



PRESENTS

AGE APPROPRIATE ACTIVITIES FOR THOSE  
STAYING IN DURING COVID-19



# QUARANTINE ACTIVITY BOOK

Ideas, activities, humor, and love for families and friends living near New Orleans. We really hope this helps you and those you care about!

[crownofLifenola.com](http://crownofLifenola.com)



**CROWN OF LIFE** | LUTHERAN  
CHURCH

PRESENTS

# QUARANTINE ACTIVITY BOOK

*There's no question that the Coronavirus has brought real concerns to everyone on a global scale, and we are grateful for the people who are working day and night to care for the sick and find ways to prevent further spread of COVID-19. We're also grateful for the decision-making of local leaders who are doing their best to care for the communities for which they're responsible.*

*At the same time, this global moment is having tremendous impact on the day-to-day of families and caregivers in our area, and we wanted to find ways to support them over the course of the affected time. This book is one piece of that effort. We sincerely hope it not only helps you and those you care about pass the time, but that it also brings you closer together.*

*If you have other needs, thoughts, or requests, please don't hesitate to reach out. You can download this book and find other resources at our website!*

[Crownoflifefnola.com](http://Crownoflifefnola.com)

11721 Morrison Rd.  
New Orleans, LA 70128

(504)242-7646

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## Stop Germs! Wash Your Hands.

### When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



### How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



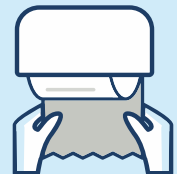
**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310027-A

# FOR THE GROWN-UPS

"I am still every age that I have been.

Because I was once a child, I am always a child.

Because I was once a searching adolescent, given to moods and ecstasies, these are still part of me, and always will be...  
This does not mean that I ought to be trapped or enclosed in any of these ages...the delayed adolescent, the childish adult,  
but that they are in me to be drawn on; to forget is a form of suicide...

Far too many people misunderstand what \*putting away childish things\* means,  
and think that forgetting what it is like to think and feel and touch and smell and taste and see and hear  
like a three-year-old or a thirteen-year-old or a twenty-three-year-old means being grownup.  
When I'm with these people I, like the kids, feel that if this is what it means to be a grown-up,  
then I don't ever want to be one.

Instead of which, if I can retain a child's awareness and joy, and \*be\* fifty-one,  
then I will really learn what it means to be grownup."

*Madeline l'Engle*

## DUMB “DAD” JOKES

*A list of terrible medical puns — bad taste for those with an unenviable role. If you're a dad (or in any way a leader of your household, whether “dad” or not) we want to have your back as you help your family through this. Kids will have questions, grandparents will have fears and worries, and it might seem like it is falling on you to hold things together.*

*You don't have to do it alone. This is a community. If you need a minute, support, ideas, or anything else, please don't hesitate to reach out to us or just head over and talk to a neighbor. It's in moments like these that communities can come together in support of one another and truly shine. You can sign up for pretty quick updates at [kingcounty.gov/covid](https://kingcounty.gov/covid) — worth the time!*

*But if you just need a minute, scroll through these terrible medical puns. There won't be any annoying political posts here like there would be if you scrolled through social media.*

**Artery:** The study of fine paintings.

**Bacteria:** Back door to cafeteria.

**Barium:** What doctors do when patients die.

**Catscan:** Searching for kitty.

**Cauterize:** Made eye contact with her.

**Coma:** A punctuation mark.

**Fester:** Quicker than someone else.

**Genes:** Blue denim slacks.

**Medical Staff:** A doctor's cane.

**Morbid:** A higher offer than I bid.

**Nitrates:** Cheaper than day rates.

**Pap Smear:** Making fun of Dad.

**Pathological:** A reasonable way to go.

**Pharmacist:** Person who makes a living dealing in agriculture.

**Pelvis:** Second cousin to Elvis.

**Recovery Room:** Place to do upholstery.

**Rectum:** Almost killed him.

**Red Blood Count:** Dracula

**Seizure:** Roman Emperor.

**Terminal Illness:** Getting sick at the airport.

**Thorax:** A Dr. Seuss character.

**Triple Bypass:** Better than a quarterback sneak.

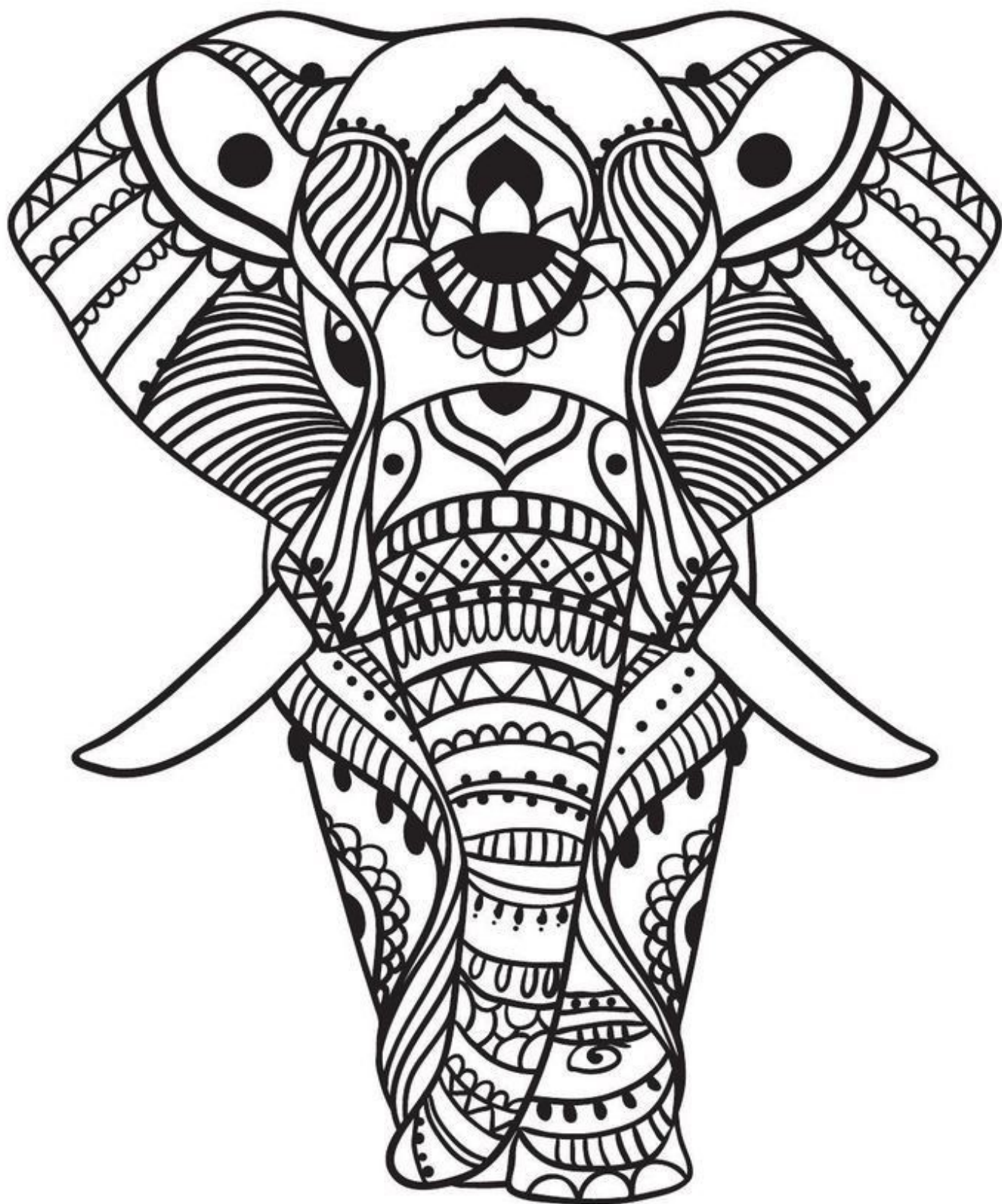
**Tumor:** More than one, an extra pair.

