



Quarantine Checklist for Children

Date: _____

Physical

- _____
- _____

Go outside if you can! Run, jump, play! If you can't go outside have an indoor dance party, create an obstacle course or even a fort with your parent's permission.

Social

- _____
- _____

Facetime a relative or your friend with your parent's permission, write an old-fashioned letter, play a game with your sibling

Emotional/Psychological

- One way you were kind: _____
- One thing you are grateful for: _____
- One thing you are thinking about: _____
- One fun thing you did today: _____

Playing is a way of solving problems and making sense of the world. Younger kids should have time to play with dolls or characters; older kids can write stories, make plays or skits.

Academic/Intellectual

Your teachers will probably give you work, but make sure you do:

- One online Lesson _____
- One hands-on activity (an experiment, craft, nature collection) _____
- One reading lesson (grade appropriate book) _____

Chores

- _____
- _____

List how you helped your parents today!

