



BEHAVIOR @ HOME

Activities to Keep Kids Engaged at Home

Many parents are finding themselves at home all day and may be running out of ideas to do at home to keep their kids engaged. Activities keep kids busy, reduce challenging behavior, and teach skills. It's not always about academics, but activities are important and kids can learn through a variety of activities at home. Join us to learn how activities can reduce challenging behavior and get some ideas about activities you can do at home with your kids. We will cover activities that require parent participation and some that your children may be able to do on their own.

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Hosted by Family Focus Resource Center

https://www.csun.edu/family-focus-resource-center

Activities to Keep Kids Engaged	
<ul style="list-style-type: none"> ✓ Online activities for enrichment and fun ✓ Maintaining connections ✓ Hands-on activities at home ✓ Community activities ✓ Resources 	<ul style="list-style-type: none"> ✓ Plan the day with a mix of online, learning, fun, hands-on, and outdoor activities ✓ Make a schedule and review it ✓ Divide and conquer – mom plays with kids while dad works and then switch
Online Activities for Enrichment	Online Activities
<ul style="list-style-type: none"> ✓ Continue accessing sites your child's teacher has suggested – helps with consistency through summer ✓ Virtual museum tours https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/ ✓ Virtually visit the zoo – daily check in with your child's favorite animal 	<ul style="list-style-type: none"> ✓ Save independent electronic activities for when parents need to attend to other things ✓ Schedule the day – helps your child know when electronics will be available
Maintaining Connections	Notes:
<ul style="list-style-type: none"> ✓ It is important for your child (and you) to maintain connections with family and friends ✓ Schedule time to connect with friends and family with a video chat ✓ Write letters to family and friends ✓ Add calling friends to the daily schedule 	

Hands-on Activities at Home	
<ul style="list-style-type: none"> ✓ Make things – playdough, slime, fun foods, popsicles ✓ Indoor scavenger hunt ✓ Make a fort, have a sleepover in the living room, camp in the back yard, have a dance party ✓ Sensory activities - beans, rice, foam, water play 	<ul style="list-style-type: none"> ✓ Measure, scoop, pour ✓ Paint, chalk, cut and paste ✓ Kinetic sand or water beads ✓ Puzzles and origami ✓ Garden (inside or outside) ✓ At home science projects
Food Activities at Home	Notes:
<ul style="list-style-type: none"> ✓ Try new foods ✓ Have a meal with a theme ✓ Have kids help plan a meal and cook ✓ Bake together ✓ Increase independent skills in the kitchen 	
More Activities at Home	
<ul style="list-style-type: none"> ✓ Read a book as a family ✓ Watch a TV show, movie, or other program and talk about it ✓ Board games ✓ Play a video game together ✓ Have kids help with household projects and chores 	<ul style="list-style-type: none"> ✓ Make everyday activities fun – bath time, bedtime, dinner time ✓ Listen to music ✓ Use different materials ✓ Have a talent or trick show ✓ Outdoor movie night with popcorn
More Activities at Home	Notes:
<ul style="list-style-type: none"> ✓ Make a family scrapbook or time capsule ✓ Map your family tree and craft your own ✓ Make a family vision board ✓ Ask your kids for their ideas about activities they want to do and follow their lead 	
Movement Activities at Home	
<ul style="list-style-type: none"> ✓ GoNoodle ✓ Yoga for kids and families ✓ Take a dance class or just dance ✓ Family exercise class – switch who leads everyday ✓ Use their interests 	

Think Old School		Notes:
<ul style="list-style-type: none"> ✓ What games or activities did you enjoy as a child? ✓ What were your favorite things to do in your neighborhood growing up? ✓ With older kids try things they used to do when they were younger ✓ Pack a picnic for the park ✓ Play catch, frisbee, paddle ball or other simple games ✓ Play tag, red rover, red light green light, Simon says ✓ Scavenger hunt ✓ Fly a kite or go fishing 		
Change it Up		
<ul style="list-style-type: none"> ✓ Take activities on the go for the day ✓ Change the location of common activities ✓ Have breakfast for dinner or eat dessert first 		
Outdoor Activities		
<ul style="list-style-type: none"> ✓ Go on a hike or walk ✓ Geocaching https://www.geocaching.com ✓ Hopscotch or jump rope ✓ Skip rocks at a pond or lake ✓ Ride a bike, skateboard, or scooter 		<ul style="list-style-type: none"> ✓ Water play outside – pools, tubs, sprinklers, hose ✓ Make an obstacle course ✓ Water balloons
Community Activities		
<ul style="list-style-type: none"> ✓ Be a tourist in your community or surrounding communities ✓ Make a list of all the places you have always wanted to visit ✓ Day trips to new nearby places ✓ Parks, trails, ponds, and more ✓ Plan the trip like a vacation 		<ul style="list-style-type: none"> ✓ Think about parks and other locations that are large and possibly not popular ✓ Parks or other areas that are large – room to spread ✓ Bring a blanket and items to create space (cones or markers)

Independent Play	
<ul style="list-style-type: none"> ✓ Make a list of all the activities your child can do independently ✓ Make a schedule ✓ Set a timer and increase the time slowly ✓ Reward independent play ✓ Work from the list to increase the activities they can do by themselves 	<ul style="list-style-type: none"> ✓ Play with them for a short period to set them up ✓ Give them some ideas ✓ Teach them play scenes ✓ Let them know when you will be back to play more
Resources	
<ul style="list-style-type: none"> ✓ Hike Santa Clarita http://hikesantaclarita.com ✓ Accessible Chef Home https://accessiblechef.com/ ✓ The Genius of Play https://www.thegeniusofplay.org ✓ PBS Kids for Parents https://www.pbs.org/parents 	<ul style="list-style-type: none"> ✓ 10 Hobbies and Activities to Enjoy with Your Child with Autism https://www.verywellhealth.com/hobbies-activities-autistic-child-260365 ✓ Cabin Fever? 5 Effective Activities for Students with Autism During Quarantine http://blog.stageslearning.com/blog/cabin-fever-5-effective-activities-for-students-with-autism-during-social-isolation-or-quarantine
Books	Notes:
<ul style="list-style-type: none"> ✓ Idea Book List https://amzn.to/2U51Su9 ✓ On The Nature Trail ✓ Summer Camp Handbook ✓ STEAM Lab ✓ 100 Easy STEAM Activities 	

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Thank you for joining us!

To view past webinars visit:

<https://www.csun.edu/family-focus-resource-center/webinars>

Use this link to access all the resources shared during the presentation along with templates to create your own schedules and visual supports.

<https://tinyurl.com/FFRCBehavior>