



At-Home Activities & Resources



um•nsu•card

University of Miami-Nova Southeastern University

Center for Autism & Related Disabilities

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Remember, your CARD clinician is still here to help you and virtually support your family during this hectic time! Please reach out to your clinician if you are in need of resources including respite, meal assistance, etc.



ATTENTION BROWARD COUNTY PUBLIC SCHOOLS FAMILIES: GET TWO MONTHS OF INTERNET FREE

Comcast has launched program enhancements to help students access the Internet during the Coronavirus crisis. Low-income families in Comcast service areas who sign up as new customers can receive **60 days of complimentary internet**, access to **more than 200,000 hot spots nationwide**, and an increase in internet speeds from 15/2 Mbps to 25/3 Mbps for all Internet Essentials customers.

To get Internet Essentials, please visit internetessentials.com or call toll-free 1-855-846-8376. This offer is not available in stores, so please do not go to a Comcast store for this program.

- Comcast will send all new customers a self-installation kit including a cable modem and Wi-Fi router. **There will be no term contract or credit check and no shipping fee.**
- The accessible website also includes the option to video chat with customer service agents in American Sign Language.
- After 60 days, families will need to call Comcast to cancel the service, or keep it for \$9.95/month.

Who qualifies for this service?

1. **All students enrolled in Title I schools.** Please see the list at bit.ly/2lQncxB.
2. Families enrolled in **HUD Housing** and/or **Free or Reduced lunch programs**
3. Families currently receiving support from these federal programs must provide proof of participation:
 - **MEDICAID:** copy of card or most recent eligibility letter for an adult in your household (copy of front and back of card required.)
 - **Public housing assistance:** documentation such as lease, housing assistance payment (HAP) contract, or eligibility documentation from HUD.
 - **SNAP:** letter indicating you are approved for Supplemental Nutrition Assistance Program benefits.
 - **TANF:** eligibility letter for Temporary Assistance for Needy Families.
 - **SSI:** eligibility letter for Supplemental Security Income.
 - **NSLP/Head Start:** copy of a letter indicating participation in the National School Lunch Program or Head Start, with child's name, school name, and address of where you are requesting service.
 - **LIHEAP:** letter confirming eligibility for Low Income Home Energy Assistance Program.
 - **WIC:** eligibility letter for the Women, Infants, and Children program.
 - **VA Pension:** pension eligibility determination letter from the Veterans Administration.
 - **Tribal assistance:** eligibility letter, including TTANF, FDPIR, etc.

Once the customer calls or applies online, Comcast will provide an application number, and the customer will be asked to submit the document with the application number written on it to ieapplication@comcast.com. The quickest way to apply and upload the necessary documents is online at internetessentials.com. Customers may also fax documents to 1-888-294-7113 with the application number written on it.

For questions please visit internetessentials.com or call 1-855-846-8376 for English or 1-855-765-6995 for Spanish.

Click here for more updates



Click on the blue text to follow links

If you need assistance, feel free to reach out to your CARD clinician for support.



Dealing with Covid-19

Resources for Special Educators, Therapists, & Families

Curated resources for those working with individuals who have developmental disabilities.

Thanks to all the creators from around the globe whose work is listed here. Your generosity in making these resources freely available is greatly appreciated.

I wash my hands



Handwashing Poster

Download this resource from [Angie S](#) by [clicking here](#).



Wash Your Hands

You can download the resource [here](#).



Handwashing with Core Vocabulary

You can access [the file for this resource here](#). It was created by [Autism Speech Talkies](#).

Click on the image to follow the link for this ever-growing resource list



NATIONAL
AUTISM
ASSOCIATION

COVID-19 RESOURCES FOR FAMILIES

Click on the image to follow the link

BEFORE YOU BEGIN



How to prepare for extended school closings—and not lose your mind

By Liz Faria

03.12.20



Click on the image to follow the link

Museum Tours

[Click here for even more virtual museum resources](#)



Collections

[All](#) [A-Z](#) [Map](#)



M
O

Musée d'Orsay, Paris
Paris, France



MoMA

MoMA The Museum of
Modern Art
New York, United States



Van Gogh
Museum

Van Gogh Museum
Amsterdam, Netherlands



LE GALLERIE
DEGLI UFFIZI

Uffizi Gallery
Florence, Italy



National Gallery of Art,
Washington DC
Washington, DC, United States



belvedere

Belvedere
Vienna, Austria





The State Hermitage
Museum
St. Petersburg, Russia



RIJKS MUSEUM

Rijksmuseum
Amsterdam, Netherlands



MUSEO SOROLLA

Sorolla Museum
Madrid, Spain



25 EL OLMEDO

Museo Dolores Olmedo
Mexico, Mexico









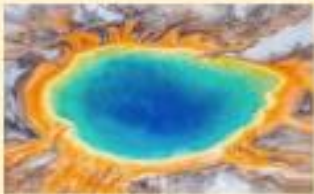


Click on the image to follow the link and access over 2,500 galleries worldwide

Virtual Field Trips

[Click here for a virtual field trip lesson plan](#)



San Diego Zoo		The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!
Yellowstone National Park Virtual Field Trip		Mud Volcano , Mammoth Hot Springs , and so much more. Tour Yellowstone National Park !
MARS!!!		Explore the surface of Mars on the Curiosity Rover. They are updating from WEBVR to WEBXR now, but 360 Mode offers a digital view!
Animal Cameras		Live Cams at the San Diego Zoo Monterey Bay Aquarium live cams Panda Cam at Zoo Atlanta 6 Animal Cams at Houston Zoo Georgia Aquarium has Jellyfish , Beluga Whales , and more
Virtual Farm Tour		This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.

