

Issue #2

Playtime's Guide to Activities Families Can Do Together!



We hope you are staying safe and healthy during this difficult time. Here are some fun and easy ways to reduce stress and keep children occupied in your rooms while the nation is sheltering in place.

<p>1. Play indoor “hide and seek.” Designate a counting spot in your space for the person who’s “it” to count and someone else hides themselves or an object. This activity can be done multiple times.</p>	<p>8. Play the quiet game. See who can be silent the longest. Use this as a fun challenge while you do activities together.</p>
<p>2. Use daily “brain break” physical challenges throughout the day. Challenge your children to do a specific number of physical movements. For example, the family forty: “I want to see 40 jumping jacks.” Add a timer for an extra challenge.</p>	<p>9. A tournament of “Rock-Paper-Scissors” is a fun way to stay active and alert. On the word <i>scissors</i> each player makes the shape of a rock, paper, or scissors with their hand. Rock beats scissors, scissors beats paper, and paper beats rock.</p>
<p>3. Create a “floor lava” experience. Pretend that the floor is hot lava and challenge your child to be creative while getting from one part of the room to the other.</p>	<p>10. Play silent “I do, You do.” Someone is the leader and models movements to be copied. Be silly and creative. See who starts laughing first.</p>
<p>4. Dance together as a family. Play Freeze Dance or challenge each family member to come up with their best choreography for their favorite song and have a family talent show. Or, each morning, let your child pick a song of the day.</p>	<p>11. Photo Flash: draw from memory. Hold up an object or a picture for 20 seconds. Once the 20 seconds is up, hide the item, and everyone draws the item from memory. After 5 minutes, compare the drawings with the item to see what everyone drew.</p>
<p>5. Play “hot potato” while playing music. Use a small ball or even rolled up socks as the “potato” and pass it around. When the music stops, the person holding the “potato” is out.</p>	<p>12. Mystery Socks: Choose 5 to 10 socks and small objects. Hide one object in each sock. Let each person feel the sock, but no peeking inside! Assign each sock a number and have the kid(s) write the number on a piece of paper. Then have them write down their guesses on the paper. Slowly reveal the hidden objects and see who guessed correctly.</p>
<p>6. Practice juggling. Find 2 to 3 small items and practice juggling those items with your child. Challenge each other to see how long you can keep the items in the air.</p>	<p>13. International scavenger hunt: Challenge the kids to come up with a list of items, such as clothing and toys, from around the room and guess in what country they were made.</p>
<p>7. Schedule special, yet random, activities during the day. For example, have a “snuggle and read” session for 30 minutes in the middle of the day or a “pause and breathe” session while doing a difficult task.</p>	<p>14. Color scavenger hunt: Challenge the children to stay in one location (on the bed or chair) and find every color of the rainbow around the room. This can be played as “I Spy,” too.</p>

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

Children Ages 0-4	Children 5-7	Children 8+
<p>ABC Mouse - An Interactive learning app</p> <p>Storyline Online - A library of read-aloud videos</p> <p>Other Goose - A 3-week free access to learning materials centered around play</p> <p>Duck Duck Moose - Fun learning games for young children</p> <p>Lego Duplo Train - Learn numbers and put trains together</p>	<p>DuoLingo - A fun language learning app</p> <p>Go Noodle - Movement and mindfulness videos that provide physical, academic, and social-emotional tools</p> <p>Phonics Ninja - A literacy game for learning sounds</p> <p>BrainpopJr - Lessons and games on different school subjects</p> <p>Beanstalk - Interactive online classes</p>	<p>Hippo Campus - Middle and high school video classes</p> <p>Go Noodle - Movement and mindfulness videos that provide physical, academic, and social-emotional tools</p> <p>Brainpop - Lessons and games on different school subjects</p> <p>PopTropica - A create-your-own story game</p> <p>Marco Polo Learning - A learning app with interactive cartoons and videos</p>

No Wifi/Data Plan Needed

- **Busy Shapes** for children ages 2+ (Sorting puzzle game)
- **Fiete Math** for 1st grade and preschool (Basic math concepts)
- **Thinkrolls** for ages 5+ (Adorable physics platformer creates little problem-solvers)
- **Toontastic 3D** for ages 6+ (Easy animated story creator with new 3D graphics)
- **Zoombinis** for ages 8+ (Save cute creatures with fun, complex puzzles)



Tips for Parents

Parents have the most important and challenging job in the world: raising children and supporting your family during a time of crisis. Here are ways you can care for yourself so you can best support your kids:

1. **It's OK to ask for help.** Even the best parents and caregivers get overwhelmed and need support.
2. **Model for your children** how to calm yourself down and manage difficult emotions. "I'm feeling frustrated; I'm going to take deep breaths to calm down so I can think more clearly. I need your help giving mommy some quiet time."
3. **Think in advance of a family member or friend** that you can call if you are in a parenting crisis, and if you don't have someone or can't reach them, call one of the numbers below instead:

National Parent Helpline Monday to Friday 1pm-10pm EST: 1-855-427-2736

DC Mental Health Access Helpline: 24 hours a day: 1-888-793-4357

SAMHSA's National Helpline: Free, confidential support and referrals to wellness support including counseling: 24 hours/day: 800-662-HELP (4357)

Computers are Coming!

GOOD NEWS: DCPS is receiving funding now to provide technology for students who need it for Distance Learning. Ask your child's teacher or school when your student can expect to receive a computer.



If you've found this guide helpful or have ideas for future editions, please contact us at: info@playtimeproject.org

Stay safe and healthy and please ask for help when you need it!

Playtime Helps Children Rise

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