



***Running out of ideas while the schools are closed, and everyone is at home going a bit stir crazy amidst the Coronavirus restrictions and need to find new ways to keep everyone engaged? Try some of these ideas and many of the Recreation & Community Programming Department Staff's favorites!***

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***"Look for the helpers. You will always find people who are helping" – Fred Rogers***

- Help the elderly in your neighborhood by:
    - Spring clean in their yard - pick up sticks and branches, rake up dead leaves, clean out flower beds and plant new flowers or a garden!
    - Offer to do their grocery shopping and/or online shopping. Many are likely unable to go to the store themselves or they don't know how to set up online purchasing.
    - Send letters and notes to assisted living and nursing homes whose residents cannot receive visitors or send videos for the staff to share with their residents of you singing, dancing or putting on a little play.
  - Connect with family and friends who you aren't able to see by mailing them letters, the old-fashioned way!
  - Overstocked on canned goods, food, toiletries, etc.? Donate some to local food pantries, collection sites, care facilities, etc.
  - Clean up your neighborhood, trail, park, or other area in need of some spring cleaning.
  - Write [letters to American service members overseas](#)
  - Send letters of encouragement and notes of thanks to health care professionals!
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### ***Get Cooking!***

Cooking is not only a good activity for long days spent at home, but it's also a great opportunity to teach kids about science and math. Google some simple or favorite recipes and whip up some delicious creations! Try some of our Program Coordinator, Tracey Krum's great suggestions such as [Food Science Experiments](#), [Homework Snacks Kids Can Make](#), and [Homemade Fruit Popsicles](#), or Try [WhatsupMoms](#) on YouTube for some great videos on food and a whole lot more! Then, if you want an easy way to provide some guidance, sign your kids up for an [eat2explore](#) subscription.

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### ***Virtual Experiences from Your Home!***

- [10 Amazing Virtual Museums](#)
  - 12 famous museums—from London to Seoul—offer [virtual tours](#) you can take on your couch.
  - Watch [a free opera by The Metropolitan Opera](#)
  - [Disney Virtual Tours](#) & [Virtual Ride Tours](#)
  - Kids missing their school friends or other family members? Try video chats to stay in touch!
  - Elmwood Park Zoo is offering live exhibit streams titled Zoo School Live on Facebook.
  - Grab an old keyboard and learn to play some tunes.
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### ***Find a Nook and Read a Book!***

We love reading! And it's a hobby we hope to pass on to our children, too. There are plenty of [books that are great for kids](#), but we're still obsessed with the Harry Potter series by J.K. Rowling – if you accomplish anything during your time off, please read this best-selling book of all time (and you can always pop on the movies after you're done with the series!) – it's a Department favorite! Or any of the classics by Dr. Seuss if you have smaller ones. Be sure to check out [Radnor Memorial Library](#) for their extensive list of online audio books, ebooks, and downloadable music and movies.

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### ***Raid the Game Closet!***

Board games are perhaps one of the best family-friendly activities and they provide hours of good fun and entertainment and teaches the kids how to be part of a team, too (well, sometimes). So, go through your closet and have everyone pick their favorite game and start playing! Don't forget the card games too! Whichever you pick, we're sure you'll have great fun! Don't have any games in the house, play charades!

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### ***Get Dirty and Try some Gardening Projects!***

[Gardening projects](#) are a great way to get in touch with nature and to entrain your little sprouts. Look around your home for great locations to plant and let everyone have fun getting dirty, it's the perfect time of year!

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### ***Achieve Inner Zen with some Yoga!***

Set aside some time to stretch it out and meditate with some yoga. If you're looking for some poses you can do with the tykes, YouTube is a treasure trove! Breathe, and relax all your worries about the coronavirus away. Try [Cosmic Kids Yoga](#), [Corepower Yoga](#) (offers several free online yoga videos) or this [video](#) or just google some great poses to perform and repeat!

[Yoga with Adriene](#) - high-quality free yoga videos with yoga instructor, Adriene. All levels.

Calm yourselves with mindfulness meditation. Check-out the Moodparth app to track moods, and Headspace and Calm for meditation.

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### ***Be Creative, Be, Be, Creative!***

**Make puffy slime!** Something about slime just stimulates the senses, is super easy to make, and can often be created with supplies found in your home. Guaranteed fun for hours!

**Break out the Play-Doh!** Something surely everyone has on hand, playing with enhances fine motor skills, improves pre-writing skills, sparks imagination, creates a calming effect and develops eye-hand coordination. While we usually require our children to play with this messy dough, desperate times call for desperate measures! Tips to help resuscitate old playdoh can be found here via google, there are a ton of suggestions that don't require you to leave your home.

**Play Dress Up!** Break out some of their old Halloween costumes or old clothing supplies and see who can be the most creative! Have your kids write their own sketches and then put on a performance. You'll be amazed at the different ways that kids can repurpose costumes to suit their imaginative play or to channel their inner fashionistas. Make it a dance party and add in some instruments that may be in the home to spice it up!

**Build Paper Airplanes and Have a Flying Contest!** Tammy Cohen, Director, favorite!

**Giant Shape Sort!** Outline giant shapes on your floor with tape and then it's a race to find objects in the house that match that shape!

