

## Managing Self-Isolation with Children

### Activity Ideas

For information about how to prepare for coronavirus, visit <https://www.redcross.org.au/coronavirus>

For a list of educational companies offering free subscriptions due to school closures, visit <https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

For information about how to support children who are feeling anxious due to coronavirus or self-isolation, visit:

- <https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx>
- <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

For more resources around disasters and supporting children, visit:

- <https://www.redcross.org.au/getmedia/4cf85fb0-9ab3-43c6-91ac-f04056666da4/2018-01-01-Get-Ready-Kids-NEW-Screen.pdf.aspx>
- <https://www.redcross.org.au/getmedia/60d44951-875d-43c7-8415-1fee678ce1a1/helping-children-and-young-people-cope.pdf.aspx>
- <https://www.redcross.org.au/CMSPages/GetAmazonFile.aspx?path=~\australianredcross\files\63\63036b9a-98fd-4cf0-910f-197ef64293a7.pdf&hash=6c6bd2de62ea8836467f468acedf9564c4c7ffe93548ad598397fa1aa1d2ae19>
- [https://www.cdc.gov/cpr/readywrigley/documents/RW\\_Coping\\_After\\_a\\_Disaster\\_508.pdf](https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf)

#### Activity ideas for self-isolation, school closures, social distancing, and any time:

- Build a fort out of blankets, pillows and furniture.
- Have children pick a topic they'd like to learn about and spend 30 minutes each day on that topic.
- Read together.
- Crayon rubbing – give children a piece of paper and rub crayons over it on different textures in the house.
- Bake something every day.
- Play dress ups.
- Have children write a letter or emails to a different friend or family member each day or start a diary.
- Build one giant structure out of toys.
- Races of various kinds in the backyard (hopping on one foot, crabwalk, walking backwards, etc.).
- Chalk drawings on the cement.
- Try stop motion animation with playdough.
- Facetime family members.
- Make sketches or lists of the plants and wildlife (from bugs on up) in your yard.
- Draw self-portraits.
- Learn about tourist attractions in different parts of the world.
- Hide an item and make a treasure map around the house.
- Learn the parts of plants/flowers and how they function (bonus if they learn the Latin names).
- Write a short story and illustrate it together.
- Learn a new skill like braiding, sewing, or knitting.
- Learn how to meditate, do yoga and/or stretch.
- Get active - Zumba or Dance-along videos on YouTube
- Prepare a picnic with the children in the back yard.
- Learn about how something is made and try it for yourselves like paper, stuffed toys, hand puppets, or sushi.
- Have the children help with yard work in between playing games outside. They're little, but they like getting dirty and "working" in the gardens.

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- Play board games, card games, puzzles – or create your own.
- Learn how to do a magic trick and practice.
- Have a campout in the loungeroom – use a tent or blanket, torch, snacks, books, and pillows.
- Have a shadow show in the reading tent using hand puppets, cardboard cut outs or hands.
- Get binoculars and learn about the birds near your house, look them up on google and search for their birdcalls on YouTube.
- Let the kids go wild with textas and cardboard boxes.
- Watch all the hand washing videos & vote on your favourite. Discuss why each good, helpful, funny. The Holderness parody one is hilarious, the Vietnam Tiktok one is great choreography, some have good songs etc. Try and make your own handwashing video.
- Pick your favourite song with a 20 second refrain or verse perfect for hand washing length of time.
- Take the time to clean up and organise the children's space. Make a donation box.
- Any and all art and craft available at home: beading, painting, drawing, macaroni art, play dough or kinetic sand, sewing, etc.
- Check out kid's science experiments on YouTube and try a few.
- Give the dogs a bath and brush.
- Have the children help with cleaning tasks around the house – cleaning and washing cars, mowing the lawn, housework.
- Have a movie marathon complete with popcorn.
- Have a glowstick party or a disco with the children's favourite music.
- Listen to child podcasts like story pirates and smash boom.
- Study planets, then have the children create their own planets – how big is it, where in the universe is it located, atmosphere conditions, can it sustain life, how long is a day/year, name it, etc.
- Design a new space craft, draw plans, then create out of legos or household items. Spend some time pretending you're on different planets with different gravity.
- Learn about animals, geography, body systems, historical events/time periods, etc. and go on imaginary adventures that are linked to your learnings.
- Go through cabinets and figure out recipes for weird and interesting items.