

HEALTHY @ HOME



GETTING CREATIVE

Our Family Services Staff have put together a list of kid-friendly activities that you can do at home as a family - using minimal supplies! While we are at home and avoiding going out in public, it is a good time to get creative with what we already have at home! So go gather some household items you can use and try these fun activities!



ACTIVITIES TO TRY:

- Balloon Tennis
- Indoor Maze
- Paper Plate STEM Marble Run
- Pictionary
- Word Wars
- Pick-Up-Sticks

TAKING IT FURTHER:

1. Clean out a desk, junk drawer, or closet. This is a great way to find forgotten supplies, and organize & declutter your home at the same time!
2. Indoor Maze: Once your family gets good at the maze, try adding ot it, or timing everyone to see who can get through it fastest!
3. Pick-Up-Sticks: Have each person go around and tell a fun fact about themselves, list something they're grateful for, or tell a funny joke for each turn they take!
4. Post a video or picture of your family getting creative and trying one of these activities on our Facebook page. Did you add a fun twist to any of the activities, or substitute chopsticks for pencils? Let us know!

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