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ENTERTAINING CHILDREN

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Challenges to Entertaining Children

- ATTENTION SPAN
- AREAS OF INTEREST-COMMONALITIES OR CONFLICTS
- TIME
- ACCESS TO MATERIALS
- WEATHER
- BEHAVIOR (A WHOLE OTHER SUBJECT)



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Learning objectives

- Identify steps to determine fun learning activities.
- Create a five-day activity routine with additional activities.
- Provide free digital resources.



Boredom

- While the feelings of boredom (dissatisfaction, restlessness, mental fatigue) are not always favorable, they can be beneficial.

Benefits of Boredom

- Improve your mental health
- Increase creativity
- Catalyst for novelty
- Increase self-control skills (self assess)
- Creates opportunities to do meaningful activities
(give blood)

<https://youtu.be/LKPwKFigF8U>

Why Boredom



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BOREDOM VERSUS HYPER-PLANNING

- Dampers creativity- discourages forward thinking
- Inhibits planning and sequencing of activities or events
- Creates stagnant people
- Requires balance of stimulation and boredom for productivity



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Children and Activity

Free the Kids

<https://youtu.be/8Q2WnCkBTw0>

Let's be mindful and INTENTIONAL about the amount of ACTIVITY
we can offer our kids!

*Inmates reported they may feel an increase in depression, aggression, frustration, and could be potentially disastrous.

*described as being torture.

*On average, children now spend less time outdoors than a
prison inmate.



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On to Entertaining

Step 1

Make a list of your child's favorite activities – presenting this as a challenge can be helpful for some children (like mine).

Step 2

Make sure to write these on paper, so in a time of “I’m so bored,” you can quickly hand them the list.

Step 3

Help them brainstorm activities by categories (i.e., indoor, outdoor, solo, w/friends, frequency, seasons, etc.)



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Plan the Week

Move Monday

Bundle up and get outside.

- Treasure hunt
- Bike ride
- Walk in the woods
- Story walk
- Circle back home for a book or nature show

Tune Down Tuesday

Stay in your pajamas all day for a reading or movie marathon.

- Picking the order is part of the fun
- Use themes to help
- Listen to music and share dance moves
- Naps are encouraged

Worldwide Wednesday Olympics

Spend the day coming up with and executing indoor challenges for your living room Olympics.

- Include opening and closing ceremonies, medals, awards, or trophies
- Toss in some all-time favorites – leg wrestling, floor is lava, hot potato

Theatrical Thursday

Have your child(ren) write, direct, and star in a home video.

- Be sure to include costumes, background music, and guest appearances
- Record this for future viewing pleasure

Funday Friday

It's time to break out the games.

- Board games
- Card games
- Charades
- Tickle fights
- Pillow fights
- Even video games
- Include classics and new
- The winner to each game gets to choose the next game to play



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Activity #1

Create a Five-Day Activity Routine



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Other Fun Activities

- GoNoodle on YouTube
- Virtual field trips to the Cincinnati Zoo
- Mo Willems Lunch Doodles (Free online drawing sessions)
- Indoor/outdoor scavenger hunts
- FaceTime dates with friends and family
- Make greeting cards for friends, family, or strangers
- Build forts inside or out and allow siblings to have “sleepovers” or host “a home improvement show” to showcase their sweet pad.
- Cooking or food prep with the kids
- Involve kids with daily chores – A daily chore can help keep them organized and remind them of the importance of contributing.



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Online Fun for Rainy Days

- **PBS Kids** - On this colorful, animated site, kids can build a story with Pinkalicious, answer math problems with Arthur, and make art with Peg and Cat.
- **Duck Duck Moose** - Owned by the reputable Khan Academy, Duck Duck Moose offers free, interactive iPad apps for the younger set. For example, in the Itsy Bitsy Spider app, a video sings the classic song while letting kids interact with elements on screen. The Moose Math app teaches counting, connect the dots, and sorting through shapes and colors. The site also has a number of printable worksheets available if you'd like to switch from digital to analog play.
- **GoNoodle** – Free online resource has more than 300 dance and yoga videos aimed at keeping kids active.
- **National Geographic Kids** - Through digital books, videos, and games, children can learn about topics like reducing their carbon footprint and preserving the habitats of their favorite animals. Nat Geo Kids also suggests nature-themed science experiments kids can try with things you probably already have at home. There are also quizzes and funny Mad Libs style fill-in-the-blank pages to keep the learning fun.



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Online Fun for Rainy Days

- **Khan Academy** - Khan Academy is a nonprofit organization offering math, science, arts, and humanities curricula, and even test prep courses for older students. You'll find classes on computing, finance, animation, and even social and emotional learning.
- **Duolingo** - This free language learning app and website offers instruction in 23 different languages (even Klingon!).
- **Smithsonian Institution** - The Smithsonian offers a slew of online resources, including zoo animal cams, musical recordings, geography from space, meteorology, and more. Best of all, the site has plenty of games that give kids a fun and engaging way to experience art, science, and history topics.



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Additional technology resources:

Starfall- [Starfall.com](https://www.starfall.com) has been online since 2002. It's ad-free and offers learning games and activities for kids in pre-K through grade 3, covering math, reading, writing, and music, plus seasonal options.

TIME for Kids-From the publishers of TIME magazine, [TIMEforKids.com](https://www.timeforkids.com) is loaded with fascinating articles, photos, and videos, covering politics, the environment, entertainment, sports, health, and more. TIME for Kids isn't as interactive as most of the other sites on this list, but it tackles subjects that are in the news in a kid-friendly way.

How Stuff Works- When your child wants to know why the sky is blue, how a tornado forms, or who invented the Chia Pet, head on over to [How Stuff Works](https://www.howstuffworks.com). The articles answer questions about cars, culture, entertainment, science, money, technology, and more. Games, quizzes, and videos round out the learning experience.

Kahoot- <https://kahoot.com/what-is-kahoot/> Game based learning/ interactive



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- **Fun Brain-** One visit to [Fun Brain](#) and you'll want to bookmark it for your kids. Math, reading, online books, and learning games are just some of the site's many treats. Fun Brain caters to preschoolers through 8th graders.
- **Nick Jr.-** If you don't mind TV characters, you'll find printables, games and other activities your young kids will enjoy at [NickJr.com](#). The games allow your children to explore their creativity, play dress-up, learn new music, put together puzzles, and work on numbers and shape recognition.
- **Highlights for Kids-** The magazine for kids that's been around for more than 60 years also offers online ways to play, read, and craft with your children. The site includes matching games, art activities, animated stories and science experiments to help kids learn while having fun on the [Highlights for Kids website](#).
- **Disney Jr.-** Fans of Mickey and friends will love visiting [Disney Jr.](#) Games, coloring pages, and videos are a few of the highlights. The games focus on memory, hand-eye coordination, color matching, and other important skills for developing minds.



Resources

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