Click on the colored words to follow the links

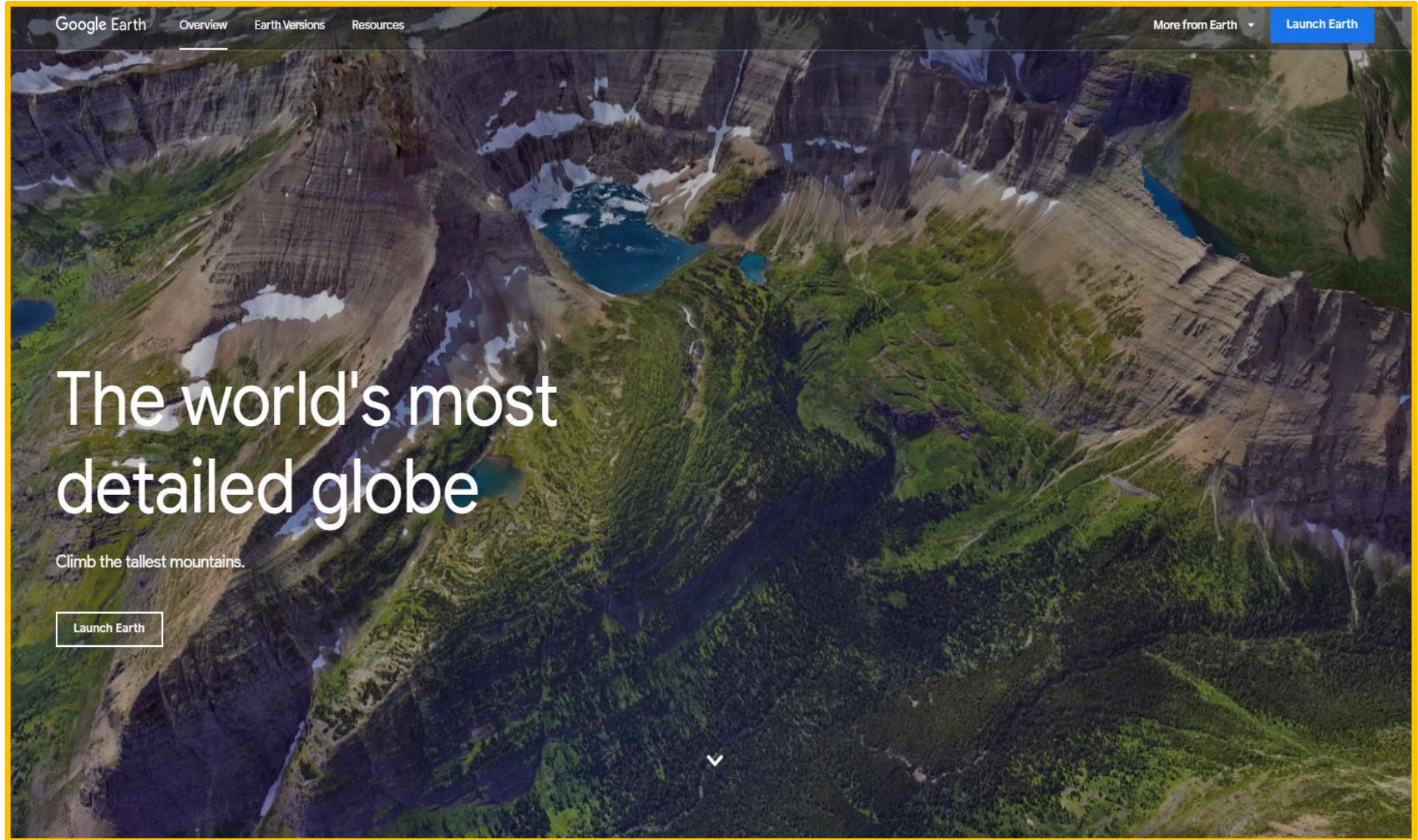
Virtual Field Trips



U.S. Space and Rocket Museum in Huntsville, AL		See the Saturn 5 Rocket on YouTube and more on this tour thanks to a real father/son outing.
Discovery Education Virtual Field Trips		A few of the field trip topics include Polar Bears and the Tundra Social Emotional Skills STEM manufacturing
The Louvre		Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip.
The Great Wall of China		This Virtual Tour of the Great Wall of China is beautiful and makes history come to life.
Boston Children's Museum		Walk through the Boston Children's Museum thanks to Google Maps! This virtual tour allows kids to explore 3 floors of fun.

Click on the colored words to follow the links

Virtual Field Trips



Click on the image to follow the link and explore Google Earth

Virtual Field Trips



1. [Acadia National Park](#)
2. [Arches National Park](#)
3. [Badlands National Park](#)
4. [Big Bend National Park](#)
5. [Black Canyon of the Gunnison National Park](#)
6. [Bruce Canyon National Park](#)
7. [Canyonlands National Park](#)
8. [Channel Islands National Park](#)
9. [Cuyahoga Valley National Park](#)
10. [Death Valley National Park](#)
11. [Denali National Park](#)
12. [Dry Tortugas National Park](#)
13. [Everglades National Park](#)
14. [Glacier National Park](#)
15. [Grand Canyon National Park](#)
16. [Grand Teton National Park](#)
17. [Great Smoky Mountain National Park](#)
18. [Guadalupe Mountains National Park](#)
19. [Joshua Tree National Park](#)
20. [Mesa Verde National Park](#)



21. [Mount Rainier National Park](#)
22. [Olympic National Park](#)
23. [Redwood National and State Parks](#)
24. [Rocky Mountain National Park](#)
25. [Sequoia National Park](#)
26. [Shenandoah National Park](#)
27. [Virgin Islands National Park](#)
28. [Wind Cave National Park](#)
29. [Yellowstone National Park](#)
30. [Yosemite National Park](#)
31. [Zion National Park](#)

Click on the blue wording to follow the link

[Click here to visit Cincinnati Zoo's Home Safari webpage](#)



