Remote & Distance Activity Brainstorm

Resources for activities to do while social distancing, with hygiene precautions in mind.

Add your own activity to this list. Do you have good distancing activities or resources we should add? Share them with us HERE! We will be sure to update the activities shared weekly.

Guided Gross Motor Activity Resources

SEL Activity Guide

Virtual Tour Websites

Animal Cameras

Museum Tours

National Parks Tours

Space Tours

Farm & Zoo Tours

Home Learning Activities

Both Recreational and Educational Viewing

Suggest Individual Activities

Activity Categories

Name of Activity	Home or Program?	Grade Range (please check all that apply)	Learning Areas Covered	Technology needs? Does this activity require:
Dreamcatchers	Both	2,3	Art and Creativity, Physical/ Fine Motor, Social Studies	
Hula Hoop Freeze Dance	Program	k,1,2,3,4,5	Music and Creativity, Physical/ Gross Motor	
Walking Podcasts	Either	4.5.6.7.8	Language and Literacy	device with podcasts and headphones
Obstacle Course	Program	k,1,2,3,4,5,6,7,8	Science	
Origami	Either	4,5,6,7,8	Art and Creativity, Physical/ Fine Motor	
Learn Sign Language	Both	all	Social Studies, Physical/ Fine Motor	
Weather Exploration	Both	All		
Learn to Draw- with Mo Willems	Both	K, 1,2,3	Art and Creativity, Physical/ Fine Motor	Need technology to stream video
Build Fairy Houses	Either	K, 1	Art and Creativity, Physical/ Fine Motor	
Scavenger hunt	Either	All	open	
Bingo	Program	All	open	
Charades	either	All	open	
Planting	Either	All	Science	

Name of Activity:	**Dreamcatchers**
Home or Program:	Both
Grade range (K-1, 2-3, 4-5, 6-8):	2-3
Technology or No Technology:	No Technology
Materials:	Pipe cleaners or popsicle sticks for base, yarn, beads, feathers, glue or glue gun, paint to decorate popsicle sticks if using popsicle sticks
Description or Link:	http://blog.consumercrafts.com/craft-basics-main/hexagon-diy-dreamcatcher/
Other notes (for instance, how to keep it extra clean, how to clean up afterwards):	Give each child their own set of materials.
Learning areas:	Art and Creativity, Physical/ Fine Motor, Social Studies

Return to Contents

Name of Activity	**Hula Hoop Freeze Dance**
Home or Program:	Program
Grade range (K-1, 2-3, 4-5, 6-8):	K-1, maybe 2-3 and 4-5
Technology or No Technology:	Technology- music
Materials:	Hula Hoops, mats or another way to designate dancers areas
Description or Link:	-kids or teachers pick a song -when the song is playing kids can dance in their own space (their own hula hoop or their own mat) -when the music stops they have to freeze in their position in their space -continue freezing and dancing until song/songs are over or kids are ready to move on to next activity Walking Podcasts
Other notes (for instance, how to keep it extra clean, how to clean up afterwards):	Remind children to stay in their own area for the dancing
Learning areas:	Music and Creativity, Physical/ Gross Motor

Return to Contents

Name of Activity:	**Walking Podcasts**
Home or Program:	Home or Program
Grade range (K-1, 2-3, 4-5, 6-8):	6-8 maybe 4-5
Technology or No Technology:	Technology- device with podcast and headphones
Materials:	device with podcasts and headphones
Description or Link:	-download kid friendly podcasts -children can listen to podcast while walking in a designated area -upon completion they can answer verbal or written questions or write about what they learned (or explore the topic further) In a larger group setting you can all listen to the same podcast while maintaining social distancing. Pause the podcast for questions and follow-up with open-ended questions and other lesson plan activities. There are 26 free sample podcasts and lesson plans on https://www.thewalkingclassroom.org/our-program/educational-podcast-samples-access/ Podcast for kids- https://www.vpr.org/programs/why-podcast-curious-kids#stream/0 https://www.kidnuz.org/podcast https://www.npr.org/podcasts/510321/wow-in-the-world
Other notes (for instance, how to keep it extra clean, how to clean up afterwards):	If using a shared device, should clean and sanitize the device. Children should probably bring their own headphones because they are going in their ears.
Learning areas:	Language and Literacy

