

Activity Ideas for Children During Social Distancing

From Boston Medical Center's team of Child Life Specialists

Preschool

- Sensory play (rice, container, cups, and spoons)
- Easy to make goo/slime (2 cups cornstarch, 1 cup water, add food coloring if you would like to make it colored)
- Make music by using your pots, pans, spatulas, spoons, and other kitchen items
- Choose a story and read a book aloud
- Choose items to use for a scavenger hunt and hide them around the house. If it's a nice day, take it outside for more fun!
- Put on your favorite music and have an at-home dance party!
- Paint with water
- Do some yoga

School-aged

- Choose items to use for a scavenger hunt and hide them around the house. If it's a nice day, take it outside for more fun!
- Choose a story and read a book aloud
- Write loved ones letters or draw cards
- Play your favorite board games or create your own!
- Write and illustrate your own story
- Stay connected with friends and peers from school through Facetime
- Craft recycled art with items around the house
- Cook your favorite recipe or learn a new one
- Hold a movie night
- Put on a play, dance show, concert, or karaoke
- Do some yoga
- Create an obstacle course

Teen

- Create stop motion videos
- Complete a puzzle
- Cook your favorite recipe or learn a new one
- Play your favorite board game or create your own!
- Write and illustrate your own story or journal entry
- Make a collage with your favorite pictures
- Hold a movie night
- Take a walk or hike to explore the outdoors
- Write loved ones letters or cards
- Do some yoga
- Discover some new music
- Put on a play, dance show, concert, or karaoke
- Create an obstacle course
- Stay connected with friends and peers from school through Facetime

Additional Resources:

- [Scholastic](#) (educational plans by grade level)
- [Monterey Bay Webcam](#) (24-hour live cam of sea mammals)
- [Smithsonian National Zoo Webcam](#) (virtual visit to the zoo)
- [Space Racers](#) (activities and lesson plans)
- [Ranger Rick](#) (crafts, activities, and recipes)