



Having a daily routine and schedule can help your child stay engaged. Here are some TK-5th grade at-home learning ideas.

Physical Education

- Have a dance party in your house
- Play family kickball, baseball, basketball or H-O-R-S-E
- Play indoor hide-and-seek
- Teach yourself to juggle
- Create a gymnastics routine
- Try some yoga
- Jump rope or run or walk
- Challenge someone to push-ups, squats, jumping jacks, wall-sits, jog-in- place, v-sits
- Make up a game to teach others when you return to school
- Use a fidget spinner to make a spinner board game challenge with all kinds of physical activities

Social-Emotional Care

- Write a letter to a friend (physical or email)
- Go for a walk with a trusted adult
- Engage in daily yoga/ reflection time
- Call or FaceTime a friend
- Play a board game with a parent or sibling
- Write about your experiences at home to share with your teacher back at school
- Create your own “Calm Down Corner” at home; use it when you feel in red or yellow
- Limit screen time/electronics time. Read a book instead; tell someone about the book you read and what you liked/disliked
- Do something kind for someone else
- Walk your pet
- Tell a family member how much you love them

Music & Art

- Write your own song and perform it
- Create a percussion band out of found items
- Play name that tune
- Write and perform a musical
- Begin your own art museum with creative pictures you create
- Make homemade Playdough and sculpt zoo animals
- Make paper people
- Design your own clothing line
- Draw portraits of your whole family
- Draw a self-portrait

Fun

- Build a fort or camp in the living room
- Play a board game
- Bake something yummy
- Do a puzzle
- Learn sign language
- Plant a garden
- Make a sidewalk chalk maze
- Make your own popsicles
- Make an indoor obstacle course
- Learn a string game (like Cats in the Cradle)
- Play Would You Rather (and explain your choices)
- Write and perform a play