

Social Distancing Activities

MORNING MOVEMENT

WALK
YOGA
STRETCH
DANCING
MOVE LIKE AN ANIMAL

ACADEMIC

READ ALOUD
SING SONGS
SCIENCE EXPERIMENTS
SINK OR FLOAT OBJECT
EXPLORATION
LETTER/NUMBER
RECOGNITION
NAME WRITING
GAMES
TRACING
MEMORY
LETTER OR NUMBER
MEMORY
SORTING
MEASURING
BOGLE JR.
SOCK MATCH
HI-HO CHEERIO
COLOR HUNT
FIND YOUR NAME
SHAPE MATCH
EGG NUMBER MATCH
"WRITE & ILLUSTRATE" A
STORY
ABC HUNT AROUND THE
HOUSE (LABEL POST-ITS
A-Z)

INDOOR GROSS MOTOR

BUILD A FORT
PLAY HOT LAVA
WASHING TOYS IN SINK
LETTER HOPPING
BUILD A FORT (ADD
SOME BOXES!)
KICK THE CUP
FASHION SHOW WITH
ADULT CLOTHES
OBSTACLE COURSE
HIDE & SEEK

CREATIVE & FINE MOTOR

ART
WATERCOLORS
FINGER PAINT
Q-TIP PAINTING
SENSORY PLAY
DRY OATMEAL OR RICE
SENSORY BIN
SHAVING CREAM PLAY &
LETTER PRACTICE
BAKING
BEADING
COLOR ON AMAZON
BOXES
PUZZLES
LEGOS OR MAGNETILES
PLAY-DOH
MAKE SLIME
STICKERS
MAKE A SMOOTHIE
WATER PLAY IN THE
SINK
CUTTING PRACTICE
CIRCLE PAINTING WITH
TP ROLL
MIDDLE OF THE DAY
BATH - SHAVING CREAM
OR PAINTING IN TUB
BUILDING WITH
TOOTHPICKS &
PLAYDOH
CHEERIO CATERPILLARS
(CHEERIOS ONTO PIPE
CLEANERS)
CUTTING SPAGHETTI
PRACTICING WITH
TONGS

SCREEN TIME

VOOKS
SCHOLASTIC KIDS
BRAINPOP
KHAN ACADEMY
WEE PUZZLES
WRITING WIZARD
READER
OTHER GOOSE

CHORES OR ONGOING PROJECT

WIPE CABINETS/
APPLIANCES
PICK UP TOYS
LAUNDRY- COLLECT
FROM AROUND THE
HOUSE, HELP SORT
CLEAN CLOTHES BY
PERSON
ORGANIZING
TAKE OUT GARBAGE
SORT RECYCLING
SORT CLEAN UTENSILS
FROM DISHWASHER
DIY PROJECTS
LONG TERM PROJECTS-
BUILDING SOMETHING,
PAINTING SOMETHING

OUTDOOR GROSS MOTOR

WALK
HIKE
YOGA
NATURE SCAVENGER
HUNT
GARDENING
CHALK
BIKE/SCOOTER
SANDBOX
WATER TABLE
OUTDOOR TOYS
SWING SET
SOCCER
T-BALL
BEAN BAG TOSS
BUBBLES
MOVE LIKE AN ANIMAL
HOPSCOTCH
ROCK PAINTING
WASHING TOYS
TAG
PLAY CATCH
WASH THE CAR