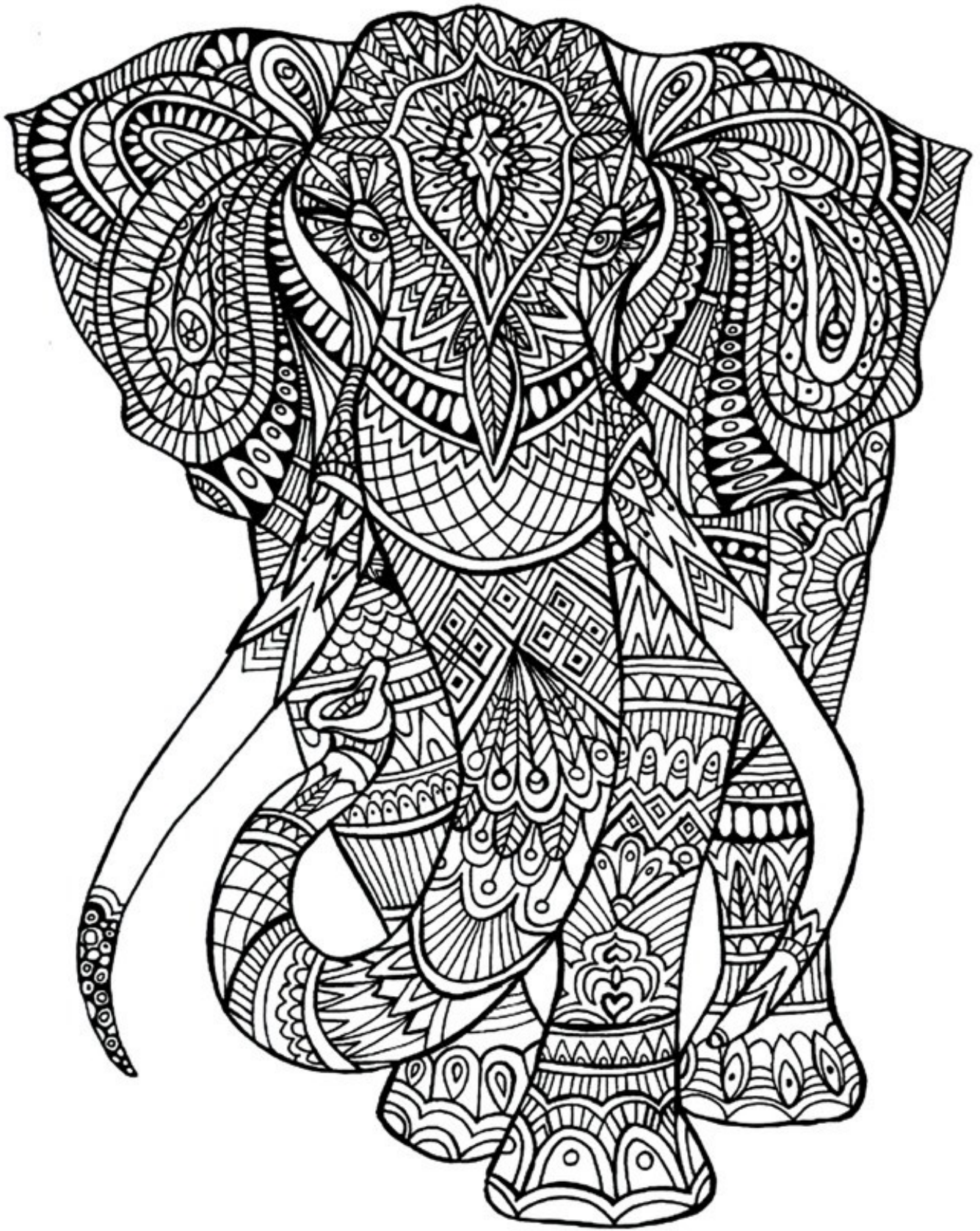
**Varicose:** Nearby / close by.

**Vein:** Conceited.

*and remember, handling big tasks like these is like eating an elephant — you'll only get it done one bite at a time, and it'll go a lot faster if you share. Here's a couple adult coloring pages to remind you of this:*









AND SOME SUDOKU!

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 8 | 9 |   | 3 |   |   |   |
|   |   |   | 4 |   |   |   |   | 2 |
|   | 6 |   |   |   |   |   |   |   |
|   | 2 |   |   |   |   | 8 | 6 |   |
|   |   |   |   | 3 | 6 | 7 |   |   |
| 4 |   |   | 1 | 7 |   | 5 |   |   |
| 8 |   |   |   |   |   |   |   |   |
| 1 | 4 | 3 | 8 |   |   | 9 |   |   |
|   | 5 |   |   |   |   | 4 | 8 |   |

#163998

Difficulty: easy

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   |   | 8 |   |   |
|   |   | 7 |   |   |   | 3 | 9 |   |
|   | 9 |   |   | 4 |   |   | 6 |   |
| 1 |   |   |   |   | 8 |   |   |   |
| 7 |   |   |   |   |   | 6 | 4 |   |
| 8 |   | 3 |   |   | 5 |   |   |   |
|   |   |   | 6 | 8 |   |   |   |   |
|   | 2 | 4 | 9 |   |   |   |   | 1 |
|   | 1 |   |   | 5 |   |   | 7 |   |

#81680

Difficulty: easy

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 |   |   |   |   | 3 | 5 |   |   |
| 6 |   |   |   |   |   |   | 2 |   |
|   |   |   |   |   | 7 |   | 8 | 1 |
| 4 |   | 9 |   | 5 |   | 3 |   | 6 |
|   |   |   |   |   |   |   |   |   |
|   |   | 6 |   |   |   |   | 9 |   |
|   | 4 | 1 |   | 2 |   | 8 |   |   |
| 8 |   | 3 | 5 |   |   |   |   |   |
| 2 |   |   |   | 6 |   |   |   |   |

#80716

Difficulty: easy

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 9 |   |   |   |   | 2 |   |   |   |
| 5 |   |   | 7 |   | 6 |   | 1 |   |
|   |   |   |   |   |   |   | 8 | 6 |
|   |   |   |   |   | 4 | 3 |   | 1 |
|   | 2 |   |   | 3 |   |   |   |   |
| 8 |   |   |   |   |   |   |   |   |
|   | 7 |   |   |   |   |   |   | 3 |
|   |   | 6 |   |   |   |   | 2 | 8 |
|   | 5 |   |   | 4 | 3 | 1 |   |   |

#37259

Difficulty: easy

|   |   |   |   |   |   |   |   |  |
|---|---|---|---|---|---|---|---|--|
|   | 5 |   |   |   |   |   | 4 |  |
|   | 1 |   |   |   |   | 3 |   |  |
|   | 4 | 3 |   |   | 7 | 1 |   |  |
|   |   |   |   | 5 | 3 |   | 7 |  |
| 8 |   |   |   |   | 4 |   | 1 |  |
|   |   |   |   |   |   |   | 9 |  |
|   |   |   |   | 6 |   |   |   |  |
|   | 7 |   | 1 | 4 | 2 | 6 |   |  |
|   | 3 |   |   | 8 |   | 9 |   |  |

#94080

Difficulty: easy

|  |   |   |   |   |   |   |   |   |
|--|---|---|---|---|---|---|---|---|
|  |   | 5 |   |   |   |   |   | 7 |
|  |   |   | 7 |   | 3 |   |   | 5 |
|  | 1 |   | 4 |   |   | 8 |   |   |
|  |   | 1 |   |   | 2 |   | 9 | 6 |
|  |   |   | 3 |   |   |   |   |   |
|  |   | 9 |   |   |   |   | 1 |   |
|  | 2 |   |   |   | 7 |   |   |   |
|  | 4 |   | 1 | 6 |   |   |   |   |
|  | 8 |   | 5 |   |   | 3 |   |   |

#218250

Difficulty: easy

Get new sudokus at <https://sudoku.cba.si/>

Can't solve it? Check the solution at <https://sudoku.cba.si/>

|   |   |   |   |  |   |   |   |   |
|---|---|---|---|--|---|---|---|---|
| 4 |   |   |   |  | 3 |   |   |   |
|   |   |   | 7 |  | 9 |   |   | 2 |
|   |   |   |   |  |   |   |   | 1 |
|   |   |   |   |  | 1 | 6 |   |   |
| 7 |   |   | 2 |  |   | 3 |   |   |
| 8 | 1 |   | 4 |  |   | 7 |   |   |
|   |   | 7 |   |  |   |   | 6 |   |
| 1 |   | 9 |   |  |   | 4 | 5 | 3 |
|   |   | 5 | 3 |  | 8 |   |   |   |