**Painter's Tape Madness!** Create a giant spider web of tape in between a door opening or transition to another room so it resembles a giant dart board and see who can throw another crumbled ball of painter's tape or another lightweight object into the center first! Try googling for tons of other craft ideas with painter's tape or masking tape.

**'Creative Challenge' Treasure Hunt** - by Lizette Subach, Recreation Assistant - Gather 5 things from around the house (i.e. some random pipe cleaner, a jar, miscellaneous string, hot glue, beads) and kids have 30 minutes to create something. This puts an exciting twist on an indoor scavenger hunt! Try it outdoors too in your house or yard!

**Lego Masters!** A spin off the current tv show... Anyone who has Legos has a million. This time, the kids are tasked with coming up with various creations such as the tallest building, their favorite animal, or the fast car!

**Some other ideas you can explore:**

Make a **DIY escape room**

Play with **Perler Beads**. They help with fine motor and concentration skills.

Draw a **comic book**

Put a **puzzle** together

Make a **sensory bin**, **sensory bottle** or **sensory bag** for toddlers and preschoolers

Build a **DIY light box** that provides endless hours of play and learning

Make **sock puppets** and host a puppet show

Make a **comic book**

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***Yes...Education!***

Do a fun at-home **science experiment**

Learn a **new magic trick**

Pull out some maps and learn where various countries are located...then learn their country flags.

Gather a pile of rocks from outside and learn about their geology.

Teach your **dog a new trick**

Research birds and trees native to our area and go on a hike to look for them!

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## ***Fun Classics!***

Learn to **juggle**! Be sure to click this link to YouTube, you must learn from Juggler Josh Horton, the world's greatest juggler. He went to Eastern University and used to perform at our Department's annual Holiday at the Willows event!

Play hide-and-go-seek inside or outside.

Make a fort out of cardboard boxes or sheets and blankets and do shadow puppets in the dark.

Create an Indoor shuffleboard court with tape and a Swiffer! I thought this was so funny! You can use caps or lids as pucks!

Campout in your backyard and have a campfire! A personal favorite of Heather DiCanzio, Recreation Program Coordinator.

## ***Attention Adults!***

Take pictures of all your belongings to inventory for insurance. Now do a written inventory.

Do that mending and ironing you've been putting off since 2004.

Shred your pile of old documents. Better yet, multitask. Use them to light up the fireplace.

Change the batteries in the smoke detectors.

Find all the lids to the Tupperware.

Download an app and learn how to edit videos.

Go through your junk drawer. Do not be afraid.

Play this fun game with your kids: Let's Clean the Bathroom!

Clean your silverware and jewelry.

Have electronics that stopped working, because of battery corrosion? Try this [video](#)! It works!

Scan old photos and create a photo book on [Snapfish](#).

Update your resume.

Go through clothes (for you and your children) in drawers and closet.

Upload your CDs, finally.

Collect all the pennies from the corners of the house, coat pockets, sofa cushions, jeans in the laundry.

Do your taxes! April 15 only feels far off.

*Lastly and most importantly:*

Take a Bubble bath. Turn down the lights, light a candle and pretend you're at the spa.

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***You thought we'd never get to it...GET ACTIVE!***

*We believe it is our everyday preventive actions that will help keep us healthy, including getting plenty of exercise, getting plenty of rest, and eating healthy. Make time every day for active play, whether inside or outside. Take a walk, job, run, hike, or bike. Get creative if you need to, use buckets, balls, blocks, jump ropes, weights, anything you can find around the house.*

**For workouts at home with no equipment –**

Do 10 exercises in succession, each at 30 seconds.

Complete 2-3 rounds taking a quick break between circuits.

It's a great mood lifter to break a little sweat (as we all know!). You can substitute a lot of these exercises depending on your fitness level, here is an example:

1. Squats
2. Jumping Jacks
3. Mountain Climbers
4. Push Ups
5. Walking Lunges
6. Hi Knee Jog (or walk up and down your stairs)
7. Skater Hops
8. Crunches
9. Plank
10. Bridges

[Healthline](#) provides a list of 30 exercises that are suitable for individuals of all experience levels. These exercises include bridges, chair squats, lunges, planks and bicycle crunches. You can also try [Fitness Blender](#) for several free workout videos. For a great Full Body Cardio, try this [Zumba Workout](#).

[Peloton](#) is offering a free 90-day trial of its workout videos (no, you don't have to have a bike for all of them).

Planet Fitness offering live streaming workouts on their Facebook Page.

[Edge Fitness Clubs](#) is offering live daily workouts via their Instagram.

[305 Fitness](#): Videos of dance classes and routines are available on this organization's YouTube page.

[Barre3](#): is offering a free trial of its video workouts.

[FitOn](#): This organization offers free workouts from notable trainers.

[Nike Training Club App](#): Those who download the app have access to multiple video workouts.

[P.Volve](#): Those who sign up for P.Volve's free trial can have access to hundreds of workout videos.

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**\*For any hyperlinks that do not appear active, please try right clicking the underlined word to open.**

**\*Please follow us on Facebook at Radnor Township Recreation & Community Programming Department for more ideas posted daily!**