Home Safari Facebook Lives

Public · 26 instances · 35,582 people · by Cincinnati Zoo & Botanical Garden

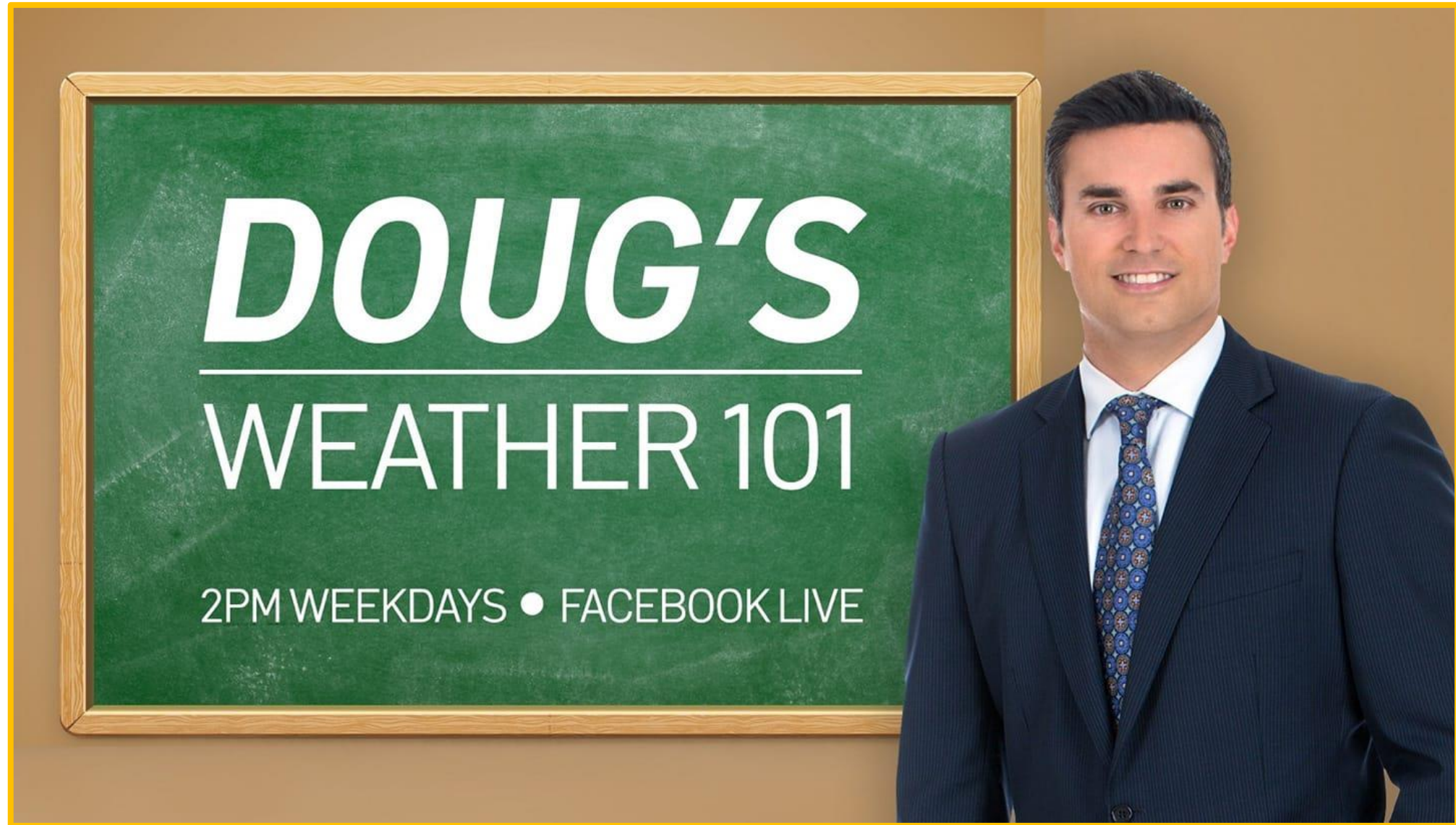
More Zoo Live Cams

1. [Smithsonian National Zoo](#)
2. [Reid Park Zoo](#)
3. [Explore Live Cams](#)
4. [Zoo Atlanta Panda Cam](#)
5. [YouTube Zoo Live Cams](#)

[Zoo Field Trip Lesson Plan Worksheets](#)

Click on the image to follow the link

Facebook Live - Weather



Click on the image to follow the link



QUARANTIME

Online school with Science Mom and Math Dad!
M-F 8–10 a.m. Pacific, 11–1 p.m. EST



Science Lessons

Engineering challenges

Crafts Games

Q&A

Livestreamed to
YouTube and Facebook

Click on the image to follow the link



11am Monday-Friday I'll be "going live" with some music learning & sing-alongs for kids! Geared toward preschool/early elementary ❤️🎵 Hope you can join us!

Click on the image to follow the link



The banner features the Michael's logo at the top, followed by navigation links for SHOP, COUPONS, and WEEKLY AD. The main body has a teal background with white text announcing Facebook Live sessions every Wednesday at noon CT. A 'LEARN MORE' button with a right arrow is centered at the bottom.

Michael's
MAKE CREATIVITY HAPPEN™

SHOP | COUPONS | WEEKLY AD

Tune in to
Michael's Facebook LIVE
every Wednesday at noon CT
for a fun family activity!

LEARN MORE >

Click on the image to follow the link

YouTube – Art



Click on the images to follow each link



Stories by Josh Gad, Voice of Olaf



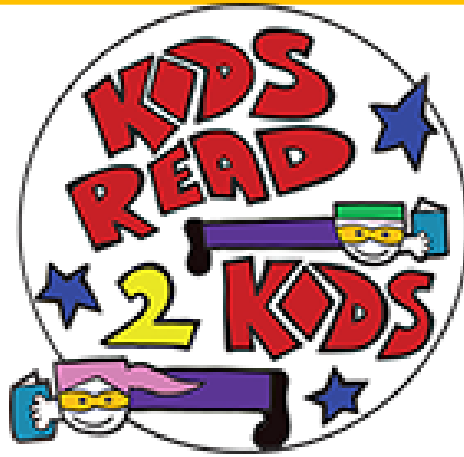
Astronauts reading stories



Story Time



St. Patrick's Day Read-Alouds



Kids Reading Story Books



Book Flix:
username: bookflix46
password: blue

Storyline Online

Online Story Time



Online Story Time

MUSIC
BOOKS
UKULELE
STORYTIME



Emily Arrow on YouTube

Click on the images to follow each link

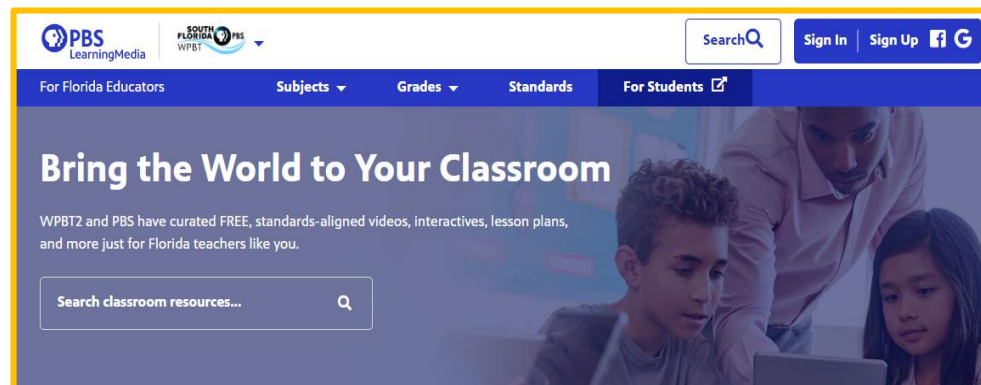
Online Learning – Resources

[Click Here for a Complete list of Educational Companies Providing Free Resources during School Closures – Updated Every Few Hours](#)

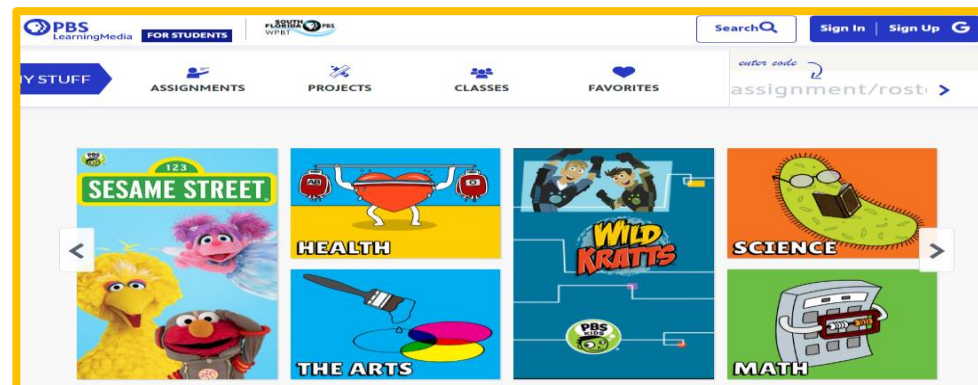


Click on the images to follow each link

Online Learning



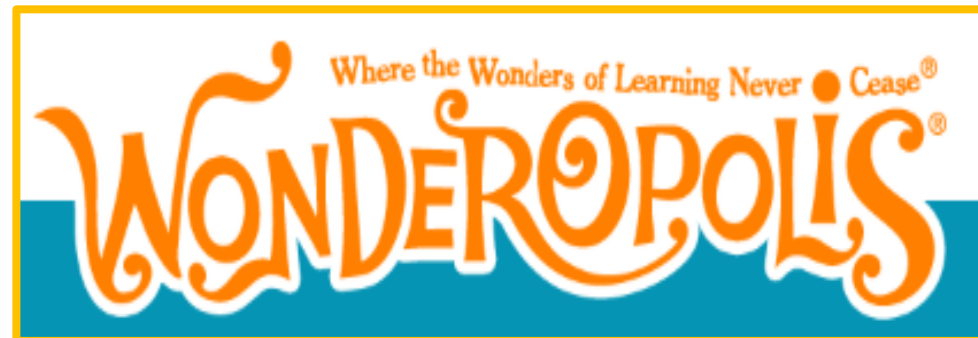
PBS Learning Center, Parents and Students



NASA STEM for Students



[Click here for Mystery Science's Lesson Plans](#)



Click on the images to follow each link



Online Learning



AS COMPILED BY JOY NOVACK ROSSON FOLLOW
HER ON FB

<https://www.facebook.com/oktobewell> or
<https://www.facebook.com/joy.novackrosson>

Help has arrived....



