



**CONNECT
for health**
Being Well Together

Social Prescribing for Self-Isolation and Social Distancing

For Bored Kids

If you are a parent of young children, you may be wondering how you are going to keep your sanity without resorting to using the electronic nannies that are online games and the usual You Tube fare full time. Here are some ideas to keep your little ones entertained and maybe yourself too!

- 1) How to make Playdough in a slow cooker
<https://www.dailymail.co.uk/femail/article-8124515/How-make-PLAYDOUGH-slow-cooker.html>
- 2) Games:
<https://www.fatherly.com/play/activities/best-indoor-games-for-kids-and-families-coronavirus-quarantine/>
- 3) Kid Friendly Podcasts
<https://podysey.fm/list/podcast-episodes/id1400-Podcasts-to-Entertain-Your-Kids>
- 4) Virtual Museum Tours
<https://hellogiggles.com/news/museums-with-virtual-tours/>
<https://www.louvre.fr/en/visites-en-ligne>
Yellowstone National Park
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
<https://www.bostonchildrensmuseum.org/museum-virtual-tour>
<https://www.thechinaguide.com/destination/great-wall-of-china>
- 5) Educational videos
<https://www.youtube.com/channel/UC7DdEm33SyaTDtWYGO2CwdA>
<https://explore.org/livecams/african-wildlife/african-watering-hole-animal-camera>
- 6) Housebound Zoo
Visit the Denver Zoo's Instagram account, [@denverzoo](https://www.instagram.com/denverzoo), and get a snapshot of the animals there, including pictures of the baby rhino. From there, learn about the creatures you see online, either on the zoo's website under "Our Zoo Family," or on other educational pages. Have the kids draw the animals they see, make diagrams of their habitats and watch videos of the residents in motion, such as Mahali the hippo playing with a ball and showing off her massive teeth.

For younger kids, break out the plastic animals or stuffies and make a pretend zoo to visit. Or use brothers and sisters as the "animals" in the zoo and have little ones guess what creature they are pretending to be. If it's nice outside, use sidewalk chalk to draw in zoo areas and maps, and take a make-believe walk around the contained wild grounds.

7) **STEAM up your home**

The principles behind STEAM — science, technology, engineering, art and math — can be found all over the home:

- Trace the sun’s movement by drawing your shadow every hour;
- Add food colouring to a jar of water with a piece of celery in it and watch how the water moves up the plant’s capillaries over the next few days;
- Create some non-Newtonian fluid recipes, otherwise known as Silly Putty, Gak or slime.

As you do these projects, the educator team at the [Denver Museum of Nature and Science](#) (DMNS) suggests asking your children, “What do you think will happen when ...?” This helps demonstrate how to make predictions, encourages kids to express their observations, and lets them share the reasons for something occurring in an experiment.

To give it a DMNS twist, visit its [website](#) and [Facebook page](#) for a host of ideas and resources, including live streaming of past kids’ events such as Scientists in Action. Also head to coloradosprings.dmns.org to get the latest on the museum’s recent discoveries near Colorado Springs, including the NOVA video special, “Rise of the Mammals.”

8) **Make your house a gymnasium**

Use a couch cushion. Place it on the floor, then have the kids place their hands on the cushion and hop their legs over from side to side. More advanced kids can do a full cartwheel.

Next, use tape on the floor to outline a balance beam and have them do various walks along the line, adding in fun props perched on their heads like a stuffed animal or small bean bag. Burn energy with donkey kicks, which you can do with a chair by placing it against a wall so it doesn’t move. Kids then put their hands on the chair and jump (animal sounds encouraged).

Kids also love playing hot lava, something easy enough to do with a handful of cushions or tea towels on the ground that you have to jump to in order not to burn in the pretend fiery pit.

Use cushions to jump over, paper with spiders drawn on them to squash, and toys instead of cones.

9) Indoor Scavenger hunt

10) Make a cardboard fort

11) Treasure hunt

12) Make Elephant toothpaste

Making elephant toothpaste is a great science experiment. Using the laws of both chemistry and biology, this recipe will cause an enormous foaming reaction, fit for an elephant. Check [Scientific American](#) for a how-to.

13) **Join a Facebook Live dance party with DJ Mel**

DJ Mel in Austin, Texas, is hosting a weekly kid-friendly “Living Room Dance Party” on his Facebook page. Join the fun [here!](#) Thousands have been tuning in, so get ready for fun.

14) Conduct science experiments

<https://www.billnye.com/home-demos>

15) Easter Egg hunt