#163516

Difficulty: moderate

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   | 9 |   |   |   | 4 |
|   | 3 | 7 |   |   |   | 9 | 5 |   |
|   | 5 |   | 2 |   |   |   |   |   |
|   | 8 | 2 |   |   | 3 |   |   |   |
|   |   |   |   | 1 |   | 3 |   |   |
| 7 | 1 |   |   |   |   | 8 |   |   |
|   |   |   | 3 |   |   | 2 |   |   |
|   |   |   | 9 |   |   |   | 6 |   |
| 4 |   |   | 6 |   |   |   | 8 |   |

#131617

Difficulty: hard

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   | 1 |   |   |   |   |
|   | 2 |   |   |   | 8 |   | 5 |   |
|   | 4 | 7 |   |   |   |   | 6 |   |
|   |   | 4 | 5 |   |   | 9 |   |   |
|   |   |   |   |   |   |   | 3 |   |
|   |   |   | 3 | 7 | 6 |   |   |   |
|   |   |   | 7 | 3 |   |   |   |   |
| 1 |   |   | 4 |   |   |   |   | 9 |
| 8 |   |   |   |   |   |   |   | 2 |

#3721

Difficulty: moderate

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   |   | 8 | 7 | 6 |   |
| 7 |   |   | 3 |   | 5 | 2 |   | 1 |
| 5 |   |   |   | 4 |   |   |   |   |
|   |   |   |   |   |   |   |   |   |
|   | 5 |   |   |   |   |   | 9 |   |
| 2 | 6 |   |   | 3 |   |   | 8 |   |
|   |   |   | 4 |   |   |   |   | 2 |
|   |   |   |   | 8 |   |   | 5 | 4 |
| 9 |   | 2 |   | 6 |   |   |   |   |

#171603

Difficulty: moderate

|   |   |   |   |   |  |   |   |   |
|---|---|---|---|---|--|---|---|---|
|   | 3 |   |   |   |  | 2 | 8 |   |
| 1 | 4 |   |   |   |  |   |   | 7 |
|   |   |   |   | 9 |  |   |   |   |
| 5 |   | 6 | 3 |   |  |   |   |   |
| 9 |   |   | 2 | 8 |  |   |   | 4 |
|   | 1 |   |   | 5 |  |   |   |   |
|   | 8 |   |   |   |  | 5 |   |   |
|   |   |   | 6 | 4 |  |   |   | 1 |
|   |   | 4 |   |   |  | 6 |   |   |

#78373

Difficulty: moderate

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 1 |   |   |   | 5 |   |   |   |
|   |   |   | 4 |   |   |   |   |   |
|   |   |   |   | 9 |   |   | 4 |   |
| 4 |   |   |   |   |   | 7 |   | 9 |
|   |   |   | 6 |   | 2 |   | 8 |   |
|   |   | 5 |   |   |   |   |   | 1 |
| 8 |   |   |   |   |   |   |   |   |
| 6 |   |   | 3 | 1 |   | 9 |   | 5 |
|   | 2 | 1 |   | 5 |   |   |   |   |

#78500

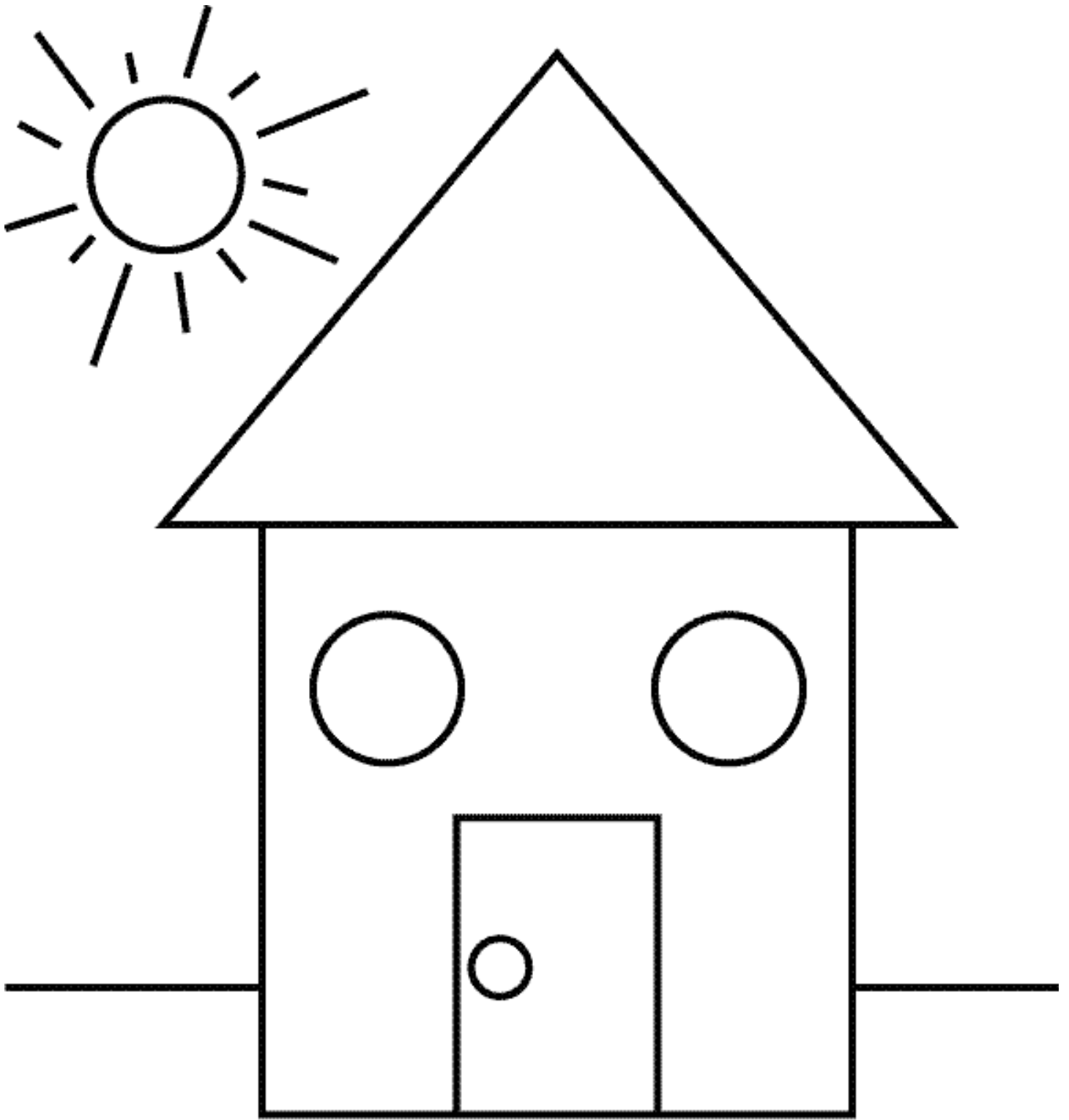
Difficulty: moderate

Get new sudokus at <https://sudoku.cba.si/>Can't solve it? Check the solution at <https://sudoku.cba.si/>

# FOR THE YOUNGEST (0-2)

“Infancy conforms to nobody:  
all conform to it,  
so that one babe commonly makes four or five  
out of the adults who prattle and play to it.”

