

# BEHAVIOR @ HOME

## Activities to Keep Kids Engaged at Home

Presented by Michelle Heid, MA, BCBA

Hosted by Family Focus Resource Center



# Activities to Keep Kids Engaged

- ✓ Online activities for enrichment and fun
- ✓ Maintaining connections
- ✓ Hands-on activities at home
- ✓ Community activities
- ✓ Resources



# Activities to Keep Kids Engaged

- ✓ 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

- ✓ 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



# Online Activities

- ✓ 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

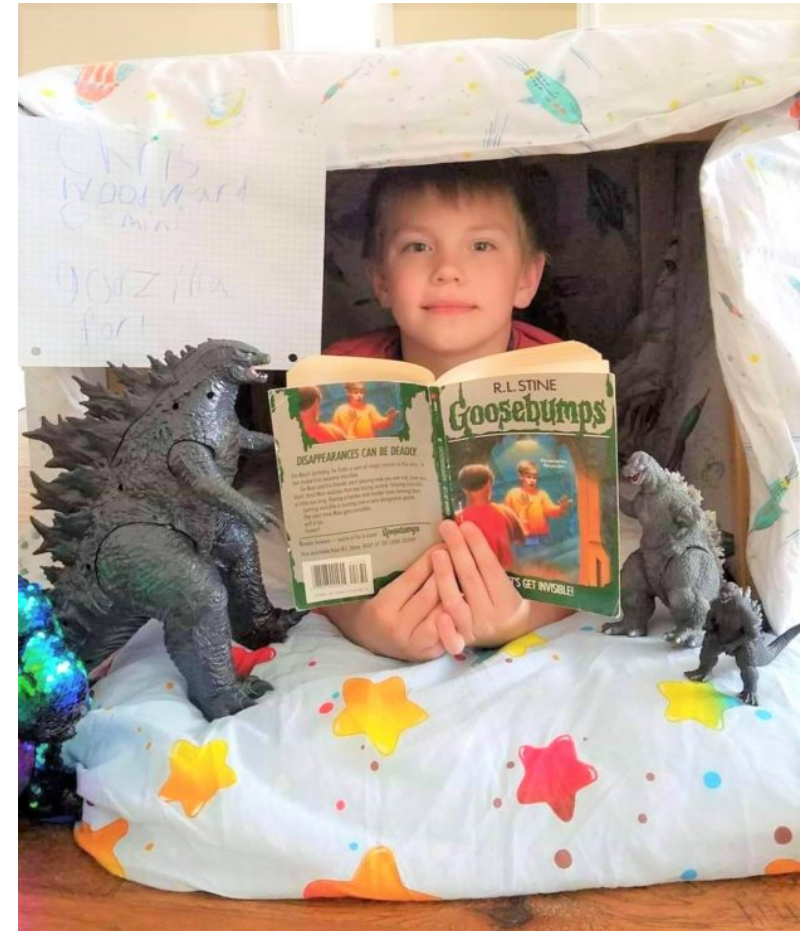
- ✓ It is important for your child (and you) to maintain connections with family and friends
- ✓ Schedule time to connect with friends and family with a video chat
- ✓ Write letters to family and friends
- ✓ Add calling friends to the daily schedule





# Hands-on Activities at Home

- ✓ 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



# Hands-on Activities at Home

- ✓ 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

- ✓ 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

- ✓ 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



# More Activities at Home

- ✓ 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

- ✓ 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

- ✓ GoNoodle
- ✓ Yoga for kids and families
- ✓ Take a dance class or just dance
- ✓ Family exercise class – switch who leads everyday



# Think Old School

- ✓ 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



# Think Old School

- ✓ 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

- ✓ Take activities on the go for the day
- ✓ Change the location of common activities
- ✓ Have breakfast for dinner or eat dessert first





# Outdoor Activities

- ✓ 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



# Outdoor Activities

- ✓ Water play outside – pools, tubs, sprinklers, hose
- ✓ Make an obstacle course
- ✓ Water balloons



# Community Activities

- ✓ 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





# Social Distancing in the Community

- ✓ 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

- ✓ 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



# Independent Play

- ✓ 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

- ✓ 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>





# Resources

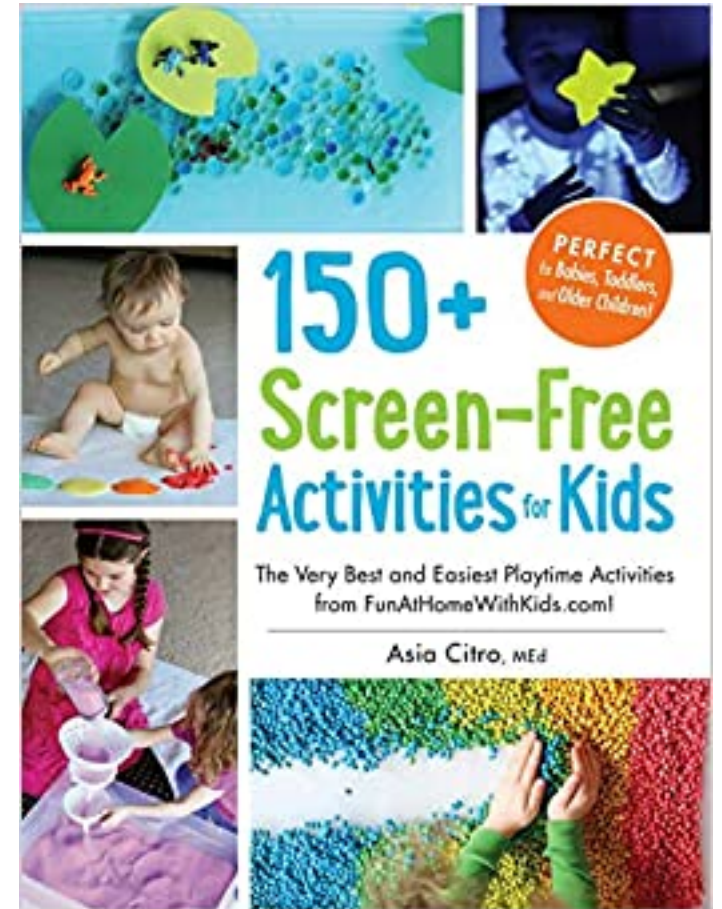
- ✓ 10 Hobbies and Activities to Enjoy with Your Child with Autism  
<https://www.verywellhealth.com/hobbies-activities-autistic-child-260365>
- ✓ Cabin Fever? 5 Effective Activities for Students with Autism During Quarantine  
<http://blog.stageslearning.com/blog/cabin-fever-5-effective-activities-for-students-with-autism-during-social-isolation-or-quarantine>





# Idea Books

- ✓ 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!!

To view past webinars visit:

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

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