



# Learning at Home: Activities and Resources

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**um.nsu.card**

University of Miami-Nova Southeastern University

**Center for Autism & Related Disabilities**

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### [Future Updates](#)

Remember, your CARD clinician is still here to help you and virtually support your family during this hectic time! Please reach out to your clinician if you are in need of resources including respite, meal assistance, etc.



**ATTENTION BROWARD COUNTY PUBLIC SCHOOLS FAMILIES:  
GET TWO MONTHS OF INTERNET FREE**

Comcast has launched program enhancements to help students access the Internet during the Coronavirus crisis. Low-income families in Comcast service areas who sign up as new customers can receive **60 days of complimentary internet**, access to **more than 200,000 hot spots nationwide**, and an increase in internet speeds from 15/2 Mbps to 25/3 Mbps for all Internet Essentials customers.

**To get Internet Essentials, please visit [internetessentials.com](http://internetessentials.com) or call toll-free 1-855-846-8376. This offer is not available in stores, so please do not go to a Comcast store for this program.**

- Comcast will send all new customers a self-installation kit including a cable modem and Wi-Fi router. **There will be no term contract or credit check and no shipping fee.**
- The accessible website also includes the option to video chat with customer service agents in American Sign Language.
- After 60 days, families will need to call Comcast to cancel the service, or keep it for \$9.95/month.

**Who qualifies for this service?**

1. **All students enrolled in Title I schools.** Please see the list at [bit.ly/2lQncxB](http://bit.ly/2lQncxB).
2. Families enrolled in **HUD Housing** and/or **Free or Reduced lunch programs**
3. Families currently receiving support from these federal programs must provide proof of participation:
  - **MEDICAID:** copy of card or most recent eligibility letter for an adult in your household (copy of front and back of card required.)
  - **Public housing assistance:** documentation such as lease, housing assistance payment (HAP) contract, or eligibility documentation from HUD.
  - **SNAP:** letter indicating you are approved for Supplemental Nutrition Assistance Program benefits.
  - **TANF:** eligibility letter for Temporary Assistance for Needy Families.
  - **SSI:** eligibility letter for Supplemental Security Income.
  - **NSLP/Head Start:** copy of a letter indicating participation in the National School Lunch Program or Head Start, with child's name, school name, and address of where you are requesting service.
  - **LIHEAP:** letter confirming eligibility for Low Income Home Energy Assistance Program.
  - **WIC:** eligibility letter for the Women, Infants, and Children program.
  - **VA Pension:** pension eligibility determination letter from the Veterans Administration.
  - **Tribal assistance:** eligibility letter, including TTANF, FDPIR, etc.

Once the customer calls or applies online, Comcast will provide an application number, and the customer will be asked to submit the document with the application number written on it to [ieapplication@comcast.com](mailto:ieapplication@comcast.com). The quickest way to apply and upload the necessary documents is online at [internetessentials.com](http://internetessentials.com). Customers may also fax documents to 1-888-294-7113 with the application number written on it.

**For questions please visit [internetessentials.com](http://internetessentials.com) or call 1-855-846-8376 for English or 1-855-765-6995 for Spanish.**

Click here for more updates



Click on the blue text to follow links

If you need assistance, feel free to reach out to your CARD clinician for support.



# Dealing with Covid-19

Resources for Special Educators, Therapists, & Families

**Curated resources for those working with individuals who have developmental disabilities.**

Thanks to all the creators from around the globe whose work is listed here. Your generosity in making these resources freely available is greatly appreciated.



### Handwashing Poster

Download this resource from [Angie S](#) by [clicking here](#).



### Wash Your Hands

You can download the resource here.



### Handwashing with Core Vocabulary

You can access [the file for this resource here](#). It was created by [Autism Speech Talkies](#).

Click on the image to follow the link for this ever-growing resource list



**NATIONAL  
AUTISM  
ASSOCIATION**

**COVID-19 RESOURCES FOR FAMILIES**

Click on the image to follow the link

**BEFORE YOU BEGIN**



# How to prepare for extended school closings—and not lose your mind

By Liz Faria

03.12.20



Click on the image to follow the link

















[Click here for even more virtual museum resources](#)



# Museum Tours

Collections

All A-Z Map

 <b>M</b> O Musée d'Orsay, Paris Paris, France	 <b>MoMA</b> MoMA The Museum of Modern Art New York, United States	 Van Gogh Museum Amsterdam, Netherlands	 LE GALLERIE DEGLI UFFIZI Uffizi Gallery Florence, Italy	 National Gallery of Art, Washington DC Washington, DC, United States
 belvedere Belvedere Vienna, Austria	  The State Hermitage Museum St. Petersburg, Russia	 <b>RIJKS MUSEUM</b> Rijksmuseum Amsterdam, Netherlands	 MUSEO SOROLLA Sorolla Museum Madrid, Spain	 <b>25 EL OLMEDO</b> Museo Dolores Olmedo Mexico, Mexico
				

Click on the image to follow the link and access over 2,500 galleries worldwide

[Click here for a virtual field trip lesson plan](#)



# Virtual Field Trips

<p>San Diego Zoo</p>		<p>The <a href="#">San Diego Zoo</a> has a website just for kids with amazing videos, activities, and games. Enjoy the tour!</p>
<p>Yellowstone National Park Virtual Field Trip</p>		<p><a href="#">Mud Volcano</a>, <a href="#">Mammoth Hot Springs</a>, and so much more. Tour <a href="#">Yellowstone National Park!</a></p>
<p>MARS!!!</p>		<p><a href="#">Explore the surface of Mars</a> on the Curiosity Rover. They are updating from WEBVR to WEBXR now, but <a href="#">360 Mode</a> offers a digital view!</p>
<p>Animal Cameras</p>		<p><a href="#">Live Cams at the San Diego Zoo</a> <a href="#">Monterey Bay Aquarium live cams</a> <a href="#">Panda Cam at Zoo Atlanta</a> <a href="#">6 Animal Cams at Houston Zoo</a> <a href="#">Georgia Aquarium</a> has <a href="#">Jellyfish</a>, <a href="#">Beluga Whales</a>, and <a href="#">more</a></p>
<p>Virtual Farm Tour</p>		<p>This Canadian site <a href="#">FarmFood 360</a> offers <a href="#">11 Virtual Tours</a> of farms from minks, pigs, and cows, to apples and eggs.</p>