*Ralph Waldo Emerson*



*Home is healthy, safe, and free  
with adventures 1, 2, 3.  
“1” for people I can love,  
“2” for toys and books enough,  
“3” for space to run and hide,  
home is where I’m satisfied!*





To the tune of "Are you sleeping?"  
*I am washing,            I am washing,*  
*my two hands,            my two hands,*  
*bubbly and soapy,    bubbly and soapy,*  
*clean, clean, clean,    clean, clean, clean.*

# ACTIVITIES

*We're hopeful that the following activities are doable with relatively few (if any) additional supplies needed that you don't already have.*

## Laundry Basketball

Materials:

- Laundry Basket
- Another Basket for Balls
- Several Balls of Various Sizes

Steps:

- Hang a laundry bag/basket on a drawer that is eye level or shoulder level.
  - Place a basket on the ground about 2 feet from the laundry basket that is hanging.
  - The child will be able to shoot some hoops by throwing or placing the ball into the hanging basket.
- 

## Fine Motor Jar

Materials:

- Straws (Cut in Half)
- Empty Parmesan Container

Steps:

- Take 4 to 8 straws and cut them in half.
  - Allow your child to place the straws either through the grated side or through the larger hole.
  - Shake them out and start again!
- 

## Shaker Test

Materials:

- Empty Waterbottles
- Uncooked Rice/Noodles

Steps:

- Fill a waterbottle with rice or noodles.
  - Screw the cap on tight and let your kids start shaking.
  - Play some music and shake along!
- 

## Tower Sorters

Materials:

- Empty Toilet Paper Rolls (if you can find one!!!)
- Construction Paper of Various Colors
- Pom Poms (or cotton balls with paint)

Prep:

- Paint the outside of each toilet paper roll. (Each toilet paper roll should be a different color.)
- After painting the toilet paper roll let it dry.
- Cut construction paper into a 2x2 inch square and glue one end of the toilet paper roll to the construction paper
- If you do not have small pom pom balls--
  - Take cotton balls and color them in paint.
  - Allow them to dry (tempera or acrylic paint will take 10- 15 minutes to dry.)

Steps:

- Place the pom poms or cotton balls on the table.
  - Set up the toilet paper rolls on a flat surface. The construction paper side should be placed on the table
  - Allow your child to put the colored cotton balls or pom poms in the matching toilet paper tubes
-

## **Color Sorting**

### **Materials:**

- Toys of Various Colors
- One Sheet of Red, Yellow, Blue, and Green Paper
- Tape
- Laundry Basket

### **Steps:**

- Place the four primary color sheets in a row on the floor. (If you have multiple sheets of each color you can lay down more than one to provide a larger space for sorting toys. Hula hoops work as well, but who has 4 different colored hula hoops?)
  - Fill the laundry basket with the toys.
  - Allow your child to place the toy onto the designated color.
- 

## **Pom-Pom Bubble Stamp**

### **Materials:**

- Pom-poms
- Clothespins
- Washable Paint
- Paper Plate
- Paper

### **Prep:**

- Clip clothespins onto pom poms.
- Squirt washable paint onto a paper plate.

### **Steps:**

- Dip pom-poms into the paint and stamp them onto the paper.
- 

## **Bunch Painting**

### **Materials:**

- Q-Tips
- Rubber Bands
- Washable Paint
- Paper

### **Steps:**

- Put a bunch of Q-Tips together and bind them with a rubber band.
- Dip the Q-Tips into paint and stamp them onto a piece of paper.

# SLIMES & DOUGHS

## Play-Doh Recipe

Materials:

- Corn Starch
- Food Dye
- Shaving Cream
- Large Mixing Bowl
- Measuring Cups
- Spoon and Fork

Directions

- In a large mixing bowl combine 1 cup of shaving cream with 2 cups of cornstarch.
- If the dough feels too sticky, add more cornstarch. If the dough feels like it's crumbling, add more shaving cream.
- Separate the dough into 6 equal amounts.
- In a large mixing bowl, use a fork to mix in food dye to each ball of dough.
- Once the color is mostly mixed in, add a few pinches of cornstarch and knead the dough until the color is fully combined.
- Your dough is ready to be played with!

Source: <https://merakimother.com/how-to-make-playdough-without-cream-of-tartar/>

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## Three Ingredient Puffy Slime

Materials:

- 2 2/3 cups Elmer's White School Glue (you can also use clear glue)
- 2/3 cup liquid starch (use Sta-Flo starch, we tried another kind and it did NOT work)
- 2 cups shaving cream
- Large Bowl
- Spoon
- (optional) Food coloring or glitter

Directions:

- Put the ingredients in a big bowl and stir.
- Tip – if you add too much liquid starch to your slime it gets a little stiff. If this happens, just add a little water – like a tablespoon at a time, until the slime puffs up again.

Source: <https://tatertotsandjello.com/3-ingredient-safe-puffy-slime-recipe/>

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## Two Ingredient Slime

Materials:

- 6 oz Bottle of Glue, Color of your Choice
- 2 Tablespoons Liquid Starch
- Large Bowl
- Spoon

Directions:

- Add the glue to a mixing bowl. I used pre-colored glue but you can use white glue and mix with a paint color of your choice.
- Slowly add the 2 tablespoons of Liquid Starch to the bowl.
- Mix with a spoon until it becomes thicker and then continue to mix with your hands until you receive the desired consistency. Note: If the slime is too sticky, add more of the liquid starch to the mixture.

Source: <https://www.onecrazymom.com/the-best-2-ingredient-slime/>



## Jell-O Slime - Edible Taste Safe Recipe

### Materials:

- Measuring cups
- A mixing bowl
- Wooden craft sticks or a spoon to stir your Jell-O Slime ingredients
- 3 oz. Box of sugar free Jell-O ( I recommend using sugar free Jell-O only - of the 4 batches that we made, it made the best Jell-O Slime. The dye doesn't stain hands quite as much when using the sugar free variety. NOTE: if using Cherry / flavors that are red in color it will leave some dye behind on your hands. It comes off after a few hand washes.
- 1 C. Cornstarch
- 1/2 C. Warm Water
- A cookie sheet or play/activity tray for playing with your prepared slime / to protect the surface that you're playing on.

### Directions:

- In a mixing bowl, combine cornstarch and contents of Jell-O packet. Mix the cornstarch and Jell-O mixture together well (combining both of the dry ingredients evenly), using a spoon or a wooden craft stick. Refer to image above.
- Slowly mix water into the mixture (stirring the entire time.) The mixture may become tough to stir as you're adding water. Resist adding extra water though, as the consistency will become more like oobleck and less like slime. Continue to stir until the entire 1/2 cup of water has been incorporated evenly. If you need to add water add a small drop or two at a time, because the consistency will change quickly.
- Play with your prepared Jell-O Slime on a protected surface or tray, have fun, and ENJOY!

Source: <http://www.onesavvymom.net/2018/07/jello-slime-edible-taste-safe-recipe.html>

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# FOR THE KIDDOS (3-6)

