

ACTIVITIES SUGGESTED FOR KIDS AT HOME DURING LOCKDOWN



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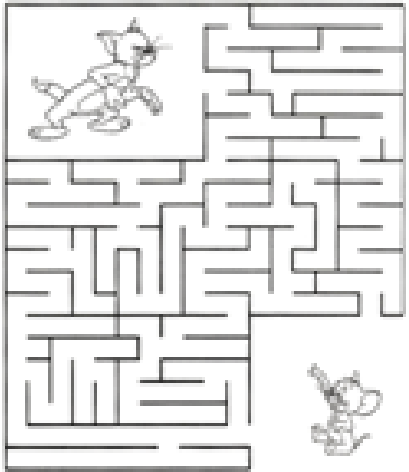
ACTIVITIES SUGGESTED FOR KIDS AT HOME DURING LOCKDOWN

As the coronavirus pandemic spreads, self-isolation or quarantine is one of the key strategies in “flattening the curve” of infection rates. The quarantine has created extra burden for parents/caregivers of person with disability. Here, We have compiled some suggestions to help parents/caregivers of person with disability to make their child engaged during quarantined as knowledgeable and interesting with the available resources.


TO IMPROVE COGNITION:


Draw some simple puzzles, dot to dot shapes, crosswords etc., in your child’s rough note and help the child to complete the task. It helps to engage child in useful manner, improves child’s memory, attention, concentration, problem solving skill, processing speed or flexibility of thinking. Examples are given below.


1. Puzzle (Route, Word)





x	k	c	o	l	b
l	n	e	e	r	g
l	g	l	o	b	e
o	q	n	c	w	c
d	n	s	h	o	e
u	w	k	c	u	d


shoe 

duck 

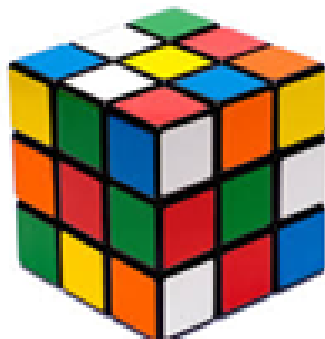
doll 

globe 

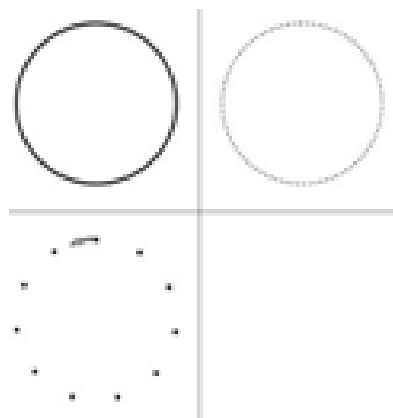
block 

green 

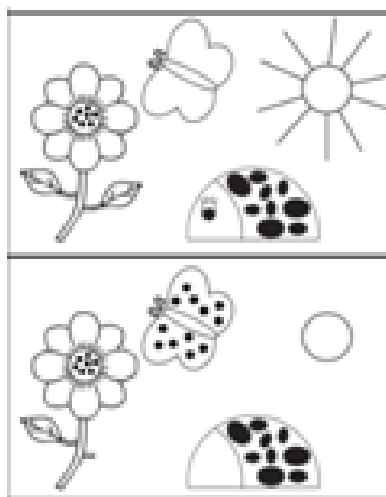
2. Rubik's Cube



3. Dot to dot



4. Spot the difference



5. Set up a treasure hunt

Treasure hunts are pretty easy and depending on how many items there are, could last a while. Hide anywhere from 10 to 20 items around the house to keep kids occupied for a few hours. Hide some useful things and ask the child to spell the name and use of that thing once he/she found.

6. Have an indoor picnic

Grab a sheet, whatever food you have, and enjoy a living room picnic. You can even play that memory game at the same time:

"I'm going to picnic and I'm bringing...." Each person takes turns remembering (in order) what everyone is bringing and then adds one thing each turn.

7. Practice opposites

Playing the opposites game is an educational exercise for toddlers.

You say "in", they say "out", you say "on", they say "off"

8. Family-Photo Bingo

Take nine family photos and arrange them into rows of three, then give your child nine playing cards or checkers pieces to serve as bingo chips. When someone calls out "Daddy" or "Grandma" your child cover the photo with the card. Whoever gets three in a row wins.

9. Sorting Colours

This game helps cognitive development.

Things needed

Bowls, Marbles or small items of different colours

How to Play

Mix up items of all the colours together. Now ask your toddler to sort items of the same colour and put them each in a different bowl.

ONLINE RESOURCES

APPS THAT IMPROVES COGNITION:

1. LUMOSITY.

4. Brain Fitness Pro

Brain Fitness Pro employs a series of memory training exercises to increase focus, memory and problem-solving skills

2. CogniFit Brain Fitness

Improves cognitive abilities, such as memory and concentration, with sleek, fun and addictive games designed by neuroscientists.

3. Brain Trainer Special

Like Lumosity, this Android app contains games that have you memorizing letter sequences, phone numbers and solving assorted math problems to keep your mind in tip-top shape. Difficulty levels range from easy to brain-tingling hard.

