

20 TIPS

to keep your kids healthy, active and entertained

1. Boost your child's immune system with vitamin C

Include oranges, grapefruits, tangerines, strawberries, spinach or broccoli in meals and snacks to provide critical sources of Vitamin C, boosting your children's immune systems!

2. Begin your day with a healthy breakfast

Create a consistent eating schedule for your kids and avoid skipping breakfast. A healthy breakfast will give your children the essential nutrients they need for a healthy start to their day.

3. Learn a TikTok dance

Now is the perfect time to learn a dance with your child. Film it; then, post it on Tik Tok! Dancing helps improve cardiorespiratory fitness, builds strong bones, and reduces symptoms of anxiety and depression.

4. Build an obstacle course

Move around your furniture to create an obstacle course in your house or apartment. Add specific mental or physical challenges to keep your kids moving and learning new academic skills.

5. Prepare meals together as a family to encourage healthy eating.

Get the whole family involved in meal planning, preparation and cooking, using this extra time together to teach children about good nutrition and healthy habits.

6. Enhance social interaction by eating meals together.

Eating with your family will help children as they adjust to their new routine of staying at home. Sharing meals together also tends to promote more sensible eating habits, which in turn helps family members hold each other accountable for their health.

7. Encourage your children to read

Find a special spot in your home to encourage your kids to read. Help your child pick an interesting book and explore various genres including fantasy, mystery, science-fiction and thrillers.

8. Make a microwave mug cookie

We love this quick and delicious recipe from Em's Kitchen. Make your own now!

<https://www.youtube.com/watch?v=y-dpHtlHXcc>

9. Camp indoors

Take out your sleeping bags and tent; then bring them inside! Play board games, make smores, and more!

10. Host a family movie night

Pop your popcorn, select a few of your favorite movies, and enjoy an evening with your family. 10 must sees for the whole family include Mary Poppins, The Goonies, Home Alone, The Wizard of Oz, The Sound of Music, Star Wars, Jumanji, Matilda, Willy Wonka & the Chocolate Factory, and A Little Princess.

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11. Visit a virtual museum for FREE

Many of the largest museums in the world have temporarily closed to encourage social distancing, but you can still visit more than 1,200 museums virtually. Check out the Google Arts and Culture website for a virtual tour now.

<https://artsandculture.google.com/partner?hl=en> .

16. Start a scavenger hunt for your kids

Hide 10 to 20 items around the house and ask your children to explore each of your rooms to look for them. This activity will keep your kids entertained for hours!

12. Have an indoor picnic

Make some sandwiches, grab a blanket and enjoy a living room picnic!

17. Create origami figures

Creating origami figures builds concentration and spatial awareness. It also helps improve motor skills and brain development.

13. Facetime with family members

Let your child call any member of your family to check in and ask how they are doing. This is the perfect way to continue connecting with friends and family.

18. Bake some brownies

Try our favorite recipe from Tasty here:

<https://www.youtube.com/watch?v=VvJm4pQZ04s>

14. Put together a puzzle

This fun activity enhances and promotes cooperative play between family members.

19. Compile family travel memories into a movie

Select a bunch of photos from different family vacations and teach your kids how to use programs like iMovie to edit them into a video!

15. Teach your child how to play chess

According to the University of Memphis, playing chess helps improve your child's visual memory and concentration.

20. Listen to podcasts together

There are many child-friendly podcasts. A few currently on Spotify include: "Stories Podcast," "Planet Storytime," "Brains On," and "But Why."