Return to Contents

Name of Activity:	**Obstacle Course**
Home or Program:	Program
Grade range (K-1, 2-3, 4-5, 6-8):	all- just vary the difficulty… could call it parkour for the olders
Technology or No Technology:	No Technology
Materials:	PE type equipment
Description or Link:	-create an obstacle course with materials you have on hand (hula hoops, dots, balance beams, balls, etc) -have students go one by one through the obstacle course -to increase challenge you could time the students
Other notes (for instance, how to keep it extra clean, how to clean up afterwards):	If make sure to not use items that need to be touched- instead students can use objects to jump over, hop over, or kick
Learning areas:	Physical/Gross Motor

Return to Contents

Name of Activity:	**Science Experiments or Demonstrations**
Home or Program:	Program or Home
Grade range (K-1, 2-3, 4-5, 6-8):	4-5, 6-8
Technology or No Technology:	No Technology
Materials:	Varies based on Science Experiment
Description or Link:	-Conduct Science Experiment or Demonstration according to the notes found here- https://www.billnye.com/home-demos
Other notes (for instance, how to keep it extra clean, how to clean up afterwards):	If you don't have enough material for each child to have their own, then you can do a demonstration in front of the group (with appropriate social distancing, of course) and follow-up with questions
Learning areas:	Science

Return to Contents

Name of Activity:	## Origami
Home or Program:	Both
Grade range (K-1, 2-3, 4-5, 6-8):	4-5, 2-3, 6-8
Technology or No Technology:	No Technology
Materials:	Paper
Description or Link:	Print out directions for oragami- https://web-japan.org/kidsweb/virtual/origami2/exploring01.html. For a large group lesson you can all work on one design (separately for social distancing). Or students can choose their own adventure or work independently if you print out many copies of the directions.
Other notes (for instance, how to keep it extra clean, how to clean up afterwards):	Give each child their own set of paper materials. Laminate and clean the directions if necessary.
Learning areas:	Art and Creativity, Physical/ Fine Motor

Return to Contents

Name of Activity:	**Learn Sign Language**
Home or Program:	Both
Grade range (K-1, 2-3, 4-5, 6-8):	All!
Technology or No Technology:	Could do with or without technology
Materials:	
Description or Link:	Explore this website which has videos and links to help kids learn sign language and about deaf culture. If you have the technology you could show the videos as demonstration and then students could practice while the video is paused and more after the video is over. This could also be an independent investigation! https://asl-kids.com/learn-sign-language-online/
Other notes (for instance, how to keep it extra clean, how to clean up afterwards):	
Learning areas:	Social Studies, Physical/ Fine Motor

Return to Contents

Name of Activity:	**Weather Exploration**
Home or Program:	Both
Grade range (K-1, 2-3, 4-5, 6-8):	All!
Technology or No Technology:	Could do with or without technology
Materials:	
Description or Link:	Just because we're social distancing doesn't mean we cannot go outside… Track the weather daily. Have students document with individual photos, pictures, or descriptions the weather and what's in the sky. Supplement with research about types of clouds, the moon and sun, and weather patterns (https://ssec.si.edu/weather-lab- for middle schoolers).
Other notes (for instance, how to keep it extra clean, how to clean up afterwards):	
Learning areas:	STEM, Physical/ Fine Motor

Return to Contents

Name of Activity:	**Learn to Draw- with Mo Willems**
Home or Program:	Both
Grade range (K-1, 2-3, 4-5, 6-8):	K-1, 2-3
Technology or No Technology:	Need technology to stream video & internet
Materials:	art materials
Description or Link:	Read one of Mo Willem's books. Then you can go "Live" or recorded with Mo to learn to draw or write like him! https://www.kennedy-center.org/education/mo-willems/ He livestreams daily at 1pm. This would be a nice addition to the daily schedule to have something to look forward to. If you run out of Mo Willem's or you've had enough, try Michael Woodside. https://www.youtube.com/channel/UCbz0SRP7ftKQWKSHvIKPBzQ/videos
Other notes (for instance, how to keep it extra clean, how to clean up afterwards):	
Learning areas:	Art and Creativity, Physical/ Fine Motor

Return to Contents

Name of Activity:	**Build Fairy Houses**
Home or Program:	Both
Grade range (K-1, 2-3, 4-5, 6-8):	K-1
Technology or No Technology:	No Technology
Materials:	Go Outside!
Description or Link:	For inspiration show children pictures of fairy houses (like this one- https://www.thesprucecrafts.com/how-to-make-fairy-houses-1244393) or read a book about fairies. Then you can go outside and have children each pick a separate area- one by each tree, one by the sandbox, one by the playscape, etc. They can use natural materials found outside to build their fairy house. When complete and during ask questions: What are you making? Why did you add that? What is that for? Take pictures to be able to show final products.
Other notes (for instance, how to keep it extra clean, how to clean up afterwards):	Give each child their own set of materials.
Learning areas:	Art and Creativity, Physical/ Fine Motor

