

Staying Busy At Home (With Minimal Technology): Grades 4-8

<p style="text-align: center;">CONNECT</p> <p>Play a board game, card game, or dice game with someone in your house</p> <p>Read aloud to someone in your household- or have them read to you</p> <p>Work on a puzzle with someone in your house</p> <p>Host a virtual book club or book chat with friends</p> <p>Teach a pet a trick!</p> <p>Play Pictionary or charades</p> <p>Plan a time to meet online to play Xbox, Playstation, Switch etc.</p> <p>Write and send cards and letters to friends and relatives Bonus: send to older relatives or nursing homes that are accepting mail</p>	<p style="text-align: center;">CREATE</p> <p>Bake or cook something</p> <p>Create a book buzz by creating book trailers using a video app</p> <p>Re-engage with "old loves" - make bracelets, jewelry, bookmarks, slime, etc.</p> <p>Open an art kit or try out some new art (or not so new) supplies.</p> <p>Dig out the Legos, make something cool from delivery boxes, build with your old circuits, etc You will have more fun than you may have imagined!</p> <p>Write, compose, and perform a song</p> <p>With permission, start a blog or YouTube channel on something that's useful, helpful, and spreads some needed positivity right now.</p> <p>Write some fan fiction or create a series in your fav genre- perhaps online with a friend?</p>
<p style="text-align: center;">MOVE</p> <p>Destress: stretch or try yoga!</p> <p>Play catch with a household member, pass a ball back and forth, play a little one-on-one...</p> <p>Build & complete an obstacle course for/with younger siblings</p> <p>For for a walk, jog, bike ride - stay 6 feet away from others</p> <p>Research agility drills and do them!</p> <p>Create circuits to exercise different parts of your body and get your heart pumping</p> <p>DANCE PARTY!</p>	<p style="text-align: center;">DISCOVER</p> <p>Learn how to do something new: meditate, french braid, shoot a 3-pointer, code, make your own bath bombs, change a tire, plant and tend to a garden, etc</p> <p>Take on a passion project- learn everything you ever wanted to know about a topic that has piqued your curiosity</p> <p>Figure out ways to help out at home- and discover talents you didn't know you had! Take over the laundry, dishwasher unloading, dusting, or vacuuming. It may not be glamorous, but it sure would be appreciated!</p> <p>Take a virtual field trip to a museum</p> <p>Take a Different Kind of Virtual Fieldtrip</p>