While Disney World & Disneyland Are
Closed, Take Your Kids On Virtual Rides



Click on the images to follow each link

Online Learning

BrainPOP

BrainPOP (all)
username: Fulbrightfalcon
password: fulbright1

1. [BrainPop](#)
2. [BrainPop Jr. \(K-3\)](#)
3. [BrainPop English Language Learner](#)
4. [BrainPop Español](#)

Here are 450 Ivy League courses you can take online right now for free



Dhawal Shah
Founder of Class Central.

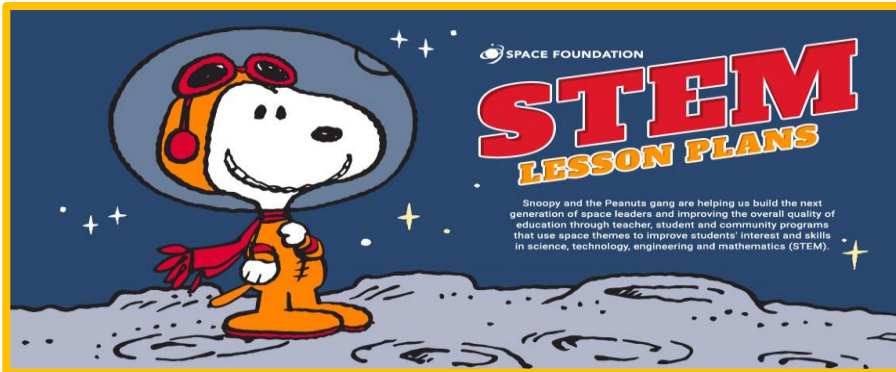


BreakoutEDU FUN@HOME

Highlights kids

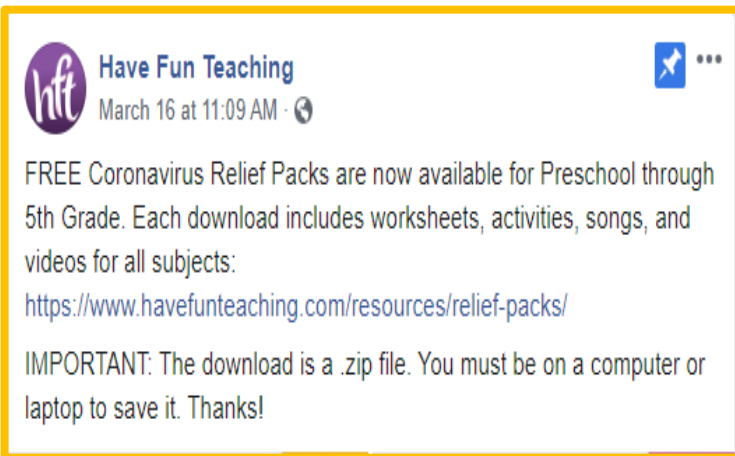
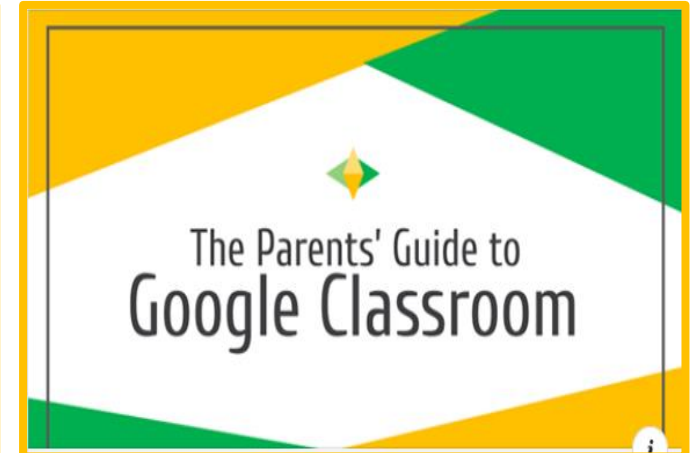
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Online Learning



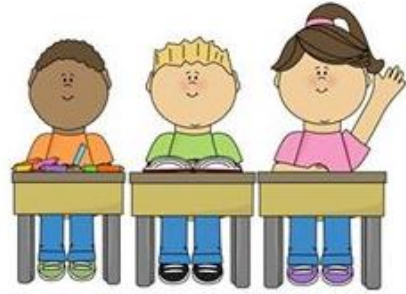
Click blue words or images to follow the links

Home Schooling - Worksheets



Click on the images to follow each link

Home Schooling - Worksheets



School Shutdown Packets 10 School Days of Instructional Materials

Assembled by: Ryan D. Daniels, M.Ed

If you have questions or trouble
accessing the materials, please message
me.

All copyrights belong to their respective
publishers.

[Pre-K \(with Sight Words\)](#)

[Kindergarten](#)

[First Grade](#)

[Second Grade](#)

[Second Grade Math & Reading Answer Key](#)

[Third Grade](#)

[Third Grade Math Answer Key](#)

[Fourth Grade](#)

[Fourth Grade Math Answer Key \(not all answers\)](#)

[Fourth Grade Reading/Language Arts Answer Key](#)

[Fifth Grade](#)

[Fifth Grade Math Answer Key](#)

[Sixth Grade](#)

[Sixth Grade Math Answer Key](#)

[Seventh Grade](#)

[Seventh Grade Math Answer Key](#)

[Eighth Grade \(includes formula sheet\)](#)

[Eighth Grade Math Answer Key](#)

[Reading Log](#)



Click on the images to follow each link



Math Strategies for Autistic Students

SPECIAL NEEDS/GIFTED



autism speaks®

How to handle school closures and services for your child with autism

March 13, 2020

Terms To Search:

- Visual Supports
- Home Schedules
- Sensory Breaks
- Heavy Work
- Brain Break

Websites for Activity Resources:

- [TeachersPayTeachers](https://www.teacherspayteachers.com/)
- [Pinterest](https://www.pinterest.com/)
- [Adapting for Autism](https://www.adaptingforautism.com/)
- [Intervention Central](https://www.interventioncentral.com/)
- [Scaffolded Math](https://www.scaffoldedmath.com/)
- [Therapeutic Teacher](https://www.therapeuticteacher.com/)
- [Time4Learning](https://www.time4learning.com/)

Visuals and Schedules for the Home

IEP FACT SHEET

Department of Education,
Office of Civil Rights



DOE OCR Guidelines
PDF document
padlet drive

Mailman Center COVID 19 Resource Links

<https://docs.google.com/document/d/1uNABBJhg3fCEllaYnGgF4HQmC5wQ0SSE9IE0RyssoQ/edit>

Life Skills Visuals

LIFE SKILLS CENTERS
Visuals for Life Skills Centers



LifeSkillsCentersYearLong
PDF document
padlet drive

Curated resources for dealing with the coronavirus

Click to visit the interactive image.



