

Social Distancing Activities for Kids

As the summer approaches, we're all looking for ways to keep our kids and families occupied especially during this time of social distancing. We came up with a list of ideas that have been provided to us by many of our parents. There are some fun ideas here. Take a look!

Gardening! You'd be surprised how interested kids are in watching something wonderful grow and bloom into something they can celebrate and take credit for. Give them their own garden plot, a patio pot, or a window box indoors where they can try their hand at cucumbers, tomatoes, or herbs. Watch as they nurture the plants into maturity when they can build a salad or saute some vegetables for their family supper at the end of the growing season. A great time to teach them about what it takes to help something grow from simple beginnings to blossoming.

Virtual Scrabble with the grandparents or friends. There are a lot of versions of digital scrabble and checkers where the kids can spend quality time with Grandma or Grandpa, or their friend down the road, online playing board games. Of course we caution that they should only do this with their parents permission and monitoring.

Scavenger Hunts! Oh yes, how much fun were scavenger hunts when you were young? Make a list of things in your community that your child can look for during a family trail walk. Let them cross the items off the list during your adventure. You can even turn this into an alphabet game where they have to find something that begins with every letter of the alphabet. It might be a harder game for the parents to come up something that starts off with the harder letters.

Journalling. Young kids love to create. Give your child their own journal, markers, crayons, and stickers, and let them get creative. What's good and hard about each day. Colour a picture. Make a collage, write a poem. Create a duck count at the local pond and experience the numbers of ducks over the summer. Lots of great ways to journal their creativity.

Challenges! Challenges are always a favourite with kids. You could develop an exercise challenge like a skipping challenge, a trail walk challenge (2k vs 5k vs 10k), could be a "clean and purge" challenge, or even a dance off challenge! Turn the music up, and get busy being active.

Make a penpal! There are lots of great and safe places to find penpals. Maybe it's a young person from another school across town, or someone from their church congregation (or another church congregation). Let them exchange letters or postcards through the summer months with another young person they've never met. What do they have in common? What are their differences? Kids love to get snail mail!

Mason sticks. Place several popsicle sticks in a mason jar each with their own idea of things they can do when they get bored written on the stick. Maybe a puzzle, read a book, (chores!), lego, walk the dog or play with the cat, take a bubble bath, etc. They simply pick a stick and read the idea on the stick and then go and do that thing!

Here's one for physical fitness! Help your child(ren) build a backyard obstacle course. There are many ways to create a jump, spin, run, lean, crawl, over, under, lift, course. Get creative and use things from your home to help them create a fun outdoor environment.

Learn to cook! Who doesn't like to make cupcakes or cookies, or even a beautiful never before made soup? Get creative in the kitchen, clean out the fridge and pantry and build a brand new recipe with your child. (Parental guidance required for this one!)

Dinner and a Movie Party night: Let your child(ren) create and organize a family dinner with a movie party. Have your child brainstorm ideas for a dinner party. Let them set the table (could be funny and silly, or with charades built in, or maybe a theme like favourite tv family, etc). They develop the menu, and help with the shopping, choose the movie, and let them take over! Parents do the clean up!