

Brain & Body Boosters: Online Resources for families learning from home

This list is a collection of activities, strategies, suggestions and resource links that the staff at CPCC EarlyON have been (and are) collecting for use by all parents and caregivers who are exercising caution by social distancing and staying at home. This is a LIVING document... and by that we mean it will change day by day as we find cool stuff to add.

Each day, we will share one or more of these Brain and Body Boosters to our Social Media channels. You can follow along at home, or pop by this page on our website to choose your own activity(s) for the day. Enjoy!

If you have an idea that you think should be included, email us at earlyyears@cp-cc.org and we'll try to add it to the list for other families to use.

Scheduling & Timetables

Plan to succeed during unscheduled time at home with the kids! Work with the kids to set-up a schedule each day. Include indoor & outdoor play, educational activities & downtime. Not sure where to start?

Here's a sample timetable we found to give you some ideas. ([Download timetable](#))

Here's another, from Khan Academy, broken down by grade level: ([View Khan Academy Timetables in Google Docs](#))



Time	Activity	Notes
Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJs in laundry
9:00-10:00	Morning walk	Formal walk with the dog, Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magazines, drawing, crafting, play music, cook or bake, etc.
12:00	Lunch	
12:30PM	Chore time	A- Wipe all kitchen table and chairs B- Wipe all floor surfaces, light switches, and door knob C- Wipe out bathroom - toilet and toilet seat
1:00-2:30	Quiet time	Reading, coloring, etc.
2:30-4:00	Academic time	ELECTRONICS OK iPad games, Photos, Educational show
4:00-5:00	Afternoon fresh air	Block, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Parent Strategies

- Having trouble teaching your littles about germs? This video is a great visual of why hand washing is so important. [You could watch it together here](#) and then recreate the experiment.
- Brainstorm activity ideas with the children. Start with a main list then choose activities in morning and afternoon from the list. Try to give the children choices.
- Put some of the toys away and rotate them, bringing out “new” toys when children get bored.
- Include “break time” in the schedule. Children can play in their room, sit and read, etc apart from one another to re-energize/re-group. Adults to also have that “break time”.
- Set up a “chill zone” for family members to pull out and calm or be alone.

Parent Strategies

- Parents and Grandparents can think of the games they played when they were children. (hopscotch, skipping, hangman, x's and o's, I Spy, Boxes, etc.)
- Think of stories you enjoyed through childhood. Share with your children.
- Try to catch your children doing positive things and acknowledge positive behaviour and kindness.
- Video chat or Skype with relatives and friends near or far.
- Make meal prep a together time at least once per day; have the children help gather, measure and clean up.
- Include family meals and game time as part of your schedule.

Activities - Indoor

- Work with the kids to make a poster of proper handwashing. Take a photo and send this to friends and family.
- Make a family flag and put it outside. Encourage other friends and take a walk to see what they look like.
- Use painters tape in the house to make roads for a "city". Decorate/add Houses and buildings made with boxes, etc.
- Waterplay at the kitchen sink. Turn chairs around and pile towels under to catch the drips. Add plastic dishes, dolls, cars, plastic animals, etc. to play with.
- Make sock puppets with odd socks and loose parts – put on a puppet show
- Make a cardboard box fort
- Make a tent under the table with sheets as walls; take in the couch cushions for furniture
- Create an indoor scavenger hunt
- Coloured bubble baths
- Start collecting clean empty boxes and bottles; start your own store
- Paint a cardboard box
- For older children, use printer paper, construction paper or even newspaper to create lots of great folded fun. Go to [YouTube](#) for some ideas
- When is a kitchen tool NOT a kitchen tool? When its a painting tool! Let the kids get artistic with paint, paper/cardboard and some spatulas or wooden spoons.
- Card games – Here is a link to some simple [Card Games for Kids](#)
- Do a movie night, complete with popcorn and snuggle cushions on the floor
- Do a dance party - do "freeze dance" or copy dance video moves
- Play hot potato
- Broken Telephone
- Have a ball this break and stay active & creative around the house. Here are four fun ways to use a ball indoors:
 1. Laundry basketball- Grab an empty laundry bin and shoot some hoops!
 2. Hot potato – A classic the whole family will love. Try having the "out" person make a funny faces or do a silly dance to extend game time.
 3. Box or bottle bowling – Line your recyclables up and knock them down!
 4. Create a maze – using house hold objects create a path to role your ball through! You can even create tunnels out of construction paper.