Dealing with Covid-19

Curated resources for those working from home

UM-NSU CARD COVID 19 SOCIAL NARRATIVE

<https://www.youtube.com/watch?v=t+20s&v=xkZ31DzN4c&fbclid=IwAR2VCJcJNxFP1hbWU5QJaTSKIDyXGDEASSK5pVxvJCTp230baQkn30uKw&app=desktop>

Daily Home Schedule

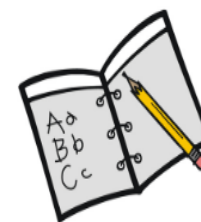


Covid 19 Lists

Educational Resources and Understanding COVID 19



Educational Resources
Word document
padlet drive



Click to access >> **Resources for Families to Provide Educational Continuity**

Oprima aqui para >> **Recursos para familias para brindar continuidad educativa**

Regularly Updated!

Click on the images to follow each link

Sensory Processing Health and Wellness

Sensory Balanced Daily Schedules

Long breaks from school tend to mean unscheduled days. We all know it's important to establish a predictable routine, but how do you do that? A routine that works for your child and family will be different to your friends and neighbors. Here's our guide to building individualized, dynamic, sensory rich schedules.

Whenever you are building a schedule for your family remember to include whole body sensory rich activities.

Daily schedules should have a combination of alerting, organizing and calming activities throughout the day. When scheduling the day it is important to make sure that a child's sensory needs are being met. Once you decide on the routine you will be using we recommend you make and display a visual schedule for your family that uses pictures and words.

The Red-Green-Blue Sensory Routine

EARLY MORNING	GREEN activity incorporated into morning routine
MORNING	RED activity then GREEN activity*
LUNCH	BLUE activity (down time)
EARLY AFTERNOON	RED activity then GREEN activity*
EARLY EVENING	GREEN activity (engagement based)
EVENING	BLUE activity incorporated into bed time

* Top tip - children tend to be most productive after a red activity and in the context of that second green activity

Red Activities (Alerting):

These activities are always stimulating. They should be used to increase arousal or body awareness. Many demanding motor activities are "red" because of the increase in physical and cognitive energy they require. Children (and adults) need "red" activities throughout the day to stay regulated, to learn more demanding motor sequences and to burn off energy.

- Bouncing on a ball chair
- Swinging rotary, swinging-self linear
- Jumping on the trampoline
- Safe crashing and falling into cushions
- Play set or playground
- Stop/go, red light/greenlight
- Ninja warrior with crawling and climbing
- Chase games
- Pulling child in a blanket
- Dance party – music and movement
- Building a couch-cushion tower and then running and knocking it over

Green Activities (Just Right):

These activities help us get regulated and stay regulated. They are generally "organizing" and help us to sustain focus and attention. Green activities work best when they are social activities, where focus is 100% on the game and the relationships and everyone has a twinkle in their eye.

- Linear swinging
- Sitting in a rocking chair
- Wheel barrel walks on hands
- Carry a heavy weight to –anywhere
- Cooking / painting / building / crafts
- Rolling up in a blanket / burrito game
- Long strong hugs
- Pull heavy animals/ siblings in a blanket across the floor
- Using a weighted pillow or animal while doing academic / craft activities
- Yard work (digging, moving firewood)
- Making forts

Blue Activities (Calming):

These activities are calming and organizing. They help to decrease arousal after a stimulating activity or to relax before nap or bed. These can be really important to incorporate when you start to see signs of dysregulation (rigidity, disorganization, frustration). Usually, taking a few minutes to reorganize and reengage, buys a lot more cooperation than other methods. The environment and space play an important role in supporting blue activities.

- Have a quiet space just for going to "blue" (use the fort you made!)
- Chewing resistive food (bagel, tootsie roll)
- Drinking a smoothie through a straw
- Massage (not tickle)
- Taking 10 deep breaths
- Sit on a bean bag and read a book
- Turn off the lights/dim the lights
- Weighted blanket/weighted animal for a "seat belt" while reading or coloring
- Using a slower quiet voice
- Blowing a pinwheel or bubbles or pretend candle
- Squeezing into a small safe space



ROLL SOME BRAIN BREAKS

Directions: Roll one die for each of the columns. Perform the quick brain break that matches the number you rolled on the die. For example, if you roll a 1-2-4-3-5 you would perform the following brain breaks: 10 jumping jacks, 5 wall push ups, 10 Twists at the waist, 10 jumps over a pencil on the floor and 10 windmills.

	Column #1	Column #2	Column #3	Column #4	Column #5
1 	10 jumping jacks	Wiggle your whole body for a count of 10.	Bring R elbow to L knee and L elbow to R knee 5 times	Jump in place 10 times.	Rub your entire R arm with your L hand
2 	Squeeze your R hand firmly with your L hand	5 wall push ups	Move the upper half of your body	Spin in a circle 3 times to the right	Touch L hand to bottom of R foot. Repeat 5x.
3 	Move the right side of your body	Spread legs apart and bend at waist looking between knees. Repeat 5x.	Make 10 small circles with your arms	10 jumps over a pencil on floor	Give yourself a big hug for 10 seconds
4 	Rub your entire L arm with your R hand	Touch R hand to bottom of L foot. Repeat 5x.	Twist at the waist 10 times with arms out to the side	Spin in a circle 3 times to the	Make 10 large circles with your arms
5 	Touch R hand to L shoulder. Touch L hand to R shoulder. Repeat 5x.	March in place with knees high for a count of 10	Squeeze your L hand firmly with your R hand	Move the left side of your body	Touch R hand to L foot and then L hand to R foot 5 times
6 	Run in place for a count of 15	Move the lower half of your body	Touch hands overhead and try to balance on one foot for 5 seconds.	Tap your feet on the floor while making small circles with fingers for 10 sec.	Take 10 deep breaths

Heavy Work Activities

- carry stacks of books
- hold the door open for others
- empty garbage cans
- ride a scooter or skateboard
- carry groceries
- mow the lawn
- load or unload the dishwasher
- drink a thick milkshake or smoothie through a straw
- pushing a wheelbarrow
- pulling a wagon
- kneading clay or playdough
- clean windows or mirrors
- have a pillow fight
- take bottles to the depot
- wash the car
- moving logs or bricks