Return to Contents

Name of Activity:	**Scavenger hunt**
Home or Program:	Either
Grade range (K-1, 2-3, 4-5, 6-8):	any
Technology or No Technology:	no
Description or Link:	Can be modified to any subject or activity, ask kids to find and identify a list of objects outside, around the room, etc. Can be related to s specific topic ie nature activity (find a feather, a red rock etc. or find 5 different leaves) or just for fun around the room (find something blue, a person wearing jeans)
Other notes (for instance, how to keep it extra clean, how to clean up afterwards) .	Make sure kids don't actually collect the things unless you need them to use like a leaf craft. Make it clear that no one can be looking at the same thing at the same time. If they find something interesting they want to share have them call out or find a way to indicate and order before they get into the task

Return to Contents

Name of Activity:	**Bingo**
Home or Program:	Either
Grade range (K-1, 2-3, 4-5, 6-8):	any
Technology or No Technology:	no
Description or Link:	Bingo cards can be based on any topic. Including traditional bingo They must be laminated or a single use worksheet..
Other notes (for instance, how to keep it extra clean, how to clean up afterwards)	Bingo cards can be created based on whatever topic decided and laminated. Laminated cards can be sprayed with an alcohol based cleaner to be reused. If plastic tokens are used they too can be washed or sprayed clean or dry erase markers can be used and wiped down with disinfectant after use.

Return to Contents

Name of Activity:	**Charades**
Home or Program:	Either--could be done over video chat
Grade range (K-1, 2-3, 4-5, 6-8):	any
Technology or No Technology:	no
Description or Link:	A person chooses an idea/word to act out while the rest of the group guesses.
Other notes (for instance, how to keep it extra clean, how to clean up afterwards)	Ensure your audience maintains spacing and the teacher can come up with ideas based on what you've talked about previously after and draw and share them with whomever's turn it is.

Return to Contents

Name of Activity:	**Planting**
Home or Program:	Either
Grade range (K-1, 2-3, 4-5, 6-8):	any
Technology or No Technology:	no
Description or Link:	Have students research and learn about various types of plants, and then have them pick some or a few to plant themselves. Make daily observations, take or draw pictures of their own plants. Can then be compared and planted at home. Observations can be kept in a notebook or displayed in a google classroom or on poster board. For older kids, plant several and observe differences or change how much water or soil is used. If plants are edible how does that impact the taste?
Other notes (for instance, how to keep it extra clean, how to clean up afterwards)	Plants can be sprouted at home or in program. If seeds are taken from something students ate, precautions having to do with cleaning hands and space should be taken.

Return to Contents

Add your own activity to this list. Do you have good distancing activities or resources we should add? Share them with us HERE! We will be sure to update the activities shared weekly.

Guided Gross Motor Activity Resources

https://www.gonoodle.com/
https://www.youtube.com/user/CosmicKidsYoga

SEL Activity Guide

-https://naaweb.org/professional-development/item/1259-free-social-emotional-learning-guide-for-online-discussions-or-in-program (this guide is geared towards older kids 7th/8th graders)

Return to Contents

Virtual Tour Websites

Be mindful of the amount of screentime being offered per day for kids at this time and do your best to balance screen time with other activities. Even though these are great resources, if kids spend 2-4 hours a day doing homework and then hours on these websites, that is still a lot of screen time! The American Academy of Pediatrics recommends having a balance of technology and non-technology time and that technology time not interfere with basic needs and physical activity. Also, although these have educational content, you also need to monitor the students' use of these website for appropriate activity and teach them about monitoring their own internet safety during this time, as well. Furthermore, try to find ways to make technology interactive, even with social distancing. Can children sit 6 feet apart while watching the same virtual tour while the staff controls the mouse? That way all the children can get the same experience, ask questions, answer questions, and learn together!

Animal Cameras

Track the habits of beluga whales with the Georgia Aquarium's Beluga whale-cam or African Wildlife with this African Wildlife Cam or Puppies with this Puppy Cam. Explore.org has a vast array of web cameras tracking animals from around the world. If you scroll down on the Expore Live Cams website you can see all the live streams! Students can investigate how often they see the animals, their motions or movements, their groupings. This could spark further research about different animals. Recommended for middle schoolers! Supports scientific inquiry skills.

