

Youth Activity Ideas for During COVID-19 Gr. 4-7

1. Pull out some play-doh, clay or any other art medium and use your imagination to create a fun new world to play in for a while! During your COVID isolation, sculpt what you think the virus looks like - then SMASH it - it'll feel good to squash that virus!
2. Family game night: Pull out some board games and plan a family game day/night! Have every family member choose a game to play and work your way through everyone's choices.
3. Find a new card game: Do a little googling and find a new card game to teach your family. Be sure to take your time to fully understand the rules so you can easily teach the rest of your family how to play.
4. Draw or paint how you're feeling: Get creative - draw or paint your emotions to release them and help you feel better. OR Draw times when you felt happy and filled with joy. Remember the good times you've had and know you can get back to that place.
5. Spend time reading: Sometimes we get too busy and our body needs a break. Find yourself a quiet, calm space - a space you feel relaxed - pick up one of your favorite books and spend an hour reading.
6. Journal: Spend a little time each day writing in a journal. Not only will this be a great way for you to express how you're feeling, it'll be a very interesting keepsake for you in years to come when this pandemic is over.
7. Create a list of activities you would like to do with your family. Grab a piece of paper and a pencil and start writing out all of the activities you can do during this isolation period.
8. Create a family routine: Sometimes when we don't have a routine, life can seem a little wonky. Work with your family to create a routine that allows you to have fun, continue to learn and feel a little more regulated.
9. Make a comic strip: Start writing and drawing a comic strip for a new Superhero you create. Make it a series! Share your comic strip with your family, friends and classmates and ask them to create their own comic strip to be shared
10. Create a new music playlist:
Take some time and find at least 20 songs that make you happy, make you dance and bring you joy. Create a new playlist and add all of your songs to a "Finding Joy" playlist.



Activity Links & Apps

Make a COVID-19 Capsule! Follow this link and create your own capsule:

https://drive.google.com/file/d/1MaM2RBrqyDeyKFCG8impDgfuZ8a2tIZ-/view?fbclid=IwAR2FVWq9Sh0FAI8adlxhawpd-1sz4E6NB72TzXO-xm4-05d_ihUrxgA4ANg

Drawing: <https://www.artforkidshub.com/>

Painting:

<https://www.yaymaker.com/>

<https://www.facebook.com/zzealousart>

Crafts:

<https://www.freekidscrafts.com/>

Yoga:

<https://www.common sense media.org/app-reviews/super-stretch-yoga-hd>

www.instagram.com/CITY_SHRED

Workout:

<https://hy-veekidsfit.com/at-home/>

<https://www.obefitness.com/videos?categoryIds=1447208c-aed1-4690-b75f-c3074296d8f0&classTypeNames=kids&subcategoryIds=e6d7990a-a56d-43fe-9adb-8de7df57f573%3A%3A7>

www.instagram.com/CITY_SHRED

Meditation:

<https://mindfulpowersforkids.com/>

<https://www.smilingmind.com.au/smiling-mind-app>

<https://www.calm.com/>

Journaling:

<https://apps.apple.com/us/app/three-good-things-a-happiness-journal/id1242079576>

eLearning:

<https://www.abcya.com/?fbclid=IwAR3I9S44eQ51WeWf0Rdai-E8ikDD3Ogi3DZsmRZFq0oB6ngHhN-vG0TVJ3o>

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