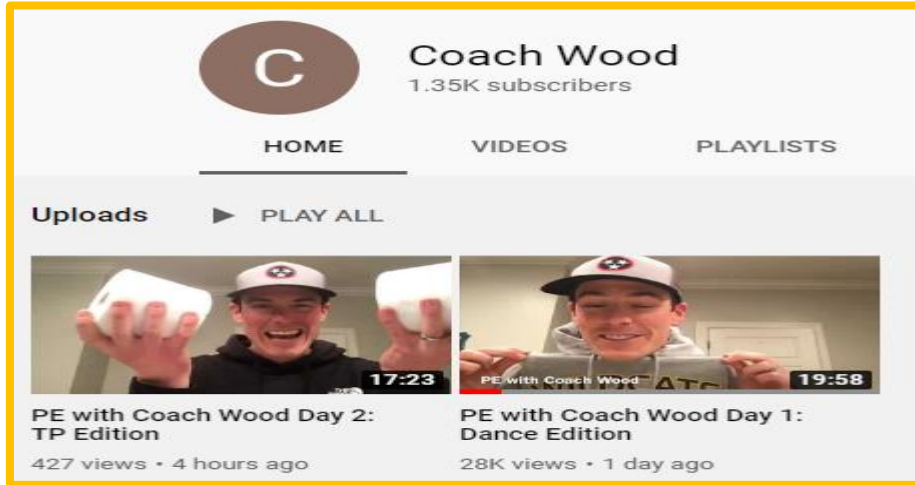
- use a watering can for houseplants or garden
- wipe walls
- build something with hammer and nails
- help with laundry (loading, carrying baskets, folding)
- do an obstacle course
- potato sack or three legged races
- using a weighted lap pad
- using a pogo stick
- wall pushups
- carrying heavier objects
- wearing a backpack
- stacking books
- squeezing
- wearing a weighted vest or shoulder roll
- wearing ankle or wrist weights
- using a pogo stick
- using a hopping ball



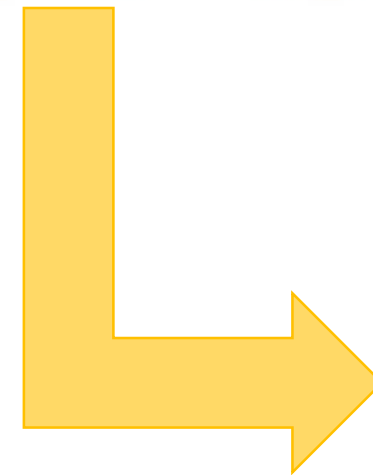
THE CHAOS AND THE CLUTTER



Physical Education



KIDS YOGA
ROUNDUP OF THE BEST VIDEOS



1. [Good Morning Yoga](#)
2. [Good Night Yoga: A Pose by Pose Bedtime Story](#)
3. [You are a Lion and Other Fun Yoga Poses](#)
4. [Frozen Inspired Yoga](#)
5. [Children's Yoga with Ally Ford](#)
6. [Kid's Yoga – Crab Pose](#)
7. [Sun Dance Kids Yoga](#)
8. [Kickapoo the Kangaroo](#)
9. [Yoga for Kids](#)
10. [6 Minute Yoga](#)
11. [Parsnip the Cat](#)
12. [Tiny the T-Rex](#)
13. [Wake-Up Routine](#)
14. [Zen Meditation](#)
15. [Alphabet Yoga](#)

Click on the images or blue wording to follow each link

At-Home Activities



GIANT LIST OF IDEAS FOR BEING HOME WITH KIDS
(for: actual quarantine, school closures, weekend social distancing, anytime!)
Thanks to the [Princess Awesome & Boy Wonder Community](#) for the amazing suggestions!!

Click on the images to follow each link

Dollar Tree Ideas



Puzzle



Math Foam



Jenga



Playing Cards



Learning Bingo

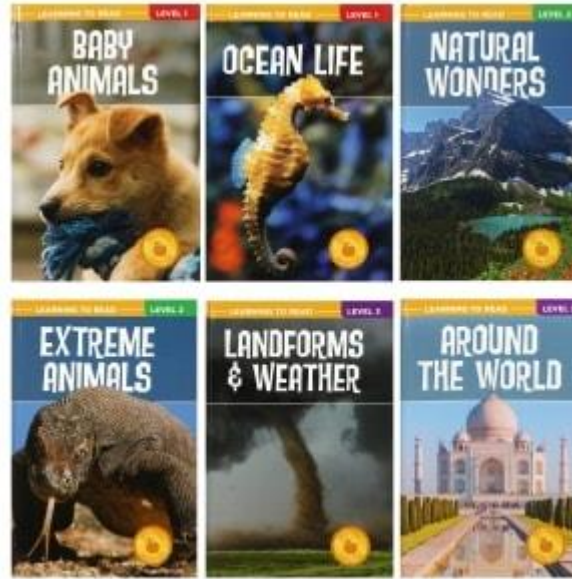


Character Domino

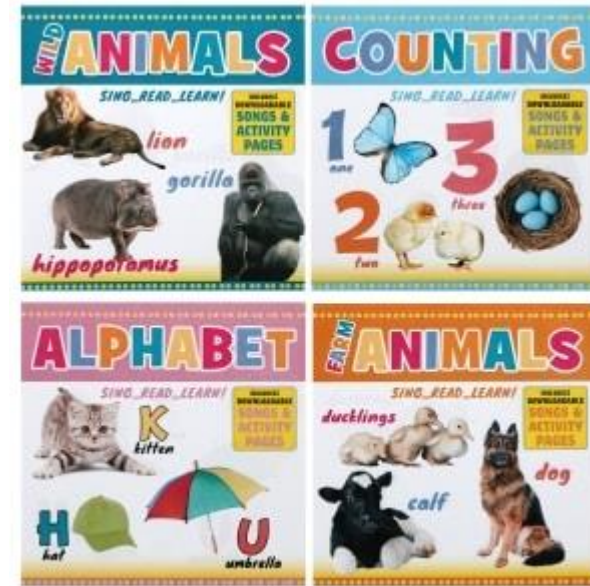
Dollar Tree Ideas



Foam Dice



Educational



Early Learning



Crossword and
Sudoku Workbooks



Relaxing
Coloring Books



Academic
Workbooks



Dollar Tree Ideas

[Click here for DIY craft ideas and tutorials](#)



Non-Screen Activity Ideas - Indoors

Non-screen activities you can do at home

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

Pobble

25 ideas!

1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building! You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



8 Use an old sock to create a puppet. Can you put on a puppet show for someone?



9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.



