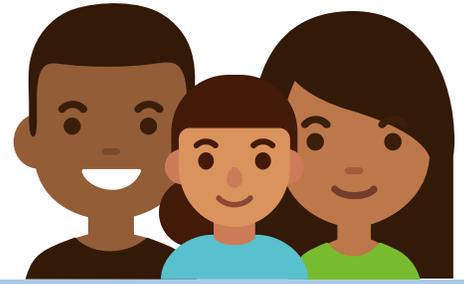


Safe Family Activities To Do During A Pandemic

Exercise and fresh air is an essential part to cope with stress during this difficult time with COVID-19. Here are some safe activities you can do with your loved ones.



GO OUTSIDE AND PLAY RESPONSIBLY

- Enjoy nature walks with your family- It's important that all guidelines from state and local health officials, such as social distancing (at least 6 feet from others) and practicing good hygiene, are still followed. Avoid public parks.
- Join your children outside for a game of hide and seek, kick the can, or a scavenger hunt around the neighborhood.
- Take your dog for a walk, go for a jog and take a bike ride.
- Create an obstacle course with toys and games from your garage or in your backyard.



EXPLORE MORE INDOORS

- Play indoor games such as: Simone Says, Duck Duck Goose, or Follow the Leader. Older children can play "I Spy," charades, or indoor bowling or make up new games!
- Try cooking a new recipe or make dinner as a family: find recipes and tips for cooking with children safely.
- Get the creativity flowing. Give your kids art supplies such as crayons, colored pencils, markers, or paints.
- Family game night. Hold a monopoly tournament, chess, bingo or take that puzzle off the shelf.



COMPUTER FUN

- Challenge yourself with computer games at PBS Kids.
- Are your children missing their school friends or other family members? Set up a virtual playdate with their friends or connect with family members living afar via video chat.
- Set aside time each day to engage children with free, hands-on learning activities that foster creativity from credible websites.
- Search YouTube for video tutorials on how to draw, learn a foreign language, or how to make those repairs you have been putting off.
- Pop some popcorn and cuddle up for a movie marathon.

