

RECREATION: THINGS TO DO AT HOME

ARTS & CRAFTS:

- Drawing/colouring/painting
- Make jewelry
- Make a scrap book
- Learn a language
- Make a bird feeder

SPORTS(MODIFIED):

- Juggling
 - Hands
 - Feet
 - With equipment (hockey stick, tennis racquet, etc.)
- Soccer (use cones or shoes as a goal)
- Hockey (use cones or shoes as a goal)
- Basketball (use a basket or hamper as a hoop)
- Tennis (hit a ball against a wall – in a garage or in backyard)

GAMES:

- Board games
- Card games
- Puzzles
- Video games

MORE...

- Wash your car
- Read
- Garden
- Play an instrument
- Spa Time
- Indoor picnic or patio picnic

ADDITIONAL IDEAS TO DO WITH YOUR KIDS:

- Hide and Seek
- Build a fort
- Blow bubbles
- Make your own Hopscotch
- Chalk draw on driveway/sidewalk
- Collect and paint rocks
- Make playdough
- Indoor bowling
- Build obstacle course
- Scavenger hunt
- Make cookies/treats together
- Camp in the backyard
- Play with Lego
- Tie dye
 - Shirts
 - Eggs

TRY SOMETHING NEW!



SPORT & REC