11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

100+ INDOOR ACTIVITIES



CRAFTS

MAKE PAPER AIRPLANES
SALT PAINTING
MAKE SUNCATCHERS
MAKE SALT DOUGH
MAKE SPONGE STAMPS
MAKE A CEREAL BOX AQUARIUM
MAKE SCRATCH ART
MAKE YOUR OWN BOOKMARKS
PAINT PET ROCKS
MAKE RECYCLED CRAYONS
MAKE PAPER BOATS
FINGER PAINT
MAKE FRIENDSHIP BRACELETS
MAKE A BIRD FEEDER
MAKE PAPER BAG PUPPETS
MAKE HANDPRINT ART
MAKE A SCRAPBOOK
DECORATE T-SHIRTS
MAKE A THANKFUL JAR
PAINT LEAVES
MAKE A TIME CAPSULE
MAKE BUTTON ART
PAINT WITH WATERCOLORS
COLOR IN A COLORING BOOK
MAKE PAPER CRAFTS
BUILD A CARDBOARD CASTLE
MAKE TISSUE BOX MONSTERS
MAKE A TOILET PAPER ROLL BUTTERFLY
STAMP WITH CELERY
MAKE CHALK ICE
MAKE PUFFY SIDEWALK PAINT
DRAW A SELF PORTRAIT
USE RUBBER STAMPS
DO SCRAPE PAINTING
PAINT A RECYCLED JAR
MAKE SUPERHERO COSTUMES

ACTIVITIES

MAKE PLAYDOUGH
MAKE SLIME
MAKE PLAY MUD
MAKE RAINBOW RICE
MAKE FAKE SNOW
MAKE A SENSORY BIN
MAKE A SENSORY BAG
BUILD A FORT
HAVE A PILLOW FIGHT
WRITE A STORY
MAKE ICE CREAM IN A BAG
MAKE GUMMY BEARS
MAKE FRUIT ROLL-UPS
HAVE A MOVIE DAY
PUT ON A FASHION SHOW
BAKE CUPCAKES OR MUFFINS
DO YOGA
BUILD AN OBSTACLE COURSE
MAKE DINNER TOGETHER
PLAY WITH MAGNETIC TILES
BUILD SOMETHING WITH LEGO
USE DOT MARKERS
BUILD A STACK OF CARDS
PUT ON A PUPPET SHOW
MAKE A TREASURE HUNT
INDOOR BOWLING
LEARN TO DRAW
PUT ON A PLAY
MAKE INDOOR HOPSCOTCH
DO A FAMILY CHORE TOGETHER
HAVE A DANCE PARTY
HAVE A TEA PARTY
PLAY WITH WATER IN A BIN
SET UP A PLAY STORE
MAKE A SOCK TOSS GAME
MAKE PERLER BEAD ART
WRITE IN A JOURNAL

GAMES

PLAY WOULD YOU RATHER
PLAY I SPY
PLAY SIMON SAYS
PLAY BOARD GAMES
PLAY HIDE AND SEEK
INDOOR SCAVENGER HUNT
PLAY BINGO
PLAY CARD GAMES
DO A PUZZLE
PLAY CHARADES
BUILD YOUR OWN GAME
PLAY FREEZE DANCE
PLAY HOT POTATO
PLAY MARBLES
KEEP THE BALLOON UP
PLAY DOMINOES
PLAY HANGMAN
PLAY TIC-TAC-TOE

EDUCATIONAL

READ BOOKS
DO A SCIENCE PROJECT
LEARN ORIGAMI
LEARN ABOUT A NEW ANIMAL
LEARN A NEW CARD GAME
LEARN TO SEW
LEARN TO KNIT
DO BRAIN TEASERS
LEARN A NEW LANGUAGE
LEARN ABOUT A COUNTRY

Non-Screen Activity Ideas - Indoors

30 At-Home Brain Breaks

5 min break	15 minute break	30 minute break
GoNoodle Videos on YouTube	Sidewalk Chalk	Play outside
Jump rope	Watercolor painting	Bake a special sweet treat (with an adult)
Play-Doh sculptures	Play outside	Play with your favorite toys
Color a picture	Ride a bike	Make a fort out of sheets and pillows
Dance Party to your favorite song	Play hide and seek with your sibling	Play a card game (Go Fish!, Old Maid, etc.)
Sing your favorite song and make up silly dance moves	Build a LEGO sculpture	Play a board game with your sibling(s) or parent(s)
Kid's Yoga YouTube video	Read your favorite book	Create and complete a nature scavenger hunt
Do 5 different exercises for 1 minute each	Fly a kite outside	Make a craft from recycled & upcycled materials
Build a paper airplane and fly it down the hall or outside	Take pictures of nature in your front and back yard	Make an obstacle course with simple toys and complete it
Look at your favorite picture book	Take turns telling silly jokes with your sibling(s) or parent(s)	Play dress up

25 THINGS TEENAGERS CAN DO DURING SOCIAL ISOLATION

@hilaryrhodesdesign



LEARN TO PLAY A NEW INSTRUMENT (YOUTUBE!)	WRITE A POEM OR A STORY	TRY A YOUTUBE DRAWING TUTORIAL	SWAP BOOK SUGGESTIONS	WRITE & MAIL A LETTER TO A GRANDPARENT
GET SOME FRIENDS VIRTUALLY TOGETHER TO PLAY "PSYCH"	BAKE SOMETHING NEW	WRITE A SONG	TEACH A FAMILY MEMBER TO DO SOMETHING YOU LOVE	MAKE SOMETHING CREATIVE (THAT YOU NEVER SHOW ANYONE)
GO ON A WALK (OR RUN) AROUND THE BLOCK	VIDEO GAME TOURNAMENT WITH YOUR FAMILY	HAVE A "CHOPPED" COMPETITION FOR DINNER	CREATE A NEW MUSIC PLAYLIST	YOUTUBE YOGA OR MEDITATION
JOURNAL YOUR CORONAVIRUS EXPERIENCE	REARRANGE YOUR ROOM	WRITE A LETTER TO YOUR FUTURE SELF	FIND A BOOK ON THE LIBBY APP TO LISTEN TO	WRITE A BUCKET LIST
DO A JIGSAW OR LOGIC PUZZLE	LISTEN TO A NEW PODCAST	OFFER TO MAKE DINNER FOR THE FAMILY	TAKE AN ENNEAGRAM TEST	INVENT A NEW GAME

Non-Screen Activity Ideas - Indoors



Click on the image to follow the link

Non-Screen Activity

Ideas - Indoors



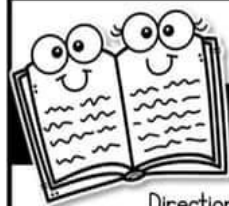
30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1 You were hired by an amusement park to create a new roller coaster.			Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.
Day 11 Prince Charming hires you to build a castle for him & Cinderella.			Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.
Day 15 There is a circus in town. Build a place for the performance.			Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.
Day 25 Design and build your dream bedroom.			Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.
Day 29 You are hired to build a house entirely out of yellow Legos.			Day 30 There is blizzard. You will need to build a snowmobile		
What was your favorite day?					

Non-Screen Activity Ideas - Reading

Name _____



SCHOOL IS OUT! READING CHALLENGE

Directions: Mark a square each time you complete the activity. Can you do them all?

Read in your pajamas.	Build a fort. Then read in it!	Read outside.	Read with a flashlight.	Read a book online.
Read to a family member.	Read to a pet (real or fake)!	Read while eating breakfast.	Read a nonfiction book!	Read a book in a spooky voice.
Read on a beach towel.	Turn on the TV. Mute it and turn on the captions. Read the captions!	Read a book in a whisper.	Read a book with sunglasses on!	Find a recipe. Read it!
Read to a stuffed animal.	Borrow a book from someone and read it.	Read during a picnic.	Read a book in bed.	Read a book two times in a row!
Let someone else pick a book for you to read.	Read a book pretending that you are a teacher reading aloud to your class.	Read while eating your favorite snack.	Read in a robot voice.	Read to someone on the phone.