Click on the colored words to follow the links



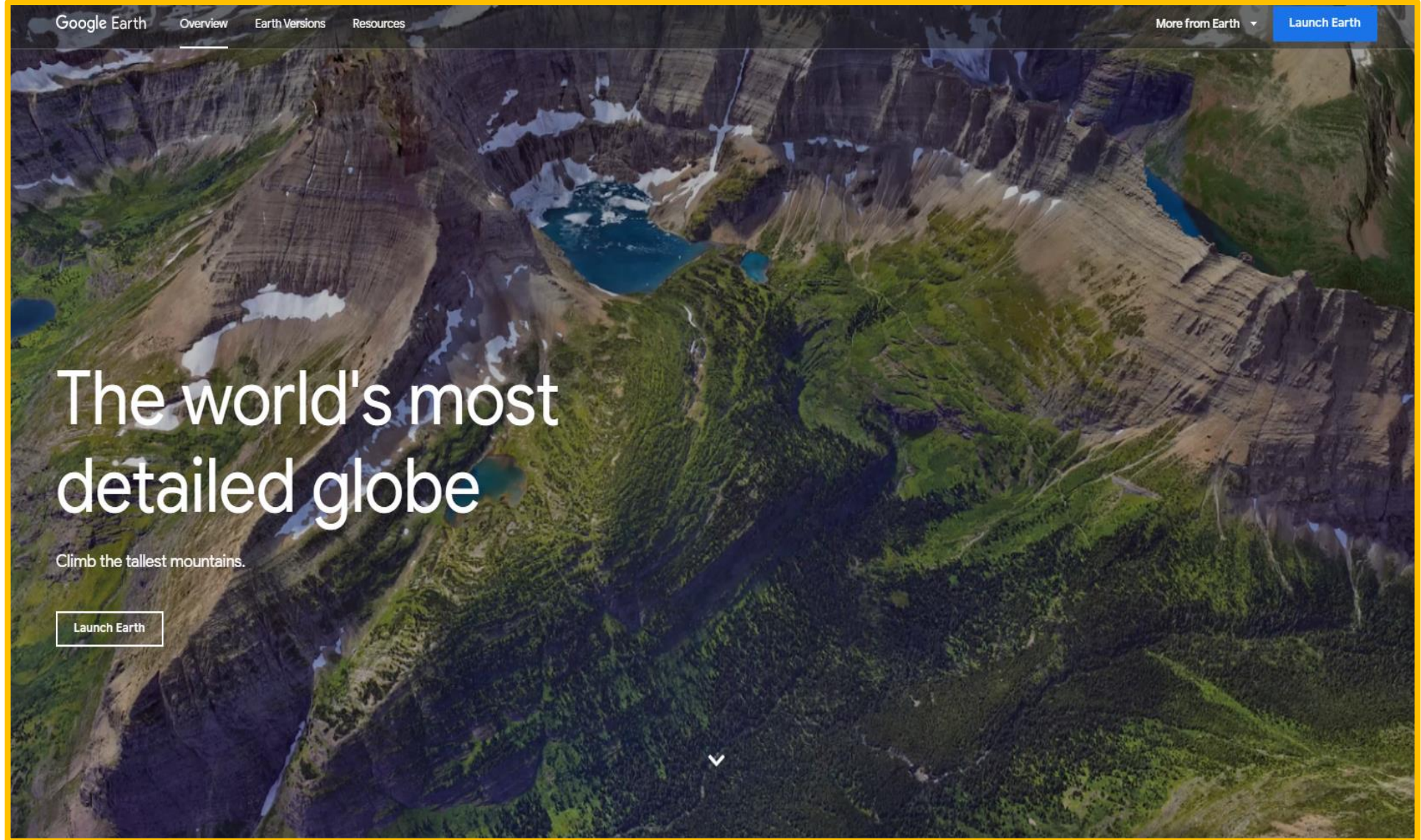
# Virtual Field Trips



U.S. Space and Rocket Museum in Huntsville, AL		See the <a href="#">Saturn 5 Rocket</a> on <a href="#">YouTube</a> and more on this tour thanks to a real father/son outing.
Discovery Education Virtual Field Trips		A few of the field trip topics include <a href="#">Polar Bears and the Tundra</a> , <a href="#">Social Emotional Skills</a> , <a href="#">STEM</a> , and <a href="#">manufacturing</a> .
The Louvre		Travel to Paris, France to see amazing works of art at <a href="#">The Louvre</a> with this virtual field trip.
The Great Wall of China		This <a href="#">Virtual Tour</a> of the <a href="#">Great Wall of China</a> is beautiful and makes history come to life.
Boston Children's Museum		Walk through the <a href="#">Boston Children's Museum</a> thanks to Google Maps! <a href="#">This</a> virtual tour allows kids to explore 3 floors of fun.

Click on the colored words to follow the links

# Virtual Field Trips



Click on the image to follow the link and explore Google Earth

# Virtual Field Trips

1. [Acadia National Park](#)
2. [Arches National Park](#)
3. [Badlands National Park](#)
4. [Big Bend National Park](#)
5. [Black Canyon of the Gunnison National Park](#)
6. [Bruce Canyon National Park](#)
7. [Canyonlands National Park](#)
8. [Channel Islands National Park](#)
9. [Cuyahoga Valley National Park](#)
10. [Death Valley National Park](#)
11. [Denali National Park](#)
12. [Dry Tortugas National Park](#)
13. [Everglades National Park](#)
14. [Glacier National Park](#)
15. [Grand Canyon National Park](#)
16. [Grand Teton National Park](#)
17. [Great Smoky Mountain National Park](#)
18. [Guadalupe Mountains National Park](#)
19. [Joshua Tree National Park](#)
20. [Mesa Verde National Park](#)



21. [Mount Rainier National Park](#)
22. [Olympic National Park](#)
23. [Redwood National and State Parks](#)
24. [Rocky Mountain National Park](#)
25. [Sequoia National Park](#)
26. [Shenandoah National Park](#)
27. [Virgin Islands National Park](#)
28. [Wind Cave National Park](#)
29. [Yellowstone National Park](#)
30. [Yosemite National Park](#)
31. [Zion National Park](#)

Click on the blue wording to follow the link



[Click here to visit Cincinnati Zoo's Home Safari webpage](#)



## Home Safari Facebook Lives

Public · 26 instances · 35,582 people · by Cincinnati Zoo & Botanical Garden

### More Zoo Live Cams

1. [Smithsonian National Zoo](#)
2. [Reid Park Zoo](#)
3. [Explore Live Cams](#)
4. [Zoo Atlanta Panda Cam](#)
5. [YouTube Zoo Live Cams](#)

[Zoo Field Trip Lesson Plan Worksheets](#)

Click on the image to follow the link



# Facebook Live - Weather



Click on the image to follow the link



# QUARANTIME

Online school with Science Mom and Math Dad!  
M-F 8-10 a.m. Pacific, 11-1 p.m. EST



Science Lessons

Engineering challenges

Crafts Games

Q&A

Livestreamed to  
YouTube and Facebook

Click on the image to follow the link



**11am Monday-Friday I'll be "going live" with some music learning & sing-alongs for kids! Geared toward preschool/early elementary ❤️🎵 Hope you can join us!**

Click on the image to follow the link



Michael's  
MAKE CREATIVITY HAPPEN

SHOP | COUPONS | WEEKLY AD

Tune in to  
**Michael's Facebook LIVE**  
every Wednesday at noon CT  
for a fun family activity!

LEARN MORE >

Click on the image to follow the link



# YouTube – Art



Click on the images to follow each link



Stories by Josh Gad, Voice of Olaf



Astronauts reading stories

Atlantic White Shark Conservancy Presents

## SHARK STORY HOUR

Every Day This Week @ 10AM

Join us on Facebook Live at 10AM every day this week to listen to a new shark story and shark Q/A.

THE *Spanish* EXPERIMENT

HOME SPANISH LESSONS SPANISH STORIES REVIEWS

### Spanish children's stories

Well-known children's stories translated into Spanish and spoken by a native Spanish speaker. Great for kids... and adults too! Read along in Spanish or English.

