AMITA Health Child Life Team

Fun “Stay-At-Home” Activities

1. Sing a song, read a story or look at pictures
2. Gentle massage of legs, arms and belly
3. Explore environment through sensory play
   - touching, seeing, listening
4. Peek-a-Boo
5. Stacking and sorting
   - Use various household items-laundry, pots and pans, and cups
6. Offer cause and effect toys
   - push button for lights, music or sounds
7. It’s O.K. for silence too, hugging and holding are just as important

Infants & Toddlers: birth–2 yrs
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Fun “Stay-At-Home” Activities

Preschoolers: 3 yr–5 yrs

1. Simon Says
   - One person states tasks that “Simon Says” while the other completes these tasks!
   For example, “Simon says to touch your toes... or bounce up and down”.

2. Hot and Cold
   - Help your child find an object by using the terms “hot or cold” for directions! Cold being used
   when he/she gets further away from an object and hot being used for getting closer.

3. Scavenger Hunt
   - Place multiple items throughout your house, or use everyday objects already in place, and help
   your child find all items!

4. Hide and Seek

5. Obstacle Course
   - Make an obstacle course out of items found in your house!

6. Odd One Out
   - Place three similar objects and one odd object in front of your child and ask him/her which one
   does not belong! For example an orange, apple, grapes and a button.

7. Freeze Dance
   - Dance to music and then freeze when the music stops playing!
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Fun “Stay-At-Home” Activities

School Agers: 6–12 yrs

1. Puzzles
2. Keep the Balloon Up
   - See who can keep the balloon off the ground the longest!
3. Touch and Feel Box
   - Place various objects inside a box (such as a shoe box) and without peeking, ask your child to guess what he/she thinks is inside!
4. I Spy
   - This game can easily be played with objects and furniture around your house!
5. Tape Maze
   - Place a maze made out of tape along your floor!
6. Hot Potato
   - Pretend an object is hot and see how quickly you can pass it back and forth!
7. Charades
8. Two Truths and a Lie
   - State two truths and one lie, having the other person guess which is which!
9. Build a Fort
10. Make Slime
    - Look up different recipes to try online and use ingredients you have at home!
11. Heads up (App or write out own cards)
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Fun “Stay-At-Home” Activities

Teens: 13 yrs and up

1. Balloon Blow
   - Try to keep a balloon up in the air, just by blowing at it!

2. Stack Them Up
   - Take any object found around the house (ex. cookies or lids) and see who can stack more!

3. Act It Out
   - Act out a scene and the other person has to try and guess what you are acting out!

4. Speed Stacker
   - Race against an opponent to see you can stack more cups!

5. Sock Wrestling
   - You and your opponent race against each other to try and take the other person’s socks off!

6. Would You Rather
   - Ask “would you rather” themed questions (Would you rather scuba dive or ride a camel?)

7. Make Slime
   - Look up different recipes to try online and use ingredients you have at home!

8. Minute to Win It Games
   - Example- making as many baskets with crumpled up paper or balled up socks in a minute