- Otters

Museum Tours

Go to a virtual museum or exhibit. Students can discover exhibits close to home or far away in Europe! Which was their favorite piece of artwork? Which was their least favorite? May prompt discussion or research about the artists or museum workers. Who curates exhibits? How do museums make an exhibit come to life? Recommended for middle schoolers! Supports creative exploration.

- Louvre → https://www.louvre.fr/en/visites-en-ligne
- British Museum → https://britishmuseum.withgoogle.com/
- Metropolitan Opera → https://www.metopera.org/ (make sure it's an age appropriate Opera)
- Vizcaya→ https://vizcaya.org/experience-vizcaya/
- List of 12 Museums and Exhibits with Virtual Tours!
- ICA -- >https://icamiami.org/channel/

National Parks Tours

Wishing we could spend more time outdoors with friends and family? Kids can even explore National Parks virtually and International spots, as well. What parts of did students see? Was it what they expected? How does it compare to the geography and wildlife (or architecture) of Connecticut? Could pick a different National Park to explore each day- and try to explore then all before the year is up! Recommended for middle schoolers! Supports scientific inquiry.

- Yellowstone: https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm
- Sequoia National Park
- The Great Wall of China
- Acadia National Park
- Arches National Park
- Badlands National Park
- Glacier National Park
- Denali National Park
- Everglades National Park
- Zion National Park

Space Tours

Virtually explore MARS! Have any budding astronauts in your group? Encourage them to explore Mars virtually. Ask open-ended questions: Did Mars look like what you thought it would?

What surprised you? What would you do to prepare for a trip to Mars? May even promote further investigation of astronauts and space. Recommended for middle schoolers! Supports scientific inquiry.
Check out Story Time from Space. Astronauts read books aloud!! Super cool. Depending on which book is being read, could be adapted for different age groups. Follow-up with open-ended questions about the book and the space scene. Supports language, literacy, and scientific inquiry. (could bea large group or individual activity)
Love learning about space? Check out NASA's resources for students & teachers including books and ideas for home hands-on activities!

Farm & Zoo Tours

Another cool exploration topic could be about farms and food. Farm Food 360 shows virtual tours of Candian food farms. Sample questions: How did you pick which food source to explore? What are your thinking about the food you eat now after checking out the tour? Recommended for middle schoolers. Supports scientific inquiry and social studies.

Need to see more animals? Check out the San Diego Zoo or the National Zoo cameras are just a few that are our there.

Return to Contents

Home Learning Activities

Students can take this time to learning about **coding**! This website has links to free sites that have games and interactive activities to teach all about basics of coding. Recommended for 4th grade +. Supports STEM.

Got insect lovers in your group? The Smithsonian has this resource and coloring pages, as well. For grades 3-5. Supports STEM.

Extend school-based learning with Brainpop- learning games, educational movies, and activities. Free family and classroom access at this time. Grades K-12. Or, use scholastic to encourage language, literacy and scientific/social studies exploration. Grades K-9.

On this website, students in grades K-5 submitted questions and their questions are answered with short videos. Children can explore their deepest questions. Supports cognitive inquiry.

For a cost investment Ozo bots are a coding activity that can be taken on at home if you have enthusiastic coders. The home kit is listed for $99 a classroom kit is $1200.
https://ozobot.com/
www.http://games.ozoblockly.com/shapetracer-basic
http://games.ozoblockly.com/shapetracer-advanced

Recreational and Educational Viewing

Disney Plus
Both Netflix and Hulu have content aimed at younger viewers as well.

Reflection Activities

Here is a website that will allow you to create and publish your own ebook on your own or as group https://bookcreator.com/

Suggest Individual Activities

- School work/homework 2-4 hours
- Independent Reading
- Puzzles (one child works on one puzzle until completion and then it is cleaned and sanitized or quarantined)
- Internet Exploration of the above websites
- Podcasts
- Coloring or drawing- make sure writing utensils can be cleaned and sanitized, or give students their own little “packs” of art materials
    - Printable coloring pages- https://www.thegeniusofplay.org/tgop/ideas/coloring/genius/play-ideas-tips/coloring.aspx?hkey=849bae9e-5656-4967-9cf8-8942334d536c
- Art- beading

References:

American Academy of Pediatrics Guidance on Screen Time: https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Announces-New-Recommendations-for-Childrens-Media-Use.aspx

Return to Contents