**NEW Pollito Tito**  
CHICKEN LITTLE  
A modern adaptation of the classic tale: What happens when a completely normal chicken believes everything he reads on the internet? This story is written in the present tense, because it's a good thing to learn.  
[READ MORE](#)

**NEW El Pájaro y la Ballena**  
THE BIRD AND THE WHALE  
Our first ever original story, about a bird and a whale and their shared love of little fish. Inspired by a song by Tom Waits, and an episode of Adventure Time.  
[READ MORE](#)

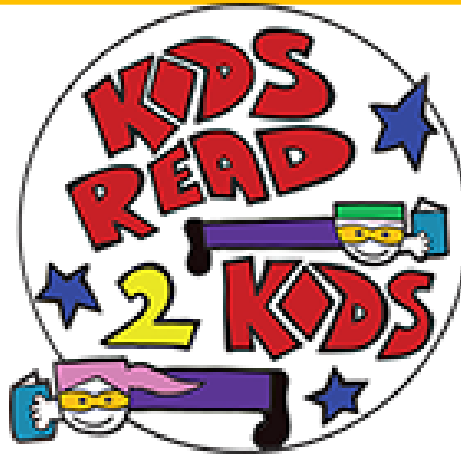
## ONLINE READ-ALOUNDS, STORY TIMES, SING-ALONGS, & ILLUSTRATING TUTORIALS TO DO FROM HOME

Click on the images to follow each link

# Story Time



St. Patrick's Day Read-Alouds



Kids Reading Story Books



Book Flix:  
username: bookflix46  
password: blue



Online Story Time



Online Story Time

MUSIC  
BOOKS  
UKULELE  
STORYTIME



Emily Arrow on YouTube

Click on the images to follow each link



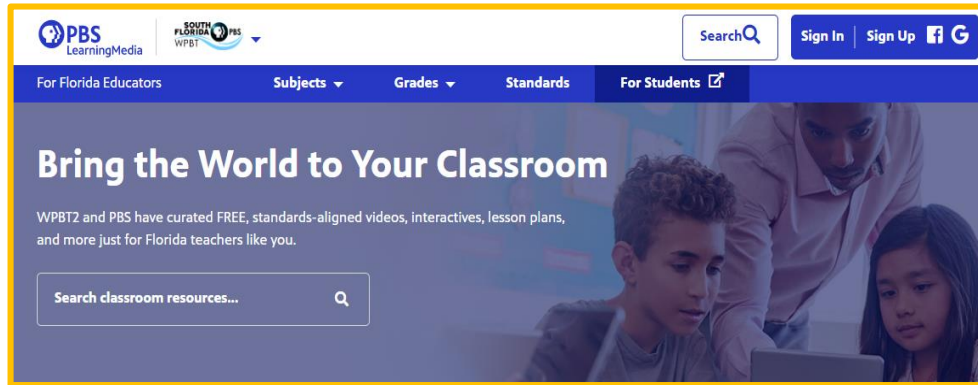
[Click Here for a Complete list of Educational Companies Providing Free Resources during School Closures – Updated Every Few Hours](#)

# Online Learning – Resources

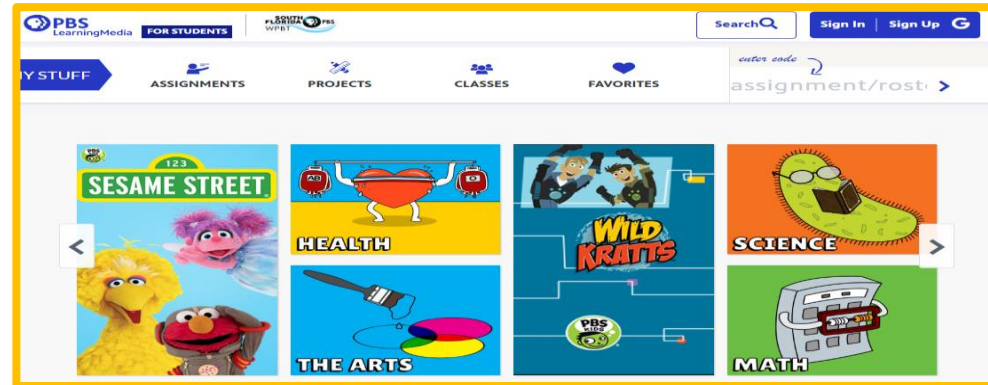


Click on the images to follow each link

# Online Learning



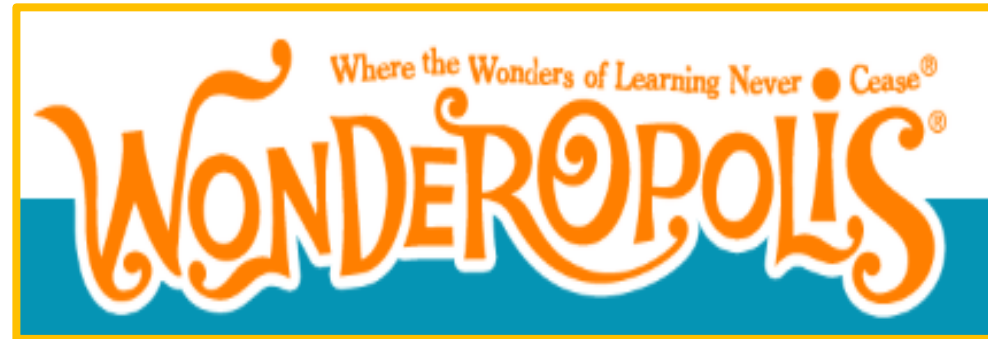
PBS Learning Center, Parents and Students



NASA STEM for Students



[Click here for Mystery Science's Lesson Plans](#)



Click on the images to follow each link

# Online Learning



AS COMPILED BY JOY NOVACK ROSSON FOLLOW  
HER ON FB



<https://www.facebook.com/oktobewell> or  
<https://www.facebook.com/joy.novackrosson>

Help has arrived....



FrozenShutter/iStock Unreleased/Getty Images

While Disney World & Disneyland Are  
Closed, Take Your Kids On Virtual Rides



Click on the images to follow each link

# BrainPOP

BrainPOP (all)  
username: Fulbrightfalcon  
password: fulbright1

1. [BrainPop](#)
2. [BrainPop Jr. \(K-3\)](#)
3. [BrainPop English Language Learner](#)
4. [BrainPop Español](#)

Here are 450 Ivy League courses you can take online right now for free

 Dhawal Shah  
Founder of Class Central.



# Breakout EDU

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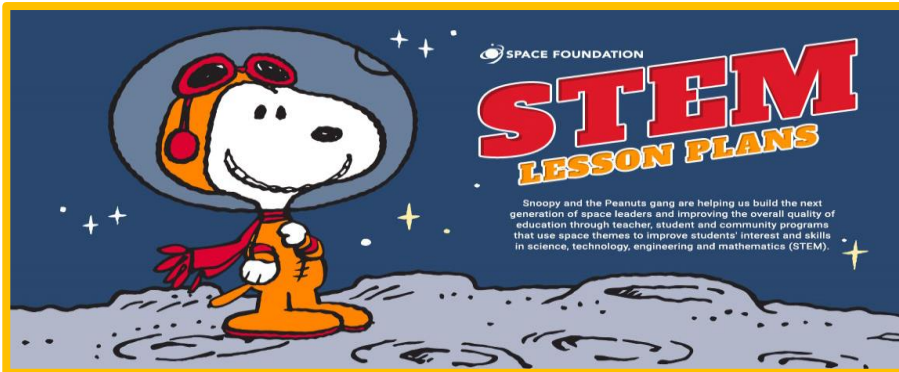
# FUN@HOME