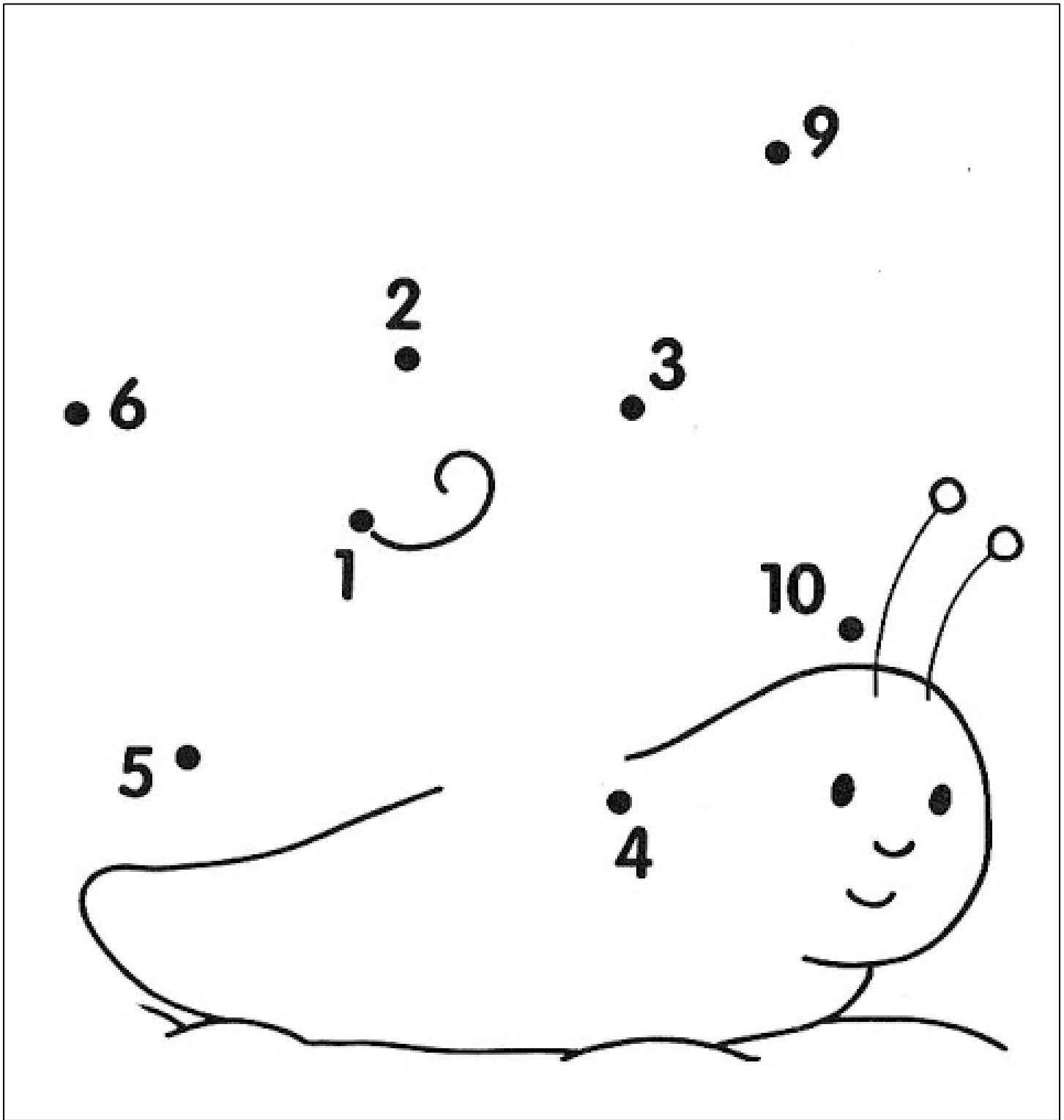
“Critics who treat 'adult' as a term of approval,  
instead of as a merely descriptive term, cannot be adult themselves.  
To be concerned about being grown up,  
to admire the grown up because it is grown up,  
to blush at the suspicion of being childish; these things are the marks of childhood and adolescence.  
And in childhood and adolescence they are, in moderation, healthy symptoms.  
Young things ought to want to grow.  
But to carry on into middle life or even into early manhood this concern about being adult is a mark of really arrested development.  
When I was ten, I read fairy tales in secret and would have been ashamed if I had been found doing so.  
Now that I am fifty I read them openly.  
When I became a man I put away childish things,  
including the fear of childishness and the desire to be very grown up.”

*C.S. Lewis*

# CONNECT THE LETTERS

Connect the letters of the alphabet from A to Z. Then color in the cat.







# ACTIVITIES

*We're hopeful that the following activities are doable with relatively few (if any) additional supplies needed that you don't already have.*

## Rock Puzzle

Materials:

- Letter Size Paper (8.5 x 11)
- Rocks of Various Sizes
- Markers

Steps:

- Outline the rocks that you have on a sheet of paper.
  - Place the rocks into a container and mix them up.
  - Allow your child to match the rock to the rock outline on the paper
- 

## Cotton Ball Hockey

Materials:

- Masking Tape
- Cotton balls
- Straws or a Tightly Rolled, Taped Piece of Paper

Steps:

- Use the tape to make a box on a table to serve as the goal.
  - Have your child take a cotton ball one at a time and blow it across the floor into the goal.
  - Optional: time them and see how many they can get in 3 minutes.
- 

## Spaghetti Paintbrushes

Materials:

- Paint
- Paper
- Noodles
- Rubberbands

Steps:

- Rubber band a bunch of noodles together.
  - On a paper plate, put out different colors of paint.
  - Boil some water, put one end of brush into boiling water.
  - After 3-5 minutes, remove from water and use as a paint brush.
- 

## Ring Toss

Materials:

- Pencil
- Paper Towel Tube
- Paper bowl
- Scissors
- 3 Paper Plates

Steps:

- Trace the end of the paper towel tube onto the bottom of the paper bowl.
  - Use a scissors to cut out the hole in the bowl.
  - Put the tube into the hole to make a stake for the ring toss.
  - Cut the center out of your paper plates to make rings.
-

## **Breakfast Scramble**

Materials:

- Empty Cereal Box
- Scissors

Directions:

- Cut off the front of the cereal box.
  - Cut the front of the cereal box into 16 equal squares.
  - Have child reassemble the front of the cereal box like a puzzle.
- 

## **Toothbrush Painting**

Materials:

- Paper
- Tape
- Washable Paints
- Paper Plate(s)
- Old Toothbrushes

Steps:

- Tape a piece of paper to the table.
- Pour paint onto a paper plate.
- Have your toddler dip a toothbrush into the paint.

Tip:

- While creating art, talk about the names of the colors your child uses and even point out what happens when two colors are mixed together.
- 

## **Block Towers**

Materials:

- Whipped or Shaving Cream
- Tray
- Blocks

Steps

- Place a dollop of whipped cream or shaving cream onto a tray.
  - Dip a block into the whipped cream or shaving cream to add a thin layer of the cream to the bottom of the block.
  - Put the block on the tray - continue this process to build tower.
- 

## **Colorful Pinecone**

Materials:

- White Glue
- Large Pinecone
- Tiny Pom-poms
- Ribbon or Yarn (optional)
- Hot Glue Gun (optional)

Steps

- Have your child put small amounts of glue all over the pinecone - place small pom-poms on the glue dabs.
  - If you want to hang it up, tie a piece of ribbon or yarn and hot-glue it to the bottom of the pinecone.
-

## **Drive-In Movie Theater**

Materials:

- Cardboard Boxes
- Markers, Crayons, or Colored Pencils
- Movie

Directions:

- Decorate your cardboard box to look like a car.
  - Don't forget a steering wheel, wheels, and pillows for your seat
  - Turn on your favorite movie and enjoy!
- 

## **Create A Face**

Materials:

- Paper
- Marker
- Plastic Page Protector (optional)
- Play-Doh

Steps

- Discuss the parts of their face: eyes, ears, nose, mouth, eyebrows, hair, etc.
  - Draw a large oval on the piece of paper - you can place the paper into a plastic page protector (not necessary).
  - Help them roll play-doh into balls and shape the play-doh to look like the parts of the face. Discuss where each part goes and then place them onto the paper.
- 

## **Rock Painting**

Materials:

- Paint
- Rock
- Paint Brush
- Water in a Cup
- Paper Towels or a Rag Towel

Steps:

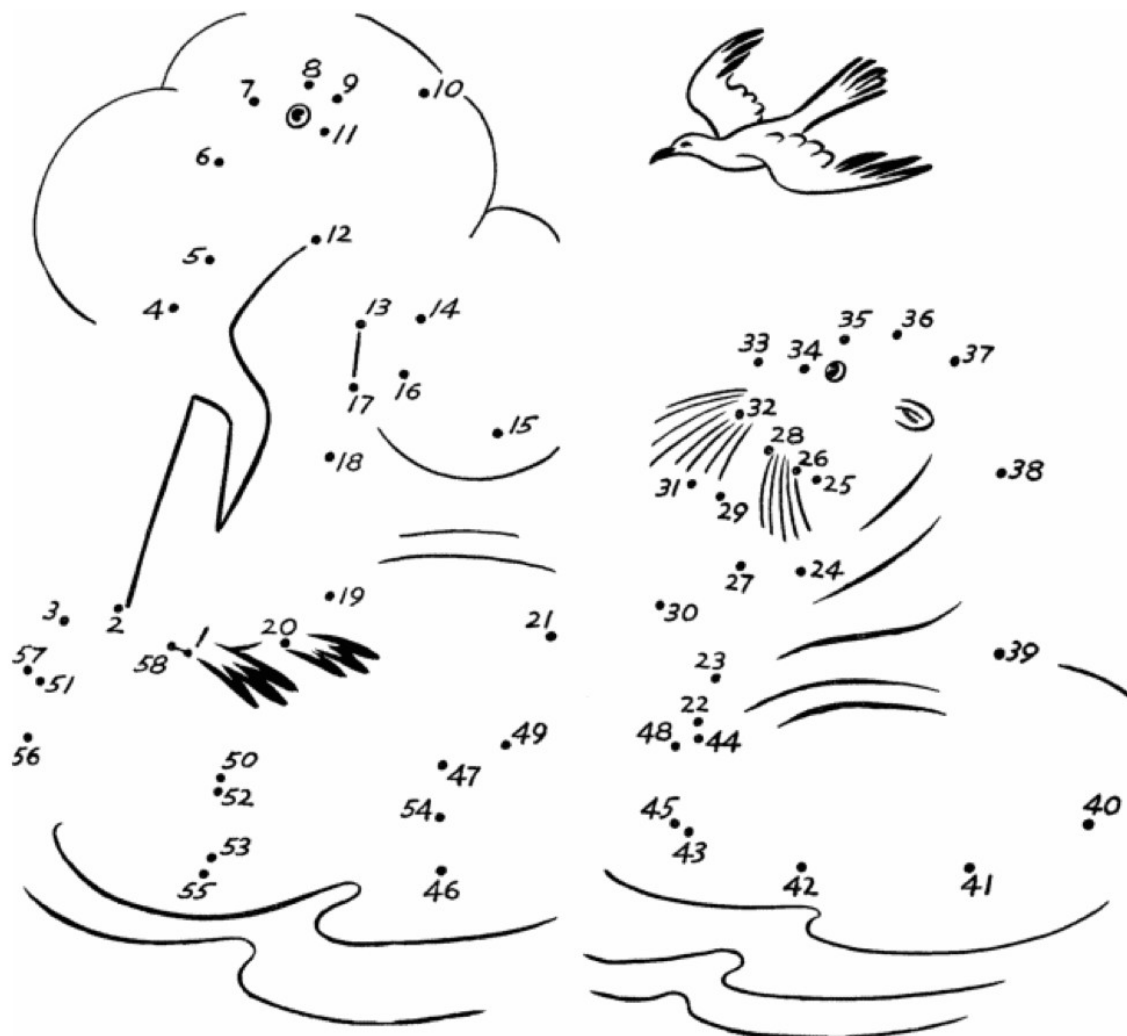
- Search Pinterest for Painted Rocks. There's no end to the inspirations.

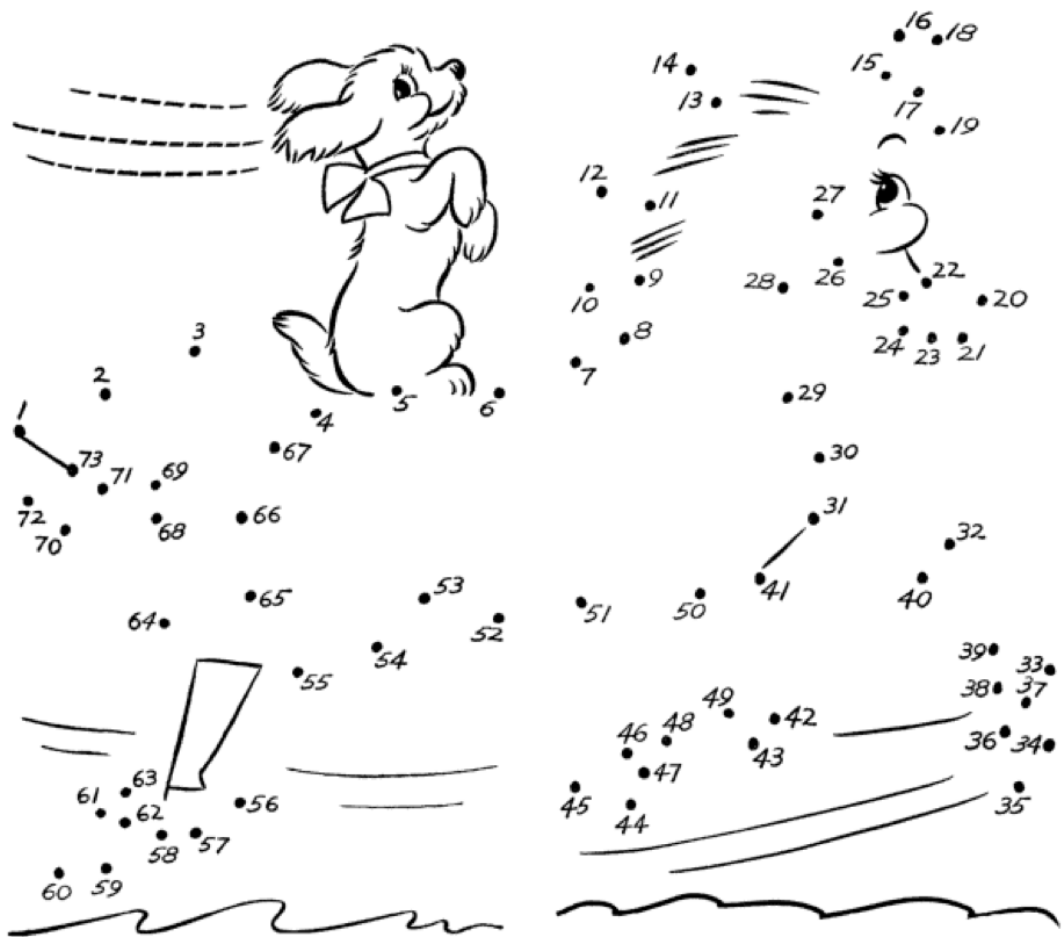
# FOR THE YOUTHS (7-9)

“For age is opportunity no less  
than youth itself, though in another dress,  
and as the evening twilight fades away  
the sky is filled with stars, invisible by day.”

*Henry Wadsworth Longfellow*







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# Baby Animals



P U P P Y Q E F O A T Y F U K  
F M T X W A L P D X Z E A T I  
Q D M X T A D P O L E D W V T  
Z V N J R D Q W G K J H N G T  
C D R Y L P U G F C D E S X E  
W A Y H J K L B S P I D E L N  
V G L J N Y A E Q A S Z F V L  
H Z V F I P M F G J A S G B N  
K I T T X W B D C U B W A P L  
T N P G A D P Y G F V N M D R  
E Z L A D G N I L R E D I P S  
L H B C F N R S I L Z Q S P A  
G F F O A L F X H G D E G A X  
I R R U H V H C R A Y F I C R  
P E Y I N C U G S Q C H I C K

PUPPY

FOAL

SPIDERLING

KITTEN

CHICK

TADPOLE

CALF

FRY

LAMB

PIGLET

FAWN

CUB

Clues may run forwards, backwards, diagonally, up or down. Some may overlap or even be backwards!



# WEATHER



R F Y D R I Z Z L E R D C V S  
E M W Y B R C E X W Z D F U U  
D O I L A W C X F V B H O K N  
N R N Y D G Y L B G F T G E S  
U C D S X E R U O P A S E D H  
H A W R T M N J U U K M N B I  
T J I K O R P M N B D C E W N  
X Q A Z B O M J Y H G S F R E  
A L I G H T N I N G T Y H U L  
F M T X W S L P D X Z E R T L  
Q D M X T H I T W T R D W V P  
Z V N J R D Q S G K J O B G F  
C M I S T P U O F C N E S X Z  
B G T R F C D R W S X Z A Q W  
M L P I U G F F W S A H A I L

SUNSHINE

SNOW

WIND

CLOUDS

MIST

LIGHTNING

DRIZZLE

HAIL

FROST

FOG

THUNDER

STORM

Clues may run forwards, backwards, diagonally, up or down. Some may overlap or even be backwards!

# ACTIVITIES

*We're hopeful that the following activities are doable with relatively few (if any) additional supplies needed that you don't already have. If you need any help obtaining any of these supplies, please don't hesitate to call or text 423-521-5215 and we'd be happy to provide them to you.*

## Design a Simple Machine

Materials:

- Blocks
- Cardboard
- Recycling
- Anything and everything!

