

Adjusting to School in Fall 2020

Family Activity Sheet

Motor Skills

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|-----------------|----------------|
| Hide n' Seek | Hiking |
| Tag | Bike rides |
| Simon Says | Painting rocks |
| Dance party | Sidewalk chalk |
| Charades | Drawing |
| Scavenger hunts | Virtual yoga |

Cognitive Skills

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|----------------|---------------------|
| Riddles | Count & categorize |
| Puzzles | PEER strategy |
| Strategy games | Flashcards |
| Read a book | Write a short story |
| Memory games | Learn a new skill |

Social/Emotional Skills

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|-------------------|--------------------|
| Emotion playdough | Meditation |
| Feelings scales | Play sharing games |
| Daily check-Ins | Practice breathing |
| "Calm Corner" | Establish routines |
| Compliment circle | Act out scenarios |

Just for fun!

| | |
|-------------------|---------------------|
| Make a new recipe | Picnic |
| Movie marathon | Backyard camping |
| Game tournament | Build a fort |
| At-home spa | Create a garden |
| Karaoke night | Make tie-dye shirts |

Resources

- **Hackensack Meridian Health**

- <https://www.hackensackmeridianhealth.org/HealthU/2020/04/24/6-therapeutic-activities-for-kids-during-the-coronavirus-outbreak/>

- **Panorama Education**

- <https://www.panoramaed.com/blog/sel-resources-for-educators-school-communities-and-parents-related-to-covid-19>

- **Valley Children's Healthcare**

- <https://www.valleychildrens.org/media-center/family-activity-ideas>

- **We Are Teachers**

- <https://www.weareteachers.com/social-emotional-activities-early-years/>

- **Office of Special Education Programs**

- <https://osepideasthatwork.org/sites/default/files/SWDLearning-Families-508.pdf>