

ENGAGING ACTIVITIES FOR YOU!

Designed to empower kids and foster their independence

Activities from
Parenting Coach
Julie Binmore

Outside/Active

- Go for a walk, run, skip, gallop
- Take a spin, scoot, bike, roll
- Play frisbee, ball sports, racket sports etc.
- Make an obstacle course
- Play hopscotch
- Do some chalking
- Make a bug hotel with chalk/twigs/loose parts. Make furniture, rooms
- Mail letters, make a delivery of donations or baking to a friend
- Wash your toys, your bike, your car out in the sun
- Practice using a hula hoop or a skipping rope

Let me know what you do!
You are so capable!

♥ Julie

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Indoor Play

- Do the board game challenge.
(Make a list of all the board games you have. Highlight the ones that you can play on your own. Circle the ones you can play with a sib or a parent. Check off the ones you've played. See if you can play them all! Send a list of your favourites to your friends. Make a pile of the ones you have outgrown to give away. Games for one person: spatial reasoning games, or logic games. Games for two people: board games.)
- Use building toys. Wooden blocks, magnetic tiles, or other building materials. See what you can make!
- Make a fort with blankets, cushions, cardboard
- Explore your craft materials. See what you can make!
- Do a puzzle. Talk about the strategies you are using.

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Meditation/Relaxation

- Make a gratitude list, use a journal, a paper or white board
- Do a sensory activity. You can make goop (cornstarch and water), slime or play dough. Try water play in the bath, the sink or a bucket.
- Try yoga. Search for beginner yoga videos and e-books or yoga for kids.
- Make some time for quiet activities that help you to feel calm and happy.
- Make a list of activities you can do on your own or with your adults. Post the lists where you can see them. When your parents say it is time to play independently, you will have so many choices!
- Courses in self-control, calming for sleep: kidevolve.com/creative-mind-journeys
- Prana Breath is a free app for guided breathing: take a breath
- Put your worry in the bubble and watch it float away: pixelthoughts.co/
- Make your own routine chart: routine chart

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Creative

- Make mandalas out of loose parts like beads, buttons and pom poms
- Draw, paint, make a mosaic
- Make jewelry
- Put on a play

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Math Part 1

- Practice cooking and baking. You can help make dinner and snacks: [instagram.com/rainbowplate/](https://www.instagram.com/rainbowplate/) [Rainbow Plate YouTube](#)
- Try mazes
- Try coding
- Draw a map of your heart, your room, your neighbourhood
- Think about what things you can sort, classify and graph. An ice cube tray is great for sorting. What could you use to make a Venn diagram?
- Practice telling time. If you have a watch, wear it.
- Play with money. Make your own or use pretend money or real money. Create a store. Put prices on everything. You can use stuffies, art that you create or anything you like! Charge people to buy things, make change.

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Math Part 2

- Practice your numbers. Count forwards, backwards by 1s. Skip count by 10, 5, 2 to 100 or 200. Now try backwards! Practice adding, subtracting, multiplying and dividing.
- Print numbers, have a model to copy.
- Try origami
- Make a pattern. Extend a pattern
- Practice estimating. Remember it is okay to not get the exact right answer. The whole point is to take a risk and guess!
- Try measuring things around your house. You can make a chart and write an estimate before you measure with a ruler, meter stick or measuring tape. Start with centimeters!
- Week of Inspirational Math. Jo Boaler is a researcher from Stanford who has shared research that shows growth mindset and math are inextricably linked. The activities all have a low floor and high ceiling which means that they are appropriate and fun for kids of all ages. youcubed.org/week-inspirational-math/

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Writing

- Keep a journal about your days pretend you are writing to a friend or someone in the future
- Write letters to family and friends. Deliver to your neighbours, mail to others.
- Try procedural writing (write the steps of an activity that you know how to do)
- Try persuasive writing (convince someone that something is a great idea)
- Try narrative writing (use dialogue and descriptive writing to tell a story, real/imagined)
- Make lists (your favourite things, things that are red, things that stink)
- Write a poem
- Take photos and write about them
- Build your growth mindset. Think of something you don't know how to do YET and make a plan to build your skills. Everyone who is good at something got that way by practicing.
- Start your own self-directed inquiry. Think of something you are curious about. Think: about what you already know about it and what you want to know about it. Write: your questions down. Research: your answers in books and on the internet. A great resource is NatGeo for Kids: kids.nationalgeographic.com

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Reading

- Read to yourself, to a pet or a stuffy
- Read to someone on the phone
- Snuggle with someone and read, maybe read with a flashlight!
- DEAR Drop Everything And Read, everyone can look at their own book at a certain time or when someone shouts out DEAR!
- Enjoy your regular bedtime book routine (when an adult reads to you)
- Reading Challenge. How many picture and chapter books can you read?
- Recommend favourites and share them with friends. Donate the ones you've outgrown to the book bank.

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Chores

- Do all your usual jobs and see how else you can help out
- Help with cooking (make smoothies, meals, snacks)
- Help to put away dishes
- Help to set and clear the table
- Put away your own laundry
- Sort your toys and donate the ones you've outgrown to kids who need them
- Sort through your books and donate ones less than 10 years old
- Help rake/plant/sweep outside
- Practice your self-help skills like tying your laces, shampooing your hair, using your knife and fork. It is a great time to practice while no one is in a rush.

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Social/Kindness

- Call/Send messages/Video call
- Decorate your front door with inspirational messages
- Check on older people in your family and in your neighbourhood
- If you are in the mood, give someone a big hug
- Tell someone something you appreciate about them or write it in a note
- Interview a grown up about when they were little. Let your curiosity guide you!

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My Ideas

Get creative! Write your own ideas here and share with a friend and hashtag!
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