Dear Parents,

We hope you’re doing well and that you and your family are staying healthy and safe!

We all know that kids being at home for an extensive amount of time can mean running out of indoor activities. Don’t worry; we are here to help come up with a few activities that are sure to keep them busy! Here are a few things hope you and your children like to do when you stay home for an extensive period of time!

**Sensory storytelling with kids at home**

Bring out your children's creative sides with this activity. Start by reading your children’s favorite book. When you get to an important part of the story, stop reading and challenge one of the children to create their own plot. Once one child runs out of ideas, have him or her pass the story onto the next child. Keep going until all of you make a complete story.

**Plastic bottle bowling**

This one is as simple to set up, as it is effective. Grab 10 empty plastic bottles and set them up in a triangle pattern like bowling pins. Find a small rubber ball to use as the bowling ball and have your children take turns at knocking down the pins. Winner gets to choose what’s for dinner!

**Freeze dance with kids at home**

When we worked at a school, this was our favorite indoor activity. Play some music loud enough for everyone to hear and have your kids dance around the house. Stop the music periodically. Whenever the music stops, whoever is dancing must freeze in place. If you catch someone moving, he or she is eliminated from the game. Keep dancing until one person is left. If you have a small family, keep dancing until one person has a designated amount of wins. This is a great way to release pent-up energy and hopefully get them to bed earlier!

Hope you enjoyed these activities and try them out since you have your kids at home!

Have a wonderful week! Enjoy your kids!