

Playtime's Guide to Activities Families Can Do Together!







































With schools and Playtime closed in an effort to prevent the spread of the coronavirus, many families are looking for fun and easy ways to keep children occupied in your rooms.


WE GOT YOU! Here are some ideas:

<p>1. Play I Spy with objects seen out your window: "I spy something red!" Take turns picking an object with the other guessing.</p>	<p>8. Make a gratitude list. Have each family member write out or say all of the good and great things about their life. See how many great things there are.</p>
<p>2. Take turns telling a story. Parent starts with, "One day, I was walking down the street and saw a flying dragon! She came up to me and said..." The next person adds a sentence. Keep going around, one sentence per person, until the story is complete.</p>	<p>9. Name as many animals as possible that start with each letter of the alphabet.</p> <p>10. Count as high as you can by taking turns. You say "1" and the next person says "2" and you say "3," etc. If someone messes up, you have to start over.</p>
<p>3. Create your own nature scavenger hunt. Go outside to the playground or park. Ask your children to find as many signs of spring as they can. Count the different blossoms! (Note: Bring antibacterial wipes if you allow your children on the equipment during the pandemic—it's not recommended, sadly).</p>	<p>11. Meditation. Whenever you feel bored, sad, or restless, try this meditation: Breathe in through your nose for 7 seconds and breathe out through your mouth for 11 seconds. Imagine yourself in your favorite place while doing so. Repeat as many times as you would like. You can do it together as a family meditation.</p>
<p>4. Each family member writes the name of a famous person down on a piece of paper and sticks/pins it on the back of another family member without them seeing. Each person has to take turns asking questions about who they are ("Am I a man? Am I a singer?") The first family member to guess who they are wins!</p>	<p>12. Emotions guessing game. Cover your face and then slowly reveal it to show your face looking happy, excited, sad, worried, angry, frustrated, etc. Have your child guess what the emotion is and then make their face match. Talk about why you might feel that way. This is a great way to build "emotional vocabulary" and "emotional intelligence."</p>
<p>5. Go "camping" indoors by making a blanket or pillow fort, using flashlights, eating snacks, and maybe even telling ghost stories.</p>	<p>13. Positive Affirmations. Stand in front of the mirror and say kind words to yourself. "I am strong and unique." Take turns giving compliments to each other.</p>
<p>6. Play "Animal Guessing." Each family member takes turns thinking of an animal and everyone can only ask "yes" or "no" questions until they guess the correct animal. ("Can this animal fly? Does it have fur?") Then it's the next person's turn.</p>	<p>14. Unfortunately/Fortunately: Start a story, like "Once upon a time there was a girl who took a walk in the woods and saw a giant. <i>Fortunately</i>, she had a ladder so she could climb up a tree," and then the next family member starts with, "<i>Unfortunately</i>..." Take turns to keep the story going.</p>
<p>7. Play "Simon Says" or "Red Light Green Light." These games are great for teaching impulse control, following directions, and for exercise!</p>	<p>15. Family Meetings. Find 5 or 10 minutes to sit down as a family and discuss everyone's feelings. Share a "high" of the day (something good) and share a "low" (something that made you upset).</p>

Free, Educational Apps for Kids (that can be played on your phone)

<p>PBS Kids (free movies and games) or “Breathe Think Do” App from Sesame St.</p> <p>Khan Academy Kids (Creative learning activities)</p> <p>CodeSpark Academy (Coding for 4-9-year-olds)</p> <p>Funbrain Jr. (Problem solving app for preschoolers)</p> <p>Poptropica (Storytelling for 6-12 year olds)</p> <p>Epic (Digital library App free for 30 days): https://www.getepic.com/</p> <p>YouTube: Just Dance videos, Cosmic Kids Yoga or Brain Breaks (for exercise!)</p>	<h3>Neighborhood Treasure Hunt</h3> <table border="1"> <tr> <td> TREE</td> <td> CAR</td> <td> FLOWERS</td> <td> MAIL BOX</td> </tr> <tr> <td> AIRPLANE</td> <td> NEST</td> <td> BUTTERFLY</td> <td> CLOUDS</td> </tr> <tr> <td> BUMBLE BEE</td> <td> BUGS</td> <td> BABY</td> <td> BIRD</td> </tr> </table>	 TREE	 CAR	 FLOWERS	 MAIL BOX	 AIRPLANE	 NEST	 BUTTERFLY	 CLOUDS	 BUMBLE BEE	 BUGS	 BABY	 BIRD
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D.C. Public Schools is providing free meals from 10 a.m. - 2 p.m. until at least April 24 at these locations:

<ul style="list-style-type: none"> • <i>Anacostia High School, 1601 16th Street SE</i> • <i>Ballou High School, 3401 4th Street SE</i> • <i>Banneker High School, 800 Euclid Street NW</i> • <i>Brookland Middle School, 1150 Michigan Avenue NE</i> • <i>Cardozo Education Campus, 1200 Clifton Street NW</i> • <i>Columbia Heights Education Campus, 3101 16th Street NW</i> • <i>Coolidge High School, 6315 5th Street NW</i> • <i>Eastern High School, 1700 East Capitol Street NE</i> • <i>Jefferson Middle School, 801 7th Street SW</i> • <i>Kelly Miller Middle School, 301 49th Street NE</i> • <i>Kimball Elementary School, 3375 Minnesota Avenue SE</i> • <i>LaSalle-Backus Education Campus, 501 Riggs Road NE</i> • <i>McKinley Education Campus, 151 T Street NE</i> • <i>Stanton Elementary School, 2701 Naylor Road SE</i> • <i>Walker-Jones Education Campus, 1125 New Jersey Avenue NW</i> • <i>Woodson High School, 540 55th Street NE</i> <p>For the latest updates, visit: https://dcps.dc.gov/</p>	<p><u>Parent Pro Tip</u></p> <p>Have your child help you write a schedule for the day. Check off items on the schedule together as you do them. Knowing what to expect and what comes next is very comforting for kids, especially when routines are disrupted.</p> 
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For the latest official updates on the coronavirus in D.C., visit: <https://coronavirus.dc.gov/>

If you need to reach Playtime with any questions or concerns, email: info@playtimeproject.org

Stay safe and healthy and ask for help when you need it.

Playtime misses you very much!

Playtime Helps Children Rise

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