# Highlights™

# kids

Click blue words or images to follow the links

# Online Learning

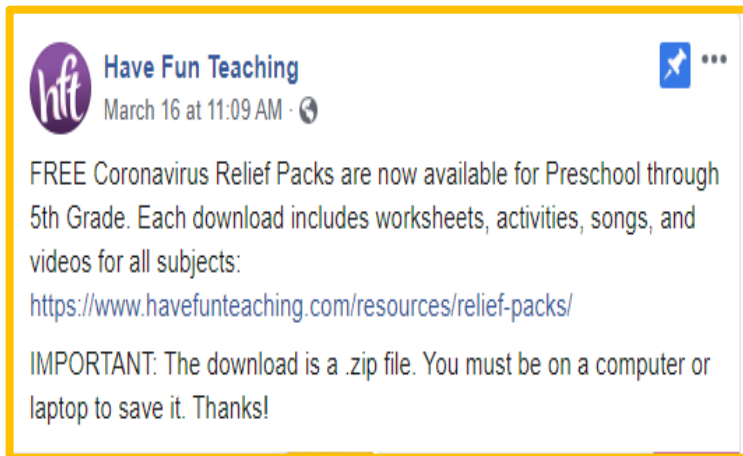
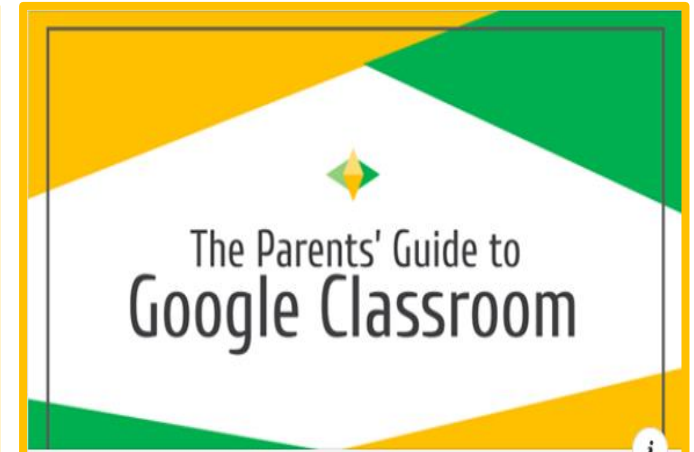


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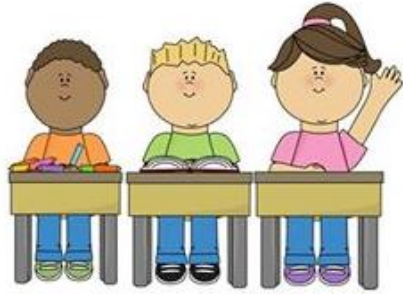


# Home Schooling - Worksheets



Click on the images to follow each link

# Home Schooling - Worksheets



## School Shutdown Packets 10 School Days of Instructional Materials

Assembled by: Ryan D. Daniels, M.Ed

If you have questions or trouble  
accessing the materials, please message  
me.

All copyrights belong to their respective  
publishers.

[Pre-K \(with Sight Words\)](#)

[Kindergarten](#)

[First Grade](#)

[Second Grade](#)

[Second Grade Math & Reading Answer Key](#)

[Third Grade](#)

[Third Grade Math Answer Key](#)

[Fourth Grade](#)

[Fourth Grade Math Answer Key \(not all answers\)](#)

[Fourth Grade Reading/Language Arts Answer Key](#)

[Fifth Grade](#)

[Fifth Grade Math Answer Key](#)

[Sixth Grade](#)

[Sixth Grade Math Answer Key](#)

[Seventh Grade](#)

[Seventh Grade Math Answer Key](#)

[Eighth Grade \(includes formula sheet\)](#)

[Eighth Grade Math Answer Key](#)

[Reading Log](#)



Click on the images to follow each link



## Math Strategies for Autistic Students

SPECIAL NEEDS/GIFTED

# autism speaks®

## How to handle school closures and services for your child with autism

March 13, 2020

- ### Terms To Search:
- Visual Supports
  - Home Schedules
  - Sensory Breaks
  - Heavy Work
  - Brain Break

Christine Rodriguez + 1 - 22h

### Visuals and Schedules for the Home

**IEP FACT SHEET**  
Department of Education, Office of Civil Rights

**Mailman Center COVID 19 Resource Links**  
<https://docs.google.com/document/d/1uNABBjhq3fCEllaYnGgF4HQmC5wQ0SSE9iE0RysoQ/edit>

**Curated resources for dealing with the coronavirus**  
Click to visit the interactive image.

**UM-NSU CARD COVID 19 SOCIAL NARRATIVE**  
<https://www.youtube.com/watch?v=t+20s&v=xkZ23DzN4c&fbclid=IwAR2VCJcJNxFP1hbWU5OJaTSKl0yxXGDEASSK5pVxvJCTp230baQkn30uKw&app=desktop>

**Covid 19 Lists**  
Educational Resources and Understanding COVID 19

**DOE OCR Guidelines**  
PDF document  
padlet drive

**Life Skills Visuals**  
**LIFE SKILLS CENTERS**  
  
LifeSkillsCentersYearLong  
PDF document  
padlet drive

**Dealing with Covid-19**  
Curated resources for those work...  
more

**Daily Home Schedule**

**Regularly Updated!**

Click to access >> **Resources for Families to Provide Educational Continuity**

Opima aqui para >> **Recursos para familias para brindar continuidad educativa**

- ### Websites for Activity Resources:
- [TeachersPayTeachers](#)
  - [Pinterest](#)
  - [Adapting for Autism](#)
  - [Intervention Central](#)
  - [Scaffolded Math](#)
  - [Therapeutic Teacher](#)
  - [Time4Learning](#)

Click on the images to follow each link

## Sensory Processing Health and Wellness

### Sensory Balanced Daily Schedules

Long breaks from school tend to mean unscheduled days. We all know it's important to establish a predictable routine, but how do you do that? A routine that works for your child and family will be different to your friends and neighbors. Here's our guide to building individualized, dynamic, sensory rich schedules.

**Whenever you are building a schedule for your family remember to include whole body sensory rich activities.**

Daily schedules should have a combination of alerting, organizing and calming activities throughout the day. When scheduling the day it is important to make sure that a child's sensory needs are being met. Once you decide on the routine you will be using we recommend you make and display a visual schedule for your family that uses pictures and words.

### The Red-Green-Blue Sensory Routine

EARLY MORNING	GREEN activity incorporated into morning routine
MORNING	RED activity then GREEN activity*
LUNCH	BLUE activity (down time)
EARLY AFTERNOON	RED activity then GREEN activity*
EARLY EVENING	GREEN activity (engagement based)
EVENING	BLUE activity incorporated into bed time

\* Top tip - children tend to be most productive after a red activity and in the context of that second green activity

[Click here for STAR Institute Blog](#)

#### Red Activities (Alerting):

These activities are always stimulating. They should be used to increase arousal or body awareness. Many demanding motor activities are "red" because of the increase in physical and cognitive energy they require. Children (and adults) need "red" activities throughout the day to stay regulated, to learn more demanding motor sequences and to burn off energy.

- Bouncing on a ball chair
- Swinging rotary, swinging-self linear
- Jumping on the trampoline
- Safe crashing and falling into cushions
- Play set or playground
- Stop/go, red light/greenlight
- Ninja warrior with crawling and climbing
- Chase games
- Pulling child in a blanket
- Dance party – music and movement
- Building a couch-cushion tower and then running and knocking it over

#### Green Activities (Just Right):

These activities help us get regulated and stay regulated. They are generally "organizing" and help us to sustain focus and attention. Green activities work best when they are social activities, where focus is 100% on the game and the relationships and everyone has a twinkle in their eye.