Activities - Food

- Set up a family room picnic, complete with blanket, basket, sandwiches and so on. (Ants optional)
- Indoor camping (sleeping bags, table tent, flashlights and smores)
- Geometry meals – decide that today, we’re only eating triangles (circles, squares...)
- No touch meals (none of the food on the plate can touch)
- All mixed up days (ALL of the food has to touch)
- Snack night for supper – all have to be healthy
- Make your own trail mix (search for recipes on line – be creative if you don’t have all the ingredients)

Activities - Outdoor

- Gather sticks and make a picture or the alphabet with the sticks. Create secret messages and words on the ground. See if you can make a mandella with found objects.
- Take some chalk on a walk with you and start a mural on a common sidewalk. Leave some chalk and print an invitation for others to add to the mural. Come back to visit each day to see what others have added. If it rains, start another mural when the sidewalk dries.
- Paint a fence with water
- Make and hang a bird feeder from a pop bottle
- Target practice with a water gun on a fence
- Play keep up with a ball or balloon – see how long you can keep it in the air
- Take a walk and map your neighbourhood (Better for ages 6-12)
- Take a collection walk – gather sticks, acorns, leaves, stones for crafting later on. Remember to respect other peoples property.
- Take a walk at your favourite park or trail.
- Make up a scavenger hunt and go on a nature walk with a bag to find all of the items.
- Collect sticks or stones and bring them home. Put them in rows, classify according to size, length, big and small, etc.
- Print a message to neighbours on the end of your driveway. Make them smile.
- Take your bikes and riding toys to the parking lots and large areas in the neighbourhood. Take some chalk to draw roads, parking spots, etc.
- Whether it’s taking a walk, going on a scavenger hunt or riding your bike, spending time outdoors is a great [#brainandbodybooster](https://bit.ly/2WI9TrI) for the whole family. Getting out is not only fun but good for you too! Spending time in a natural environment has been proven to help boost your immune system, mood, memory, creativity and sleep! For more information check out the link below:
<https://bit.ly/2WI9TrI>

Games – Indoor

- Play “Is it bigger than a breadbox?” One person chooses an item and writes it down on a paper, then everyone else takes turn asking descriptive questions to help figure out what it is. Challenge yourselves to figure it out in 10 questions or less
- Laundry Basket and a ball... put the ball in the basket 3 times (For very young children)

Games – Indoor

- Collect colours – someone yells a colour and everyone gets a minute or two to look around the room you are in and see how many things of that colour that they can list. Extra points if you pick something no one else thought of. DO the same with shapes.
- Do a stacking cup relay: Two players: set up stations where each player has to stack the cups in a tower before moving to the next station. First one to complete all the stations wins.

Creative Play – Sensory

- Bathtime for all your plastic animals: gather them up and wash with soap and water.
- Home made play dough – make it, colour it and then play with it
- Wash a window (spray bottle and squeegee)
- Swing set memory game (outdoor on the swing for very young children) – use this fun game to build memory capacity. Choose 3-5 words that make sense together (car, truck, train, plane, bike). Put your little one on the swing and as you push them say the first word. Ask them to repeat it back to you. On the second push, add a second word to be repeated. Add a word with each push or two, giving them time to work on remembering the sequence before adding new words.
- Make posters or artwork by cutting pics from old magazines, newspapers or flyers and pasting them on paper.
- Have your kids do drawings or letters for seniors in your area (nursing home, seniors centre) – find the email address for the centre, take pics of the art or letter and email it for the residents.
- Colour your pasta – Food colouring, alcohol and a container... then use the colourful pasta to make art or jewellery

Links to Learning:

- [Scholastic Learn At Home](#): Day-by-day projects to keep kids reading, thinking, and growing. Kids can do them on their own, with their families, or with their teachers. Just find your grade level and let the learning begin!
- [Caledon Public Library - Digital Library](#) Register today for a [Temporary Instant Card](#) and get immediate access to the library's digital resources and place up to 10 holds on any library items. Caledon Public Library offers online resources for all ages, including eBooks, eAudiobooks, digital magazines and newspapers, streaming platforms and research tools!
- [Kahout Study at home](#) – A website that offers online learning for children. Some of their resources are free.
- [The Cincinnati Zoo & Botanical Garden](#) is closed to the public right now but offering “Home Safaris” broadcast live on Facebook.
- [Indoor Activities for Kids](#) Silly, outside the box activities for kids of all ages. Some might need to be modified for really small children. Includes physical literacy, fine motor and opps for colour matching too!
- [San Diego Zoo Live Cams](#) Penguins and Condors and Panda’s – Oh my! Click on the link to see live cam feed from the San Diego Zoo.
- [Visit The Surface of Mars](#) Access Mars offers you a chance to take a tour of the planet!

- [A Bunch of Munsch- Great Stories for Kids!](#) This is just one example of all the great stories you can access on YouTube. Check it out.
- [Virtual Farm Food Tour](#) A website with links to YouTube videos featuring 360 degree “Drag and view” technology allowing you to look around as you listen to information about the various locations. (May be more suitable for kids 6-12 years of age)
- Indoor activities for busy toddlers ([Click Here](#))
- Visit Joe Wicks as he does PE lessons for kids ([Click here](#))
- YouTube channel featuring Celebs reading to kids ([Click here](#))
- Switch Zoo Animal Games ([Click Here](#))
- Fun, Games, Recipes and Crafts ([Click here](#))
- Voice based e-learning tools ([Click here](#))
- Fun kids activities like kids crafts, worksheets, coloring pages, printable mazes, dot to dot, hidden pictures and more. ([Click here](#))
- Virtual Tours ([Click here](#))
- 8 Museums you can tour virtually ([Click here](#))
- Stream the Northern Lights ([Click here](#))
- Make A Cool Dome out of Cardboard ([Click here](#))
- Digital Harry Potter themed escape room ([Click here](#))