WRITING EXTENSION: Keep a journal about each activity that you do!
Include the book title and details about your experience.



11 Independent Reading Responses That Can be Done with Any Book No Technology Required



Character Analysis – Choose a character from the story and draw a picture of the character in the center of the paper. Around the character write/draw about the character's personality traits, actions, special words, thoughts and feelings, problems & challenges, and accomplishments.

Create a Comic Strip – Choose a scene in the book and create a four-panel comic strip about that scene. Include colorful pictures with dialogue balloons for what each character is saying.

Make a Connections Map – Choose parts of the book that can be compared to the real world, another book, or yourself. Write down or draw these connections.

Make a New Book Cover – Create a new cover for the book with your own artwork and a blurb (short summary).

Make a Diorama – Using a shoebox or another box recreate a scene from the book using things from around the house such as scrap paper and small toys.

Create a Story Map – Draw 6 boxes on a sheet of paper. Put one of the following in each box: Title and author, characters, action, setting, problem, and solution. Write about the parts of the books in each box.

Write a Letter – Write a letter to your teacher or best friend telling him/her if you liked/disliked this book and why.

Create a Play – Either write or act out what this story would look like as a live action play.

Compare and Contrast – Create two circles that intertwine and make of list of how two books are different in the outer circle and how they are the same in the overlapping circle. Your child may know this as a Venn Diagram.

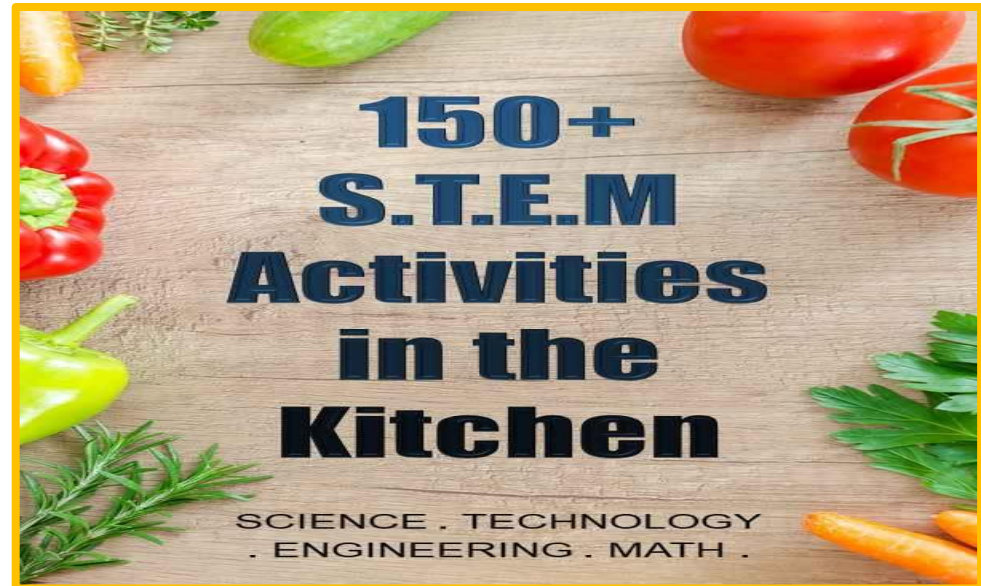
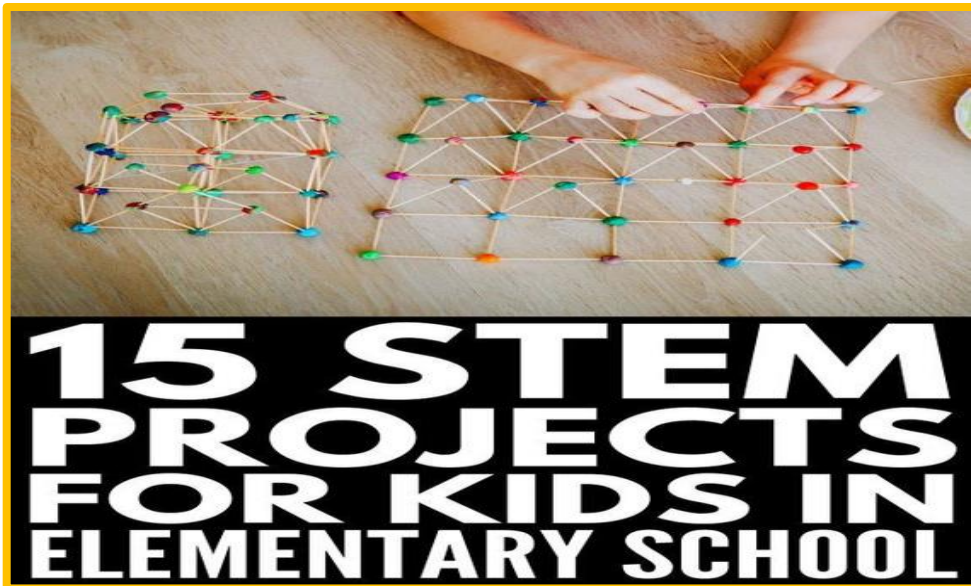
What's Next – Write about what you think would happen next if the story continued.

Story Chart – Divide a sheet of paper into 3 parts. Choose an important event from the beginning, middle, and end. Write/draw about that part.



Non-Screen Activity

Ideas - Science



Click on the images to follow each link

Non-Screen Activity

Ideas - Outdoors



Click on the blue wording to follow each link

35 FUN THINGS TO DO IN YOUR BACKYARD



1. Have a picnic
2. Read a book
3. Draw with sidewalk chalk
4. Paint with shaving cream
5. Toss water balloons
6. Run through the sprinkler
7. Splash in the kiddie pool
8. Play in the water table
9. Jump rope
10. Play hopscotch
11. Play tic tac toe
12. Play scrabble with giant tiles
13. Make an obstacle course
14. Dig in the sandbox
15. Plant a garden
16. Make a bird feeder
17. Paint rocks

18. Fly a kite
19. Make & fly paper airplanes
20. Play fetch with your dog
21. Teach your dog new tricks
22. Learn to hula hoop
23. Set up a bean bag toss
24. Play croquet
25. Play baseball
26. Play kickball
27. Set up a net and play badminton
28. Blow bubbles
29. Try an egg and spoon race
30. Do a sack race with pillowcases
31. Take a popsicle break
32. Build a fort
33. Set up an outdoor movie night
34. Look for constellations in the sky
35. Have a camp out for the night



[Printable Princess – Outdoor Game Ideas for Kids](#)
[Kid Activities – 35 Outdoor Games for all Ages](#)
[How We Learn – Ridiculously Fun Outdoor Games](#)

Social Emotional Learning



Click on the images to follow each link

Educación en casa en tiempos de coronavirus: la guía completa para que tus hijos no se atrasen en el colegio

por Natalia Espinoza C | 17 marzo, 2020



¡Recuerde, su representante de CARD todavía está aquí para ayudar y apoyar virtualmente a su familia durante este momento agitado!

Comuníquese con su representante si necesita recursos que incluyan relevo, asistencia alimentaria, etc.

Haz clic en cada imagen para seguir el link

En Español



Haz clic en cada imagen para seguir el link



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