- Linear swinging
- Sitting in a rocking chair
- Wheel barrel walks on hands
- Carry a heavy weight to –anywhere
- Cooking / painting / building / crafts
- Rolling up in a blanket / burrito game
- Long strong hugs
- Pull heavy animals/ siblings in a blanket across the floor
- Using a weighted pillow or animal while doing academic / craft activities
- Yard work (digging, moving firewood)
- Making forts

#### Blue Activities (Calming):

These activities are calming and organizing. They help to decrease arousal after a stimulating activity or to relax before nap or bed. These can be really important to incorporate when you start to see signs of dysregulation (rigidity, disorganization, frustration). Usually, taking a few minutes to reorganize and reengage, buys a lot more cooperation than other methods. The environment and space play an important role in supporting blue activities.

- Have a quiet space just for going to "blue" (use the fort you made!)
- Chewing resistive food (bagel, tootsie roll)
- Drinking a smoothie through a straw
- Massage (not tickle)
- Taking 10 deep breaths
- Sit on a bean bag and read a book
- Turn off the lights/dim the lights
- Weighted blanket/weighted animal for a "seat belt" while reading or coloring
- Using a slower quiet voice
- Blowing a pinwheel or bubbles or pretend candle
- Squeezing into a small safe space



## ROLL SOME BRAIN BREAKS

**Directions:** Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

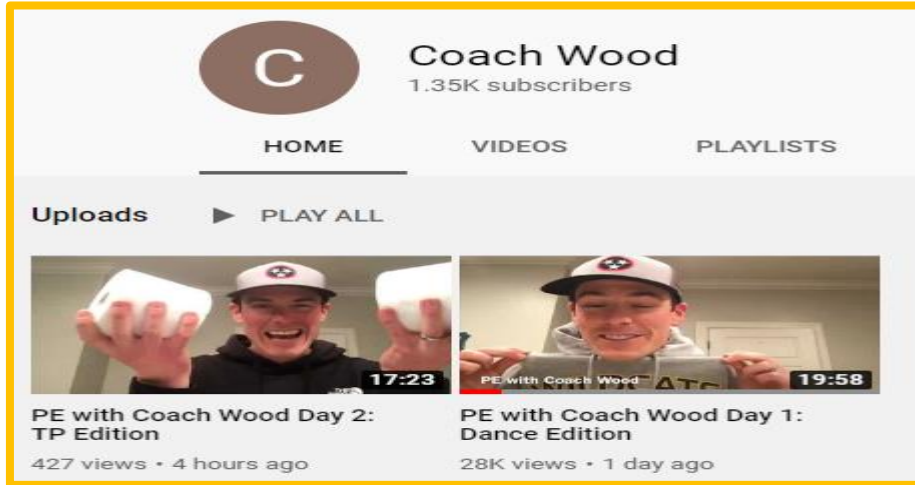
	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths

## Heavy Work Activities

- carry stacks of books
- hold the door open for others
- empty garbage cans
- ride a scooter or skateboard
- carry groceries
- mow the lawn
- load or unload the dishwasher
- drink a thick milkshake or smoothie through a straw
- pushing a wheelbarrow
- pulling a wagon
- kneading clay or playdough
- clean windows or mirrors
- have a pillow fight
- take bottles to the depot
- wash the car
- moving logs or bricks
- use a watering can for houseplants or garden
- wipe walls
- build something with hammer and nails
- help with laundry (loading, carrying baskets, folding)
- do an obstacle course
- potato sack or three legged races
- using a weighted lap pad
- using a pogo stick
- wall pushups
- carrying heavier objects
- wearing a backpack
- stacking books
- squeezing
- wearing a weighted vest or shoulder roll
- wearing ankle or wrist weights
- using a pogo stick
- using a hopping ball

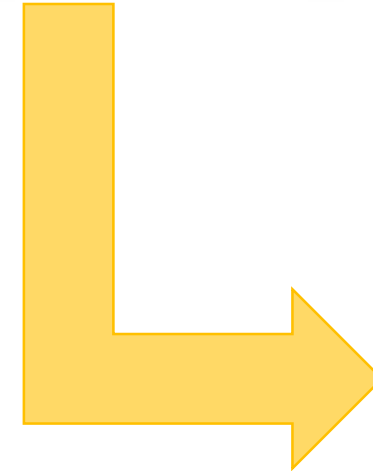


# Physical Education



## KIDS YOGA

ROUNDUP OF THE BEST VIDEOS



1. [Good Morning Yoga](#)
2. [Good Night Yoga: A Pose by Pose Bedtime Story](#)
3. [You are a Lion and Other Fun Yoga Poses](#)
4. [Frozen Inspired Yoga](#)
5. [Children's Yoga with Ally Ford](#)
6. [Kid's Yoga – Crab Pose](#)
7. [Sun Dance Kids Yoga](#)
8. [Kickapoo the Kangaroo](#)
9. [Yoga for Kids](#)
10. [6 Minute Yoga](#)
11. [Parsnip the Cat](#)
12. [Tiny the T-Rex](#)
13. [Wake-Up Routine](#)
14. [Zen Meditation](#)
15. [Alphabet Yoga](#)

Click on the images or blue wording to follow each link

# At-Home Activities



**GIANT LIST OF IDEAS FOR BEING HOME WITH KIDS**  
*( for: actual quarantine, school closures, weekend social distancing, anytime!)*  
**Thanks to the Princess Awesome & Boy Wonder Community for the amazing suggestions!!**

Click on the images to follow each link

# Dollar Tree Ideas



**Puzzle**



**Math Foam**



**Jenga**



**Playing Cards**



**Learning Bingo**



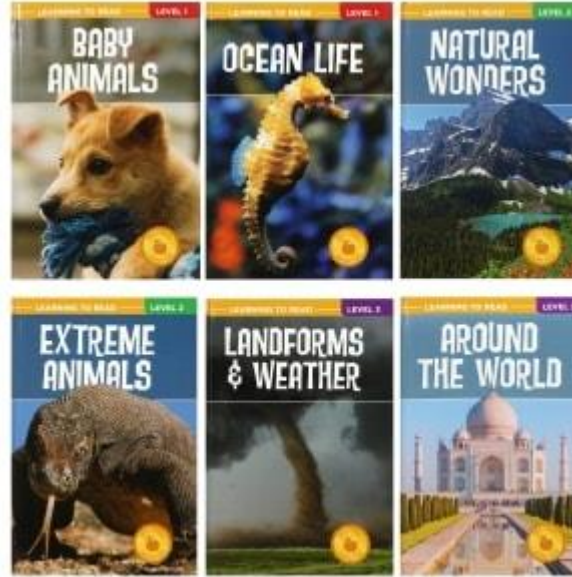
**Character Domino**



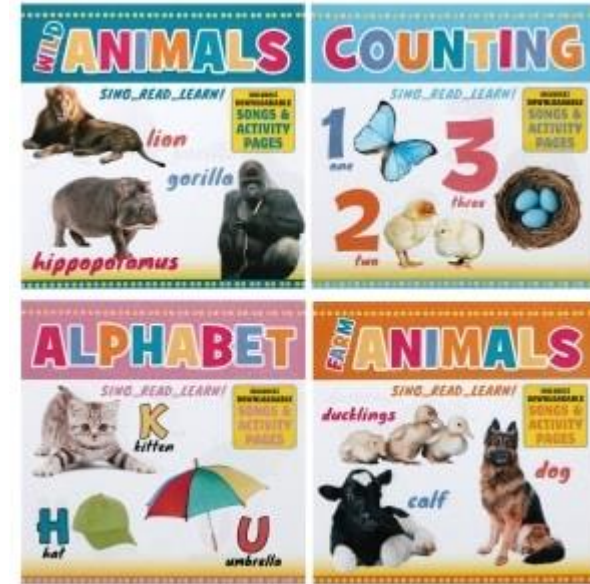
# Dollar Tree Ideas



Foam Dice



Educational



Early Learning



Crossword and Sudoku Workbooks



Relaxing Coloring Books



Academic Workbooks



# Dollar Tree Ideas

[Click here for DIY craft ideas and tutorials](#)



## Non-screen activities you can do at home

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

Pobble

25 ideas!

