

QUARANTINE

WITH

KIDS

@THE DAILY DAD

SERVICE

- MAKE A GET WELL CARD FOR SOMEONE IN THE HOSPITAL
- WRITE A THANK YOU NOTE TO DOCTORS AND NURSES
- READ TO YOUR SIBLINGS
- CALL AN ELDERLY FRIEND AND VISIT ON THE PHONE/FACETIME
- MAKE DINNER FOR THE FAMILY
- WRITE A THANK YOU NOTE FOR THE POLICE AND/OR FIREFIGHTERS
- WRITE A FRIEND A NOTE
- DRAW SECRET SANTA NAMES TO DO SERVICE TO EACH OTHER
- BAKE AND DELIVER COOKIES TO NEIGHBORS OR SOMEONE SICK
- WRITE A THANK YOU NOTE FOR A MEMBER OF THE ARMED SERVICES
- WRITE ENCOURAGING MESSAGES ON THE SIDEWALK IN CHALK
- DONATE UNUSED TOYS/GAMES TO SHELTERS
- CALL/FACETIME YOUR COUSINS

HOUSEWORK

- HELP UNLOAD AND RELOAD THE DISHES.
- PLAN AND HELP COOK DINNER
- HELP SORT THE LAUNDRY
- RACE TO SEE WHO CAN PUT THE MOST SOCKS TOGETHER
- ORGANIZE THE PANTRY AND SET IT UP LIKE A GROCERY STORE
- CLEAN BEDROOM AND TAKE BEFORE AND AFTER PICTURES
- ORGANIZE YOUR CLOSET/DRESSER AND DONATE UNNEEDED CLOTHES
- CLEAN OUT UNDER YOUR BED (YIKES)
- ASK MOM OR DAD TO HELP WITH PROJECT/TO DO LIST
- CLEAN OUT GARAGE/ATTIC

WORKOUT

- DO AS MANY SITUPS/PUSHUPS AS YOU CAN + KEEP A RECORD EACH DAY
- CREATE AN OBSTACLE COURSE IN YOUR HOUSE OR BACKYARD AND RUN TIME TRIALS
- DANCE PARTY: SOMEONE CALLS OUT FAST OR SLOW FOR DANCING
- HOLD A PLANK COMPETITION
- DO FIFTY JUMPING JACKS EVERY HOUR ON THE HOUR (SET A TIMER)
- PLAY SIMON SAYS OR FOLLOW THE LEADER OUTSIDE
- DO FAMILY YOGA/STRETCHING
- GO ON A HIKE/VISIT A PARK

FUN

- PUT ON A SOCK PUPPET OR PAPER BAG PUPPET SHOW
- PUT ON A FASHION SHOW
- DRIVE AROUND THE NEIGHBORHOOD AND PLAY EYE-SPY
- TAKE A QUARANTINE FAMILY PHOTO
- MAKE A QUARANTINE TIME CAPSULE
- HOLD A SALON DAY
- HAVE BREAKFAST FOR DINNER AND EVERYONE WEARS PAJAMAS
- HOLD A BRACKET-STYLE TOURNAMENT FOR A FAVORITE NINTENDO GAME
- MAKE A BLANKET FORT
- WRITE A SONG/MUSICAL AND PUT ON A CONCERT FOR THE FAMILY
- TAKE TURNS DRAWING EACH OTHER
- PLAY BOARDGAMES + CARD GAMES
- HOLD A LEGO BUILDING CHALLENGE
- MAKE UP CHOREOGRAPHY TO A DANCE THEN HOLD A PERFORMANCE
- MAKE A FAKE RESTAURANT WITH MENUS FOR PARENTS

STUDY

- GO STAR GAZING AND LEARN ABOUT THE SOLAR SYSTEM
- READ A BOOK AND COLOR A SCENE FROM THE STORY
- WRITE A GHOST STORY + TELL IT AROUND A MAKE BELIEVE FIRE
- LEARN ABOUT SOMEONE FAMOUS YOU SHARE A BIRTHDAY WITH
- WATCH AN AGE-APPROPRIATE DOCUMENTARY OR HISTORY CHANNEL
- ALPHABETIZE YOUR BOOKS
- GET SCHOOL WORKBOOKS OR DO ONLINE GAMES/CLASSES
- DO A RESEARCH PROJECT THEN TEACH THE FAMILY ABOUT IT
- WATCH A MOVIE ABOUT A HISTORICAL EVENT OR PERSON + DO REPORT
- WRITE IN A DAILY JOURNAL
- MAKE A FAMILY HISTORY TREE
- HOLD A FAMILY SCIENCE FAIR
- RESEARCH FUTURE JOBS/CAREERS AND MAKE PLAN FOR GETTING THERE

SELF CARE

- WASH YOUR HANDS OFTEN
- SCHEDULE DAILY ALONE/QUIET TIME
- IF YOU ARE FEELING UPSET- TAKE FIVE DEEP BREATHS
- MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR + SHARE WITH FAMILY
- SHARE YOUR FEELINGS ABOUT THE QUARANTINE WITH YOUR PARENTS
- MAKE LIST OF THINGS YOU LIKE ABOUT YOURSELF