Directions:

- Choose a simple machine to build
    - Wedge
    - Wheel and axel
    - Inclined Plane
    - Screw
    - Pulley
  - Build away!
- 

## Color Changing Flowers

Materials:

- 4 Plastic Cups
- 4 Flowers (white carnations work best)
- 4 Colors of Food Coloring
- Water

Steps:

- Take the 4 cups and line them up.
  - Fill cup halfway with water.
  - Add in about 10-15 drops of food coloring.
  - Cut the stems of the flowers and place them into the cups.
  - Check on the flowers throughout the day and observe any changes.
- 

## Sunflower Paper Plate

Materials:

- Paper Plate
- Paint (tempera or acrylic)
- Bubble Wrap
- Green Paper

Steps:

- Place some newspaper down to protect the surface.
  - Allow your child to paint the outside rim of the paper plate (the flower.)
  - Paint the bubble wrap (black or brown).
  - Place the bubble wrap into the center of the flower.
  - Let your child cut a stem and leaves and glue to the bottom of the plate
-

## **Rock Painting**

### **Materials:**

- Rocks
- Paint
- Paper Plate
- Newspaper or Scrap Paper
- Paint brushes
- Water
- Towels

### **Steps**

- Pour paint onto a paper plate.
  - Place rocks on newspaper.
  - Begin painting a picture on the rock.
    - Ex. flowers, make your rock a cactus, smiley face, or draw the solar system on different rocks
- 

## **Paper Airplane Competition**

### **Material:**

- Paper
- Tape
- Google “Paper Airplane Folding Diagrams” for Ideas

### **Steps:**

- Make paper airplanes.
  - Mark off different distance point levels.
  - Assign each distance a certain amount of points.
    - (Ex. 10, 20, 30, 40, 50)
  - Toss, adjust, and toss again.
- 

## **Mission Impossible**

### **Materials:**

- Red Streamers
- Tape

### **Steps:**

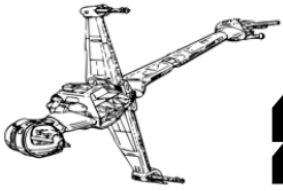
- Make a maze from the red streamers that requires a child to bend and step over the streamers to get to the other side. This is perfect game for hallways or smaller playrooms.

# FOR THE TWEENS (10-12)

“For age is opportunity no less  
than youth itself, though in another dress,  
and as the evening twilight fades away  
the sky is filled with stars, invisible by day.”

*Henry Wadsworth Longfellow*





# STAR WARS

C H E W B A C C A W R J E D I  
C 3 P E U C S D A L R O R 2 D  
R T D O O 3 R A T S H T A E D  
2 G A J L P T C 3 P S D R 2 D  
D Z R H I C 3 P M J A S O B 3  
2 F T R G F E E S O N W B O P  
C N H 2 H D P N G F V N I D F  
3 Z V D T C N I O C N I W B C  
P H A H S 3 R O I 3 Z Q A P O  
T F D H A P R O O P D E N A L  
O R E U B V H T R C 3 P Q E O  
A E R I R C U A R 2 D H T S S  
I W X L E W C T R C 3 P O X N  
E C 3 P V Z K R 2 D J N W O A  
L U K E S K Y W A L K E R F H

LUKE SKYWALKER

DEATH STAR

LIGHTSABRE

HAN SOLO

OBI WAN

TATOOINE

CHEWBACCA

JEDI

R2-D2

LEIA

DARTH VADER

C-3P0

Clues may run forwards, backwards, diagonally, up or down. Some may overlap or even be backwards!



[www.free-for-kids.com](http://www.free-for-kids.com)

# American Presidents



|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | B | A | M | A | E | F | C | A | W | R | Q | X | Z | B |
| L | K | M | E | U | P | S | D | A | L | R | O | O | S | U |
| W | T | R | O | O | S | E | B | D | W | A | D | H | L | S |
| A | G | H | J | N | Y | T | E | A | A | S | D | F | V | H |
| S | Z | V | H | I | P | E | F | M | J | A | S | R | B | N |
| H | F | J | E | F | F | E | R | S | O | N | W | A | O | L |
| I | N | P | G | A | D | P | Y | G | F | V | N | M | D | F |
| N | Z | L | A | D | M | N | L | O | C | N | I | L | B | C |
| G | H | R | O | O | S | R | S | I | L | Z | Q | S | P | N |
| T | F | G | H | N | B | R | O | O | S | D | E | G | A | O |
| O | R | N | U | A | V | H | C | R | A | Y | F | I | E | T |
| N | E | I | I | G | C | U | G | S | Q | I | H | T | S | N |
| L | W | X | L | A | W | C | A | R | T | E | R | E | O | I |
| I | F | O | K | E | Z | K | K | A | U | J | N | W | O | L |
| D | V | N | G | R | O | O | S | E | V | E | L | T | R | C |

OBAMA

CARTER

LINCOLN

BUSH

FORD

JEFFERSON

CLINTON

NIXON

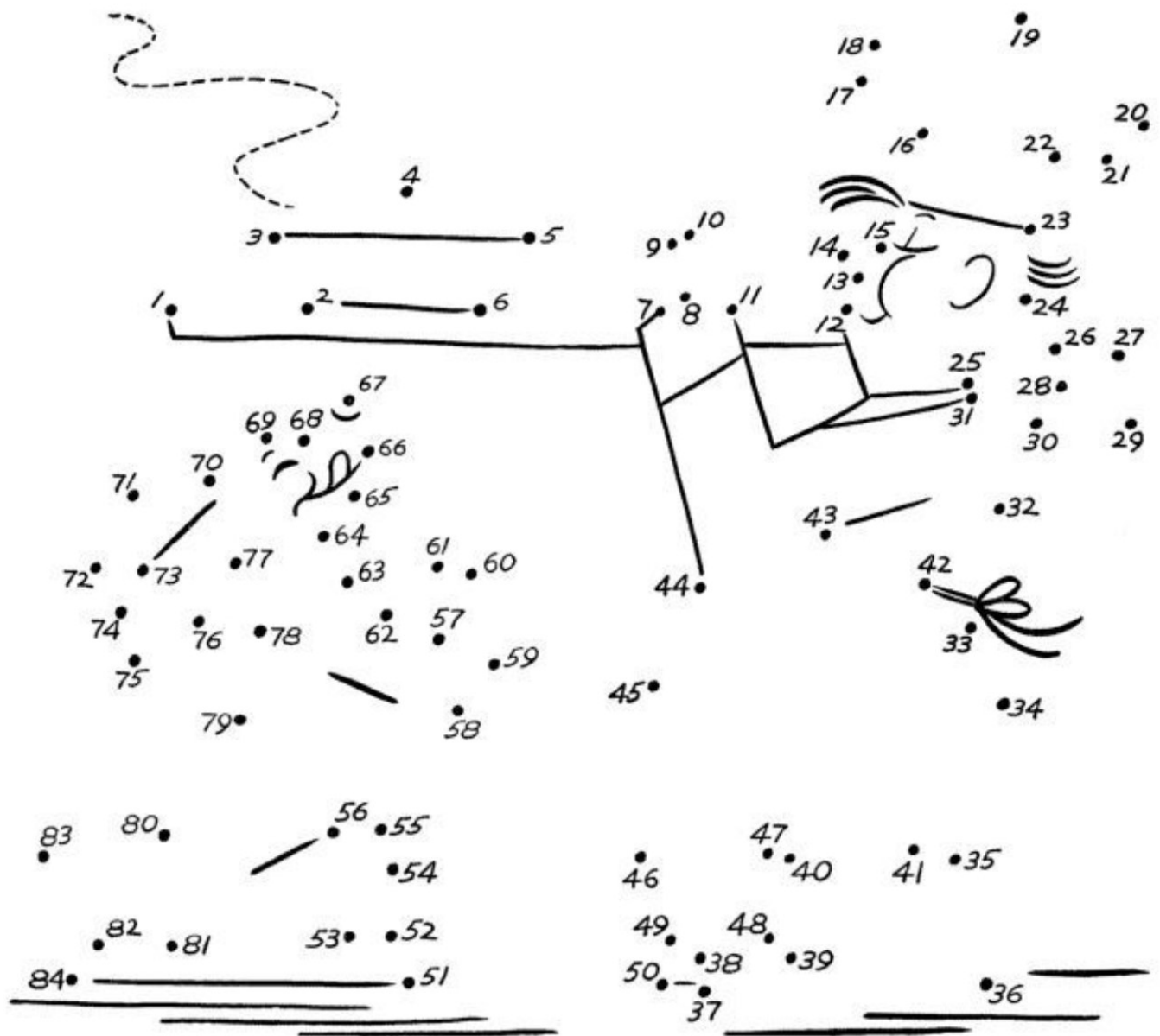
ADAMS

REAGAN

ROOSEVELT

WASHINGTON

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# MINUTE TO WIN IT GAMES

## Cup stacking

Materials:

- Red solo cups or any other plastic cups.