**1** How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

**2** Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

**3** Get building! You could build a Lego model, a tower of playing cards or something else!



**4** Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

**5** Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

**6** Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

**7** Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



**8** Use an old sock to create a puppet. Can you put on a puppet show for someone?



**9** Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

**10** Design and make a homemade board game and play it with your family.



**11** Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



**12** Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

**13** List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



**14** Design and make an obstacle course at home or in the garden. How fast can you complete it?



**15** Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



**16** Keep moving! Make up a dance routine to your favourite song.



**17** Write a play script. Can you act it out to other people?



**18** Read out loud to someone. Remember to read with expression.



**19** Write a song or rap about your favourite subject.



**20** Get sketching! Find a photograph or picture of a person, place or object and sketch it.



**21** Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

**22** Draw a map of your local area and highlight interesting landmarks.



**23** Write a postcard to your teacher. Can you tell them what you like most about their class?

**24** Draw a view. Look out of your window and draw what you see.



**25** Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

## 100+ INDOOR ACTIVITIES



### CRAFTS

MAKE PAPER AIRPLANES  
SALT PAINTING  
MAKE SUNCATCHERS  
MAKE SALT DOUGH  
MAKE SPONGE STAMPS  
MAKE A CEREAL BOX AQUARIUM  
MAKE SCRATCH ART  
MAKE YOUR OWN BOOKMARKS  
PAINT PET ROCKS  
MAKE RECYCLED CRAYONS  
MAKE PAPER BOATS  
FINGER PAINT  
MAKE FRIENDSHIP BRACELETS  
MAKE A BIRD FEEDER  
MAKE PAPER BAG PUPPETS  
MAKE HANDPRINT ART  
MAKE A SCRAPBOOK  
DECORATE T-SHIRTS  
MAKE A THANKFUL JAR  
PAINT LEAVES  
MAKE A TIME CAPSULE  
MAKE BUTTON ART  
PAINT WITH WATERCOLORS  
COLOR IN A COLORING BOOK  
MAKE PAPER CRAFTS  
BUILD A CARDBOARD CASTLE  
MAKE TISSUE BOX MONSTERS  
MAKE A TOILET PAPER ROLL BUTTERFLY  
STAMP WITH CELERY  
MAKE CHALK ICE  
MAKE PUFFY SIDEWALK PAINT  
DRAW A SELF PORTRAIT  
USE RUBBER STAMPS  
DO SCRAPE PAINTING  
PAINT A RECYCLED JAR  
MAKE SUPERHERO COSTUMES

### ACTIVITIES

MAKE PLAYDOUGH  
MAKE SLIME  
MAKE PLAY MUD  
MAKE RAINBOW RICE  
MAKE FAKE SNOW  
MAKE A SENSORY BIN  
MAKE A SENSORY BAG  
BUILD A FORT  
HAVE A PILLOW FIGHT  
WRITE A STORY  
MAKE ICE CREAM IN A BAG  
MAKE GUMMY BEARS  
MAKE FRUIT ROLL-UPS  
HAVE A MOVIE DAY  
PUT ON A FASHION SHOW  
BAKE CUPCAKES OR MUFFINS  
DO YOGA  
BUILD AN OBSTACLE COURSE  
MAKE DINNER TOGETHER  
PLAY WITH MAGNETIC TILES  
BUILD SOMETHING WITH LEGO  
USE DOT MARKERS  
BUILD A STACK OF CARDS  
PUT ON A PUPPET SHOW  
MAKE A TREASURE HUNT  
INDOOR BOWLING  
LEARN TO DRAW  
PUT ON A PLAY  
MAKE INDOOR HOPSCOTCH  
DO A FAMILY CHORE TOGETHER  
HAVE A DANCE PARTY  
HAVE A TEA PARTY  
PLAY WITH WATER IN A BIN  
SET UP A PLAY STORE  
MAKE A SOCK TOSS GAME  
MAKE PERLER BEAD ART  
WRITE IN A JOURNAL

### GAMES

PLAY WOULD YOU RATHER  
PLAY I SPY  
PLAY SIMON SAYS  
PLAY BOARD GAMES  
PLAY HIDE AND SEEK  
INDOOR SCAVENGER HUNT  
PLAY BINGO  
PLAY CARD GAMES  
DO A PUZZLE  
PLAY CHARADES  
BUILD YOUR OWN GAME  
PLAY FREEZE DANCE  
PLAY HOT POTATO  
PLAY MARBLES  
KEEP THE BALLOON UP  
PLAY DOMINOES  
PLAY HANGMAN  
PLAY TIC-TAC-TOE

### EDUCATIONAL

READ BOOKS  
DO A SCIENCE PROJECT  
LEARN ORIGAMI  
LEARN ABOUT A NEW ANIMAL  
LEARN A NEW CARD GAME  
LEARN TO SEW  
LEARN TO KNIT  
DO BRAIN TEASERS  
LEARN A NEW LANGUAGE  
LEARN ABOUT A COUNTRY

# Non-Screen Activity Ideas - Indoors

## 30 At-Home Brain Breaks

5 min break	15 minute break	30 minute break
GoNoodle Videos on YouTube	Sidewalk Chalk	Play outside
Jump rope	Watercolor painting	Bake a special sweet treat (with an adult)
Play-Doh sculptures	Play outside	Play with your favorite toys
Color a picture	Ride a bike	Make a fort out of sheets and pillows
Dance Party to your favorite song	Play hide and seek with your sibling	Play a card game (Go Fish!, Old Maid, etc.)
Sing your favorite song and make up silly dance moves	Build a LEGO sculpture	Play a board game with your sibling(s) or parent(s)
Kid's Yoga YouTube video	Read your favorite book	Create and complete a nature scavenger hunt
Do 5 different exercises for 1 minute each	Fly a kite outside	Make a craft from recycled & upcycled materials
Build a paper airplane and fly it down the hall or outside	Take pictures of nature in your front and back yard	Make an obstacle course with simple toys and complete it
Look at your favorite picture book	Take turns telling silly jokes with your sibling(s) or parent(s)	Play dress up

## 25 THINGS TEENAGERS CAN DO DURING SOCIAL ISOLATION

@hilaryrhodesdesign



LEARN TO PLAY A NEW INSTRUMENT (YOUTUBE!)	WRITE A POEM OR A STORY	TRY A YOUTUBE DRAWING TUTORIAL	SWAP BOOK SUGGESTIONS	WRITE & MAIL A LETTER TO A GRANDPARENT
GET SOME FRIENDS VIRTUALLY TOGETHER TO PLAY "PSYCH"	BAKE SOMETHING NEW	WRITE A SONG	TEACH A FAMILY MEMBER TO DO SOMETHING YOU LOVE	MAKE SOMETHING CREATIVE (THAT YOU NEVER SHOW ANYONE)
GO ON A WALK (OR RUN) AROUND THE BLOCK	VIDEO GAME TOURNAMENT WITH YOUR FAMILY	HAVE A "CHOPPED" COMPETITION FOR DINNER	CREATE A NEW MUSIC PLAYLIST	YOUTUBE YOGA OR MEDITATION
JOURNAL YOUR CORONAVIRUS EXPERIENCE	REARRANGE YOUR ROOM	WRITE A LETTER TO YOUR FUTURE SELF	FIND A BOOK ON THE LIBBY APP TO LISTEN TO	WRITE A BUCKET LIST
DO A JIGSAW OR LOGIC PUZZLE	LISTEN TO A NEW PODCAST	OFFER TO MAKE DINNER FOR THE FAMILY	TAKE AN ENNEAGRAM TEST	INVENT A NEW GAME

# Non-Screen Activity Ideas - Indoors



Click on the image to follow the link





# 30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1		Day 2		Day 3		Day 4	
You were hired by an amusement park to create a new roller coaster.		NASA needs you to build a new rocket.		Your parents want to build a new home and they want you to build it.		Hollywood hires you to build a movie set for a new Star Wars movie.	
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.	Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	
Dr. Who hires you to build a new TARDIS.	You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.	Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	
The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.	Design and build your dream bedroom.	
Day 26	Day 27	Day 28	Day 29	Day 30			
You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.	You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile			What was your favorite day?

