

Giant List of Regulating Activities for Children

Mindfulness & Movement

- [Cosmic Kids](#)- Guided meditation, yoga and movement
- [Mindfulness Classes for Kids from Mindful Schools](#)
- Play with animals/pets
- Train the animals/pets
- Try a kid friendly yoga YouTube video
- Zumba or Dance-along videos on YouTube
- Give the dogs a bath and brush
- Wash and clean out the car
- Glow stick dance party
- Declutter toys!
- Have an Olympics with a bunch of events competitions - funny ones, helpful ones like cleaning and really fun ones like minute to win in style.
- Team up and really clean and organize each kid's space.
- [Create a mindfulness glitter jar.](#)

Podcasts, Apps and Websites

- [Free Subscriptions for Kids](#)
- Facetime grandparents and other family members a lot
- Watch everything on Disney+
- [Listen to kid podcasts - Here are some ideas.](#)
- [Cosmic Kids](#) - Guided meditation, yoga and movement
- [Mindfulness Classes for Kids from Mindful Schools](#)
- [10 nature activities to help your family](#)
- [Virtual Field Trips](#) - take a virtual field trip to some remarkable places
- [Mo'Willems' Lunch Doodles! - learn to draw](#)
- [Learn how to do simple book binding](#)
- [Sesame Street - In Communities](#) - games, activities, articles for young children and parents

Art, Music, Creative/Imaginative Play

- Bake something every day
- [Virtual Field Trips](#) - take a virtual field trip to some remarkable places
- [Mo'Willems' Lunch Doodles! - learn to draw](#)
- Use all of our building toys on one giant structure
- Try stop motion animation with playdough
- Write a short story & illustrate it.
- [Learn how to do simple book binding](#)
- Work on learning to sew using stuff we have on hand.
- Card making/scrapbooking projects
- Make tents and reading caves :) flashlights, tidy snacks, books, and pillows!
- Have a shadow show in the reading tent - maybe use blankets over chairs or a table
- Learn how to make a stuffed animal
- Play with cornstarch and water and action figures
- Collect a bunch of tape, markers and cardboard boxes. Build structures from those.
- Pick your favorite song with a 20 second refrain or verse perfect for hand washing length of time and test it out.
- Family puzzles. Ones that are 500-1000 pieces and have a challenging but not frustrating picture
- Any and all art is fun at home: beading, painting, drawing, play dough or kinetic sand, sewing, etc.
- Draw a few circles for faces and then draw self portraits inside the circles
- Color code different interesting places on a map.
- Scavenger hunts, indoor treasure hunts where they follow clues through the house to a "treasure" at the end (could be candy, a movie, whatever), and a lot of charades.
- Make a dollhouse out of saved cardboard boxes. The closets and couch can be made of cardboard as well.
- There are a few easy "kitchen chemistry" type science experiments that are easy to do, like making slime, baking soda and vinegar reaction, etc. that can be found online. [Here's one.](#)
- Put food coloring under the baking soda in a mini muffin pan and use Pipette or something else to drop vinegar in and then you can see the color!
- Do an experiment to learn what each ingredient does for a cake (make one following the recipe, one without eggs, one without milk, etc.). Then compare and contrast the different cakes ... You may eat a lot of weird cake. :)
- Learn to make sushi

- Do a study on planets, then have the kids create their own planets- how big is it, where in the universe is it located, atmosphere conditions, can it sustain life, how long is a day/year, name it, etc.
- Design a new spacecraft, draw plans, then create out of legos or household items. Spend some time pretending you're on different planets with different gravity, you could seriously spend a whole week on just fun space activities.
- Make paper airplanes and have a race
- Dig through cabinets and figure out recipes for that thing you got at the grocery store and thought "this is interesting surely it can be used for something!" And then make it!

Outdoors, Nature and Animals

- [10 nature activities to help your family](#)
- Inventory the plants & wildlife (from bugs on up) in your yard or the area in your neighborhood.
- Learn the parts of plants/flowers & how they function (bonus if they learn the Latin names).
- If you aren't too squeamish & have a spare clear shoebox size tote or 5-10 gallon tank, catch some pillbugs (rolly pollies, sowbugs) & observe them
- Races of various kinds in the backyard (hopping on one foot, crabwalk, walking backwards, etc.)
- Play in the mud
- Stomp in puddles
- Getting the garden ready. Have the kids help with yardwork in between playing games outside.
- Get binoculars and learn about the birds near your house, look them up on google and search for their bird calls on YouTube
- Mow the lawn
- Play sidewalk chalk outside
- Try new hiking or walking paths. Maintain social distancing or go to areas without a lot of people.

Reading and Creative Writing

- [Storyline](#) - listen to books read by famous people
- Spend one day reading every single picture book we have in the house
- Write a story cooperatively. One person picks a character and the other picks a setting and then go on from there taking turns with what happens next.
- Have each kid write a letter and/or emails to a different friend or family member each day
- Interview a family member - taking the time out to learn more about the people in your family might surprise your children. Get them to dig deep and think about their questions and their responses. Save these interviews so you can read them again.
- Be completely silent for 60 minutes, then write about the experience. In a world where there are so many distractions, it's amazing what we notice when we're silent.
- Write and mail a [real] letter to your teacher or principal or classroom pen pal. Address the envelope yourself. Learning to write a letter and address an envelope is important even in the age of email. The thrill of getting a letter in the mail cannot be overestimated.
- Call a grandparent or older relative. Ask them to teach you the words to a song from their childhood days. Just like the interview, this is something that can really help kids learn more about the people in their lives.
- Create a Venn Diagram that compares and contrasts two people connected to you in anyway. Understanding that people who seem very different may have a lot of similarities shifts our perspective and creates room for kindness and understanding.