Directions:

- Stack cups into a stable pyramid.
  - Unstack into non-pyramid towers.
  - If the cups fall over...try again!
  - Time challenge: You only have one minute to complete the challenge!
- 

## Face Cookie

Materials:

- Your choice of cookie (Oreo size works best!)

Directions

- Place the cookie on your forehead.
  - Using only your face muscles (No hands allowed!), move the cookie down into your mouth.
  - Time challenge: You only have one minute to complete the challenge!
- 

## Stack It Up!

Materials:

- Anything “stackable” in your house.

Directions

- How many items can you stack on top of each other in a minute?
  - Time challenge: You only have one minute to complete the challenge!
- 

## On the Nose

Materials:

- Vaseline
- Cotton Balls
- Plates

Directions

- Place a small dab of vaseline on your nose.
- Dip your nose to pick up a cotton ball off of a plate.
- Shake it off on to the other plate.
- How many can you move?
- Time challenge: You only have one minute to complete the challenge!

# MORE IDEAS

## CLASSIC GAMES

- Hide 'n' Seek
- Tag
- Red Light, Green Light
- Rock, Paper, Scissors
- Simon Says
- Duck, Duck, Goose
- Janitor
- Mr. Fox
- Freeze Dance
- Thumb War

## CLASSIC ACTIVITIES

### Paper Bag Puppets

Materials:

- Brown paper lunch bags
- Markers
- Imagination

Directions:

- Draw faces (animals or people) on your bag.
  - The mouth should be located where the bottom of the bag is folded against the side.
  - Insert hand into bag.
  - Give your very own puppet show!
- 

### Fort Building

Materials:

- Couch
- Pillows
- Blankets

Directions:

- Drape pillows over pillows and your couch to create a one of a kind fort.
  - Fill your fort with cozy stuffed animals and blankets.
  - Perfect for watching movies, reading books, taking naps, or making-believe.
- 

### Living Room Picnic

Materials:

- Blanket
- Food

Directions:

- Spread your blanket out in the living room.
- Make your favorite sandwiches and snacks.
- Lay out on blanket and enjoy.

## CARD GAMES

### War

#### Materials:

- Deck of Cards

#### Directions

- The object of War is to win all the cards in the deck.
- Aces are high, 2s are low.
- The tricks are played according to rank; suits are ignored.
- All 52 cards are dealt to each player (if you have two players, each player has a total of 26 cards).
- You do not look at your cards - they are placed in a stack face-down.
- Holding the stack of cards face-down in one hand, you use the other hand to flip the card face-up on the table in front of you.
- Each player flips a card, so if you have two players you will have two cards facing up in front of you.
- The highest card wins the trick and the trick winner takes the 2 cards and places them at the bottom of his or her stack of face-down cards.
- You continue play like this until one of you has accumulated all the cards.
- In the game of War, a war is a means to break a tie.
- When two cards of the same rank are played, you break the tie by playing new cards in addition to those already on the table.
- The player with the highest-ranking new card wins the tie breaker and all the played cards.
- If you both play a card of the same rank - let's say you both play a Jack - you have to have a war.
- You leave the Jacks face-up on the table and put one card on top of your Jack - face-down - and then another card face-up on top of the face-down card.
- So you'll have the following configuration of cards in front of you: the tied Jack, a face-down card, and a face-up card.
- The person with the highest face-up card takes all the cards on the table and places them face-down at the bottom of their stack.
- If the top card is another tie, you place another face-down card, then a face-up card - basically, you keep going until someone wins the war.
- This is the best and fastest way to accumulate cards.
- If one of you runs out of cards in the middle of a war, the other player wins.

Source: <https://www.kidspot.com.au/things-to-do/activity-articles/how-to-play-war-card-game/news-story/5cef051d5a4f3e23f38708f01948ee03?>

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### Spit

#### Materials:

- Deck of cards

#### Directions:

- Spit is a game where you need to try and get rid of all your cards as quickly as possible.
- Once you shuffle the cards deal them to each player.
- Each player then deals out five piles of cards in a row in front of himself, with all cards face down.
- The first pile has one card, the second two cards etc until the fifth pile has five cards.
- Turn the top card of each pile face up which is known as stock piles.
- Each player will have eleven cards remaining in his hand which are known as the spit cards.
- When both players are ready, they say "spit" together and each player turns his top spit card face up, placing it in the middle of the table between the two rows of stock piles.
- These two cards are the "spit piles."
- Keep on playing as quickly as the players can, using only one hand and moving one card at a time.
- The goal is to play the 15 cards in your stock piles onto the spit piles.

Source: <https://www.kidspot.com.au/things-to-do/activity-articles/how-to-play-the-spit-card-game/news-story/a92ed25d5824d0da9810dd1932c0c145?>





## Snip, Snap, Snorem

Materials:

- Deck of cards

Directions:

- Deal the cards out completely (don't worry if some players get more than others). Players sort the cards in their hands by rank: the object of the game is to get rid of all your cards.
- The player to the left of the dealer starts by placing any card down on the table. The next player looks to see if they have a card of the same rank. If they do, they place it down on top of the card, saying "Snip". If they have another card of the same rank, they place it down too, saying "Snap". If they don't, play passes to the next player, and so on. Whoever places the final card of that rank says "Snorem" and wins the right to start the next round with the card of their choice.

Source: <https://www.activityvillage.co.uk/snip-snap-snorem>

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## SPOTIFY PLAYLISTS for KIDS

- Silly Songs for Kids
  - Kids Dance
  - Disney Hits
  - Kindie
  - Hip-Hopscotch and Reggae Recess
  - This Is The Nursery Rhymes
- 

## AWESOME BOOKS

0-2

- Chicka Chicka Boom Boom - Bill Martin, Jr.
- The Very Hungry Caterpillar - Eric Carle
- Brown Bear, Brown Bear, What Do You See? - Bill Martin, Jr.
- Goodnight Moon - Margaret Wise Brown
- Good night, Gorilla - Peggy Rathmann

3-6

- Harold and the Purple Crayon - Crockett Johnson
- If You Give A Mouse A Cookie - Laura Numeroff
- The Day The Crayons Quit - Drew Daywalt
- Dragons Love Tacos - Adam Rubin
- Caps for Sale - Esphyr Slobodkina

7-9

- Magic Tree House - Mary Pope Osborne
- Mercy Watson Fights Crime - Kate DiCamillo
- The One and Only Ivan - K.A. Applegate
- Ramona Quimby, Age 8 - Beverly Cleary
- Mr. Popper's Penguins - Richard and Florence Atwater

10-12

- The Phantom Tollbooth - Norton Juster
  - Hatchet - Gary Paulsen
  - From the Mixed-Up Files of Mrs. Basil E. Frankweiler - E. L. Konigsburg
  - Maniac Magee - Jerry Spinelli
  - The Westing Game - Ellen Raskin
-

## FOR EVEN MORE IDEAS...

Check out these websites:

<http://www.preschooexpress.com/>

<https://kids.nationalgeographic.com/>

<https://www.funbrain.com/books/honey-moon-dog-daze/page/15>

<https://pbskids.org/>

<https://www.starfall.com/h/index-kindergarten.php>

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## AND REMEMBER...



**KEEP  
CALM  
AND  
WASH YOUR  
HANDS**