# Non-Screen Activity Ideas - Reading

Name \_\_\_\_\_



## SCHOOL IS OUT! READING CHALLENGE

Directions: Mark a square each time you complete the activity. Can you do them all?

Read in your pajamas.	Build a fort. Then read in it!	Read outside.	Read with a flashlight.	Read a book online.
Read to a family member.	Read to a pet (real or fake)	Read while eating breakfast.	Read a nonfiction book!	Read a book in a spooky voice.
Read on a beach towel.	Turn on the TV. Mute it and turn on the captions. Read the captions!	Read a book in a whisper.	Read a book with sunglasses on!	Find a recipe. Read it!
Read to a stuffed animal.	Borrow a book from someone and read it.	Read during a picnic.	Read a book in bed.	Read a book two times in a row!
Let someone else pick a book for you to read.	Read a book pretending that you are a teacher reading aloud to your class.	Read while eating your favorite snack.	Read in a robot voice.	Read to someone on the phone.

WRITING EXTENSION: Keep a journal about each activity that you do! Include the book title and details about your experience.



## 11 Independent Reading Responses That Can be Done with Any Book

No Technology Required



**Character Analysis** – Choose a character from the story and draw a picture of the character in the center of the paper. Around the character write/draw about the character's personality traits, actions, special words, thoughts and feelings, problems & challenges, and accomplishments.

**Create a Comic Strip** – Choose a scene in the book and create a four-panel comic strip about that scene. Include colorful pictures with dialogue balloons for what each character is saying.

**Make a Connections Map** – Choose parts of the book that can be compared to the real world, another book, or yourself. Write down or draw these connections.

**Make a New Book Cover** – Create a new cover for the book with your own artwork and a blurb (short summary).

**Make a Diorama** – Using a shoebox or another box recreate a scene from the book using things from around the house such as scrap paper and small toys.

**Create a Story Map** – Draw 6 boxes on a sheet of paper. Put one of the following in each box: Title and author, characters, action, setting, problem, and solution. Write about the parts of the books in each box.

**Write a Letter** – Write a letter to your teacher or best friend telling him/her if you liked/disliked this book and why.

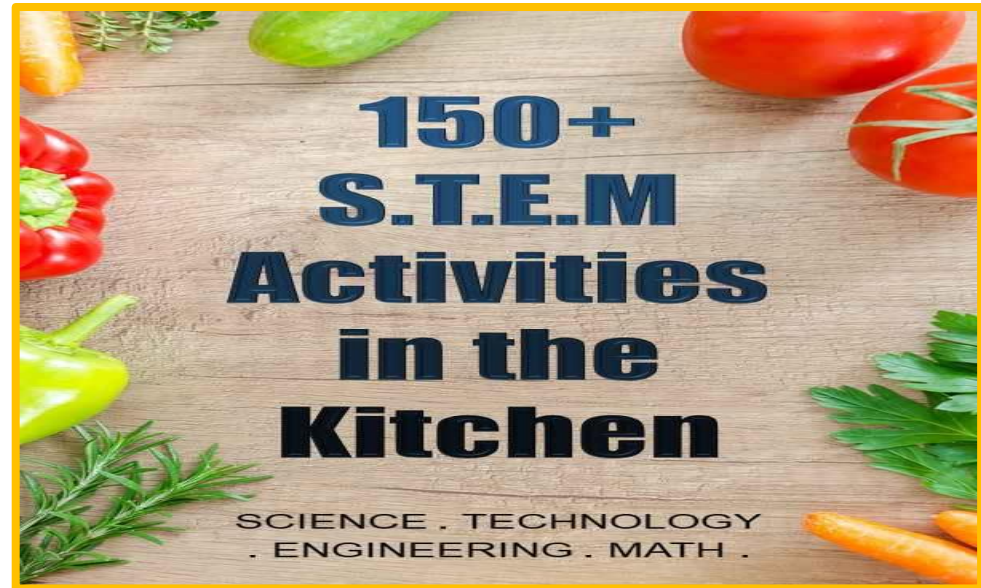
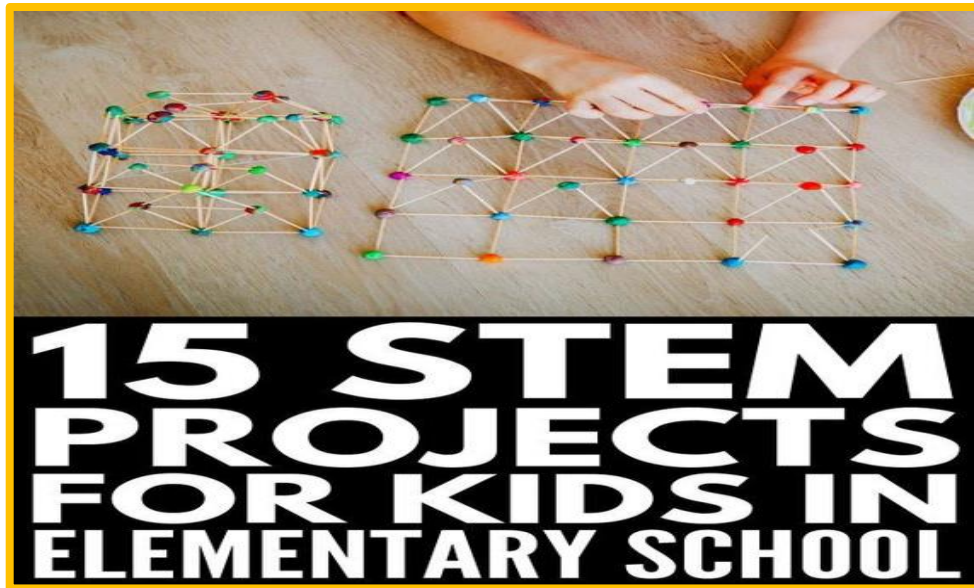
**Create a Play** – Either write or act out what this story would look like as a live action play.

**Compare and Contrast** – Create two circles that intertwine and make a list of how two books are different in the outer circle and how they are the same in the overlapping circle. Your child may know this as a Venn Diagram.

**What's Next** – Write about what you think would happen next if the story continued.

**Story Chart** – Divide a sheet of paper into 3 parts. Choose an important event from the beginning, middle, and end. Write/draw about that part.

