc. (From Common Sense Media)-  
<https://widepenschool.org>
- **British Museum, London-** <https://britishmuseum.withgoogle.com>
- **Musée d'Orsay, Paris-** <https://artsandculture.google.com/partner/musee-dorsay-paris>
- **National Museum of Modern and Contemporary Art, Seoul -**  
<https://artsandculture.google.com/partner/national-museum-of-modern-and-contemporary-art-korea>
- **The J. Paul Getty Museum, Los Angeles -**  
<https://artsandculture.google.com/partner/the-j-paul-getty-museum?hl=en>
- **Van Gogh Museum, Amsterdam -**  
<https://artsandculture.google.com/partner/van-gogh-museum?hl=en>
- **Guggenheim Museum, New York -**  
[https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv\\_lng=-73.95902634325634&sv\\_lat=40.78285751667664&sv\\_h=322.3936462402344&sv\\_p=-0.9779434204101562&sv\\_pid=MfnUmHRyOSzMtY3vtYU05g&sv\\_z=2.0155363993691093](https://artsandculture.google.com/streetview/solomon-r-guggenheim-museum-interior-streetview/jAHfbv3JGM2KaQ?hl=en&sv_lng=-73.95902634325634&sv_lat=40.78285751667664&sv_h=322.3936462402344&sv_p=-0.9779434204101562&sv_pid=MfnUmHRyOSzMtY3vtYU05g&sv_z=2.0155363993691093)
- **MASP, São Paulo -** <https://artsandculture.google.com/partner/masp?hl=en>
- **National Gallery of Art, Washington, D.C. -**  
<https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en>
- **Pergamon Museum, Berlin -**  
<https://artsandculture.google.com/entity/pergamon/m05tcm?hl=en>
- **The Louvre -** <https://www.louvre.fr/en/visites-en-ligne>
- **Science Mill -** <https://www.sciencemill.org/explorer-zone>

## Virtual Field Trips:

- **Walking Mountains Science Center-** virtual field trips by grade-  
<https://www.walkingmountains.org/initiatives/eagle-county-school-district-programs/school-field-science-programs/resources-for-teachers-parents-and-schools/online-learning-resources/>
- **Adventures in Familyhood-** virtual trips to museums, aquariums, zoos, around the world:  
<https://adventuresinfamilyhood.com/virtual-field-trips-zoo-aquarium-farm-safari.html>