5. Happify

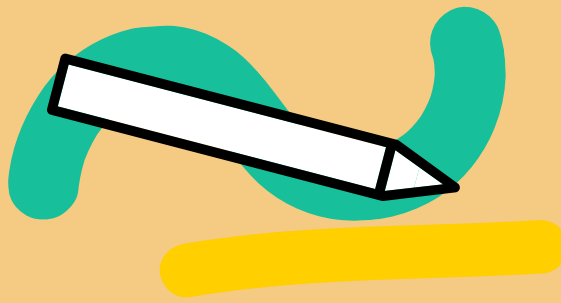
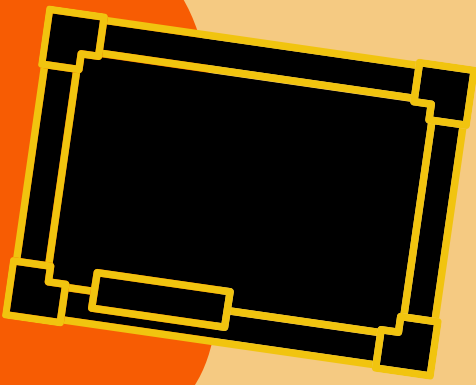
Using fundamentals of positive psychology, which involves focusing on the strengths and virtues that enable individuals to create fulfilling lives, the app's quizzes, polls and gratitude journal -- combined with a positive community -- gradually teach life-changing habits. The goal is to build these skills and keep users smiling all day.

6. Fit Brains Trainer

More than 360 unique games and puzzles aimed at stretching and improving your mental agility lead users through various tasks. Sessions get harder as you improve and will always challenge you and provide a solid brain workout.

7. Eidetic

Eidetic uses a technique called spaced repetition to help you memorize anything from important phone numbers to interesting words or facts. It works differently from typical brain training apps by using items that have meaning and context, like your beau's phone number, bank account details or a new quote worth reciting



Other Online resources:

- BrainPop
- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Khan Academy
- Creative Bug

YouTube Channels:

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School
- Geography Focus
- TheBrainScoop
- SciShow
- Kids Learning Tube
- Geek Gurl Diaries
- Mike Likes Science
- Science Max

Free learning websites

<https://www.starfall.com/h/>
<https://www.abcya.com/>
<https://www.funbrain.com/>
<https://www.splashlearn.com/>
<https://www.storylineonline.net/>
<https://pbskids.org/>
<https://www.highlightskids.com/>
<https://kids.nationalgeographic.com/>

<http://www.mathgametime.com/>
<https://www.uniteforliteracy.com/>
<http://www.literactive.com/Home/index.asp>
<http://www.sciencekids.co.nz/>
<https://www.switchzoo.com/>
<https://www.seussville.com/>
<https://www.turtlediary.com/>
<https://www.e-learningforkids.org/>

TRAVEL AROUND THE WORLD - DIGITAL TOUR

1. Watch the beluga whales at the Georgia Aquarium

There's a beluga whale webcam set up at the Georgia Aquarium, so you can see what your whale friends are up to at anytime.

2. E-visit the Louvre

Transport you and your family to Paris, France by taking a digital tour of one of the most famous international museums, the Louvre.

3. Watch the Cincinnati Zoo livestream

The Cincinnati Zoo will be live-streaming animals on their Facebook page daily at 3PM.

4. Take a virtual field trip to Yellowstone National Park

Virtually visit the Mud Volcano, Mammoth Hot Springs, and so much more with a digital field trip to Yellowstone.

5. Take a virtual field trip of the Boston Children's Museum

Visit the Boston Children's Museum without even leaving your living room.

OTHERS THINGS TO DO:

1. Art and crafts

When you have nothing to do, don't despair! It's easier than you think to grab your child's attraction using available stationeries like crayons, glue, glitter, paint, newspaper and other waste materials and let their creativity shine.

2. Balancing Beam

This is an easy activity and can be great for younger kids and toddlers and helps them improve motor skills and their balance.

Things needed

Coloured tape, Flat floor space to play

How to Play

- Stick different coloured tapes tape on the floor
- Each coloured tape can have a different rule to walk on. For example, you can ask the kid to walk on one leg on the red coloured tape
- The child has to walk only on the tape. If he falls off the tape, he'll be out of the game.
- The child that walks the entire length of the tape without falling off the tape wins the game

3. Pitching Pennies

This game will help in building your child's hand-eye coordination.

Things needed

Pennies or currency coins, Large sized paper or plastic drinking cups

How to Play

- Place the cup on a chair on the table in front of the children
- Give each child 5 coins each
- You can ask the child to take a few steps away from the cup in accordance with his age
- Explain to your child that he has to toss the coins, one at a time, into the cup
- The person with the most coins in the cup win

4. Building a fort

Although not necessarily a game, it can keep your child engaged and occupied.

Things needed

- Pillows
- Chairs
- Cardboard boxes
- Blankets
- Anything else in the house that can be used

How to Play

- To make a cardboard fort, you can simply stack up a few cardboard boxes together and stick them with tape
- Stack up pillows on two sides with a gap between them and throw a blanket over for a simple pillow fort
- A few sticks and a blanket can help you build a tepee tent. Simply cover a table or a couple of chairs with a blanket and you'll have a small fort. You could also fold up the blanket on one side and call it an entrance.

5. Pallankuzhi

6. Five stones

7. Snake & ladder

8. Chess

9. Carom