# Non-Screen Activity Ideas - Science



Click on the images to follow each link



# Non-Screen Activity Ideas - Outdoors



1. Perform a puppet show with sock puppets
2. Make a magazine collage
3. Play a board game
4. Take a bubble bath
5. Have a dance party
6. Listen to an audio book
7. Make a paper chain
8. Make a blanket fort
9. Build a box car or boat
10. Bake a cake or cupcakes
11. Play dress-up
12. Go to the library
13. Play a card game
14. Blow bubbles
15. Do a jigsaw puzzle
16. Have a picnic indoors
17. Design a crown or superhero mask
18. Invent a game with blown-up balloons
19. Build a house of cards
20. Plan a scavenger hunt
21. Make a music video
22. Draw a picture
23. Make a tissue box guitar or paper towel roll rain stick
24. Make paper airplanes
25. Make your own play dough
26. Make friendship bracelets
27. Create a hopscotch course out of bubble wrap
28. Learn to crochet
29. Play house
30. Have a movie marathon and eat flavored popcorn
31. Have a tea party
32. Make a car wash for toy cars
33. Make shadow puppets
34. Make marshmallow-and-toothpick towers
35. Learn origami
36. Make Christmas tree ornaments
37. Read a storybook
38. Make fresh fruit popsicles
39. Finger paint
40. Play in puddles
41. Make a ball pit in an inflatable pool
42. Learn sign language
43. Play hide-and-go-seek
44. Build a shoe box city
45. Play charades
46. Make a scrapbook
47. Create cards to send to a far-away friend
48. Decorate sugar cookies
49. Write a story
50. Tie-dye T-shirts

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## 35 FUN THINGS TO DO IN YOUR BACKYARD



1. Have a picnic
2. Read a book
3. Draw with sidewalk chalk
4. Paint with shaving cream
5. Toss water balloons
6. Run through the sprinkler
7. Splash in the kiddie pool
8. Play in the water table
9. Jump rope
10. Play hopscotch
11. Play tic tac toe
12. Play scrabble with giant tiles
13. Make an obstacle course
14. Dig in the sandbox
15. Plant a garden
16. Make a bird feeder
17. Paint rocks



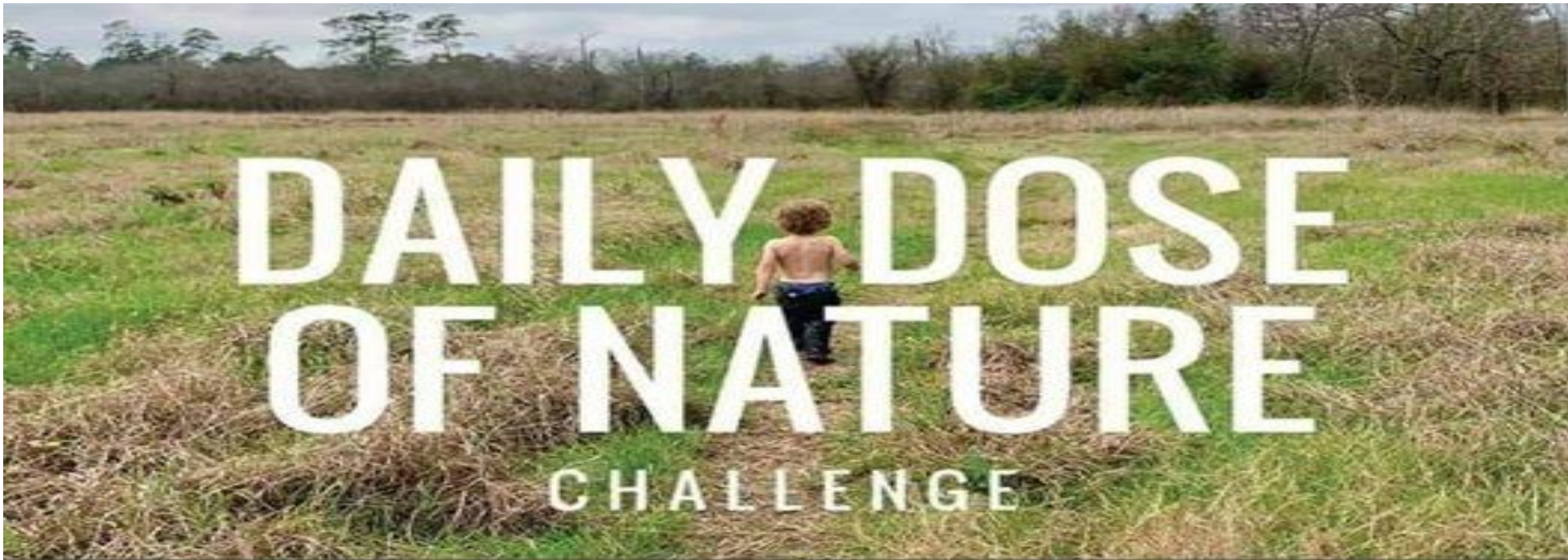
18. Fly a kite
19. Make & fly paper airplanes
20. Play fetch with your dog
21. Teach your dog new tricks
22. Learn to hula hoop
23. Set up a bean bag toss
24. Play croquet
25. Play baseball
26. Play kickball
27. Set up a net and play badminton
28. Blow bubbles
29. Try an egg and spoon race
30. Do a sack race with pillowcases
31. Take a popsicle break
32. Build a fort
33. Set up an outdoor movie night
34. Look for constellations in the sky
35. Have a camp out for the night



Sunny Day Family  
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[Printable Princess – Outdoor Game Ideas for Kids](#)  
[Kid Activities – 35 Outdoor Games for all Ages](#)  
[How We Learn – Ridiculously Fun Outdoor Games](#)

# Non-Screen Activity Ideas - Outdoors



## DAILY DOSE OF NATURE CHALLENGE

30 DAYS OF IDEAS TO HELP YOU STAY OUTSIDE WHILE SOCIAL DISTANCING

1. NATURE BRACELETS
2. BIRD WATCHING
3. PAINT WITH NATURE
4. WORM HUNTING
5. MUD PIES
6. EXPLORE A NEW PLACE  
CLOSE TO HOME
7. STONE SOUP
8. PUDDLE JUMPING
9. NATURE SCAVENGER HUNT
10. SINK OR FLOAT
11. ROCK PAINTING
12. RAINBOW COLOR HUNT
13. TREE/LEAF RUBBINGS
14. BUILD A NEST
15. TAKE A CLOSER LOOK
16. BUILD A BUG HOTEL
17. GO ON A BIKE RIDE
18. NATURE SENSORY BIN
19. LOOK FOR ANIMAL TRACKS
20. BUILD A DEN/FORT
21. TINY TREASURES
22. SIGNS OF SPRING
23. NIGHT WALK
24. NATURE FACES
25. NEW TRAIL
26. PAINT WITH MUD
27. WATER PLAY
28. SALT DOUGH FOSSILS
29. EGG HUNT
30. ANIMAL OBSERVATION

# Social Emotional Learning



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**SOCIAL-EMOTIONAL LEARNING**

**SEL and Self-Care Resources for Educators, Schools, and Parents Related to COVID-19**

 **NICK WOOLF**

Click on the images to follow each link

Educación en casa en tiempos de coronavirus: la guía completa para que tus hijos no se atrasen en el colegio

por Natalia Espinoza C | 17 marzo, 2020



¡Recuerde, su representante de CARD todavía está aquí para ayudar y apoyar virtualmente a su familia durante este momento agitado!

Comuníquese con su representante si necesita recursos que incluyan relevo, asistencia alimentaria, etc.

Haz clic en cada imagen para seguir el link

# En Español



Haz clic en cada imagen para seguir el link



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