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### WELLNESS

# Avoid Cabin Fever With These 125 Ideas to Keep Kids Entertained During the Coronavirus Crisis

MARCH 17, 2020 - 8:29 AM - 0 COMMENTS



By **STEPHANIE OSMANSKI**



(iStock)

**T**his info was accurate at press time, and we're continuing to update our [coronavirus](#) coverage as we learn more.



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# Parade

“social distancing.” Even [Kim Kardashian](#), who shared [Instagram Stories](#) on Saturday and Sunday of her children going stir-crazy during the several-day isolation. The reality star filmed as her [kids](#) made and played in a fort of cardboard boxes, running around in their pajamas all weekend.

Kim’s onto something! Cardboard boxes are an awesome (and inexpensive) way to keep children entertained. If you and your partner have found yourselves at home this work-week, stuck inside with kids who are also quarantined, bored, and coming down with cabin fever, it’s going to be a long week.

So, you might as well have a few quarantine-friendly tricks up your sleeve.

How can you keep kids entertained during the coronavirus crisis? Whether you’re a stay-at-home parent or you’re living that WFH life right now, there are plenty of ways to keep the whole family from going stir-crazy. In fact, here are **125 ideas for kids to avoid cabin fever during the coronavirus pandemic**.

## Things to Do With Kids During Coronavirus Social

### Distancing

#### 1. Make a cardboard fort

Take a hint from Kim K. and put those empty Amazon boxes out in the garage to good use!

#### 2. 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 or outside to keep kids occupied for a few hours.

**Related:** [Everything You Need to Know About Coronavirus and How to Prevent It](#)

#### 3. 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.

#### 4. Read-at-home bingo

As your kids accomplish each reading task, they should cross off each bingo square.



The Little Girl Who Played 'Annie' is Beyond Gorgeous Now at 48



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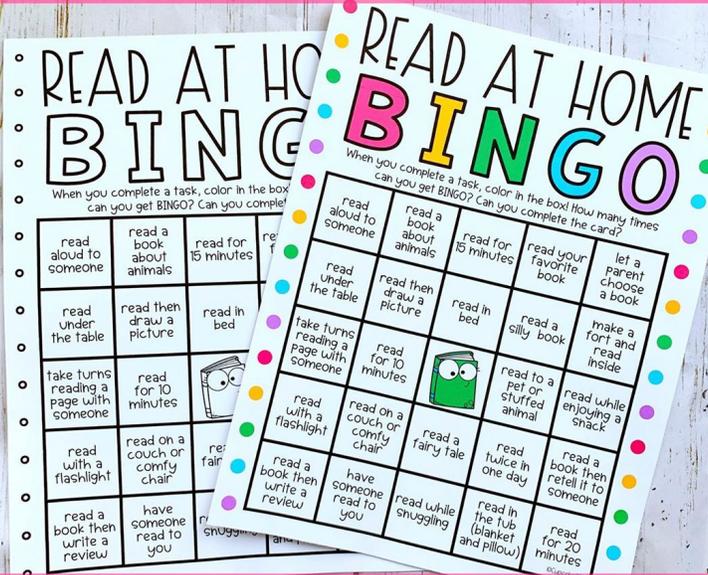
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# READ AT HOME



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As schools around the country are closing and teachers are prepping weeks worth of learning resources, I thought a Read at Home BINGO game might be helpful! 📖 Keep kiddos reading with this fun twist! You can print the game out and send home with students if you're still open, or feel free to send to parents online. Grab it at the link in my profile or <http://bit.ly/CupcakeReadBingo> 📄 Our county (in northern NJ) officially closed all schools for the next two weeks (at least). What's happening in your area?

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Add a comment...

## 5. 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](#).

## 6. Bake together

Cookies, cakes, brownies. Anything! Baking is a great lesson in measuring, ingredients, and of course, making delicious goodies.

## 7. Watch the Cincinnati Zoo livestream

The Cincinnati Zoo will be live-streaming animals on their [Facebook](#) page daily at 3PM.



## 8. Have an indoor picnic

Grab a sheet, whatever food you have, and enjoy a living room picnic (without the ants). You can even play that memory game at the same time: “I’m going to a picnic and I’m bringing…” Each person takes turns remembering (in order) what everyone is bringing and then adds one thing each turn.

## 9. Train the dog

No, seriously, this could be a good one. If the family dog doesn’t know how to sit or stay, start there. If he’s ready to move onto more complex tricks, try focusing on training an hour a day. You can move onto down and roll-over.

## 10. 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.

## 11. Film TikToks

Quarantine? It’s perfect time to choreograph and film [TikToks](#).

## 12. 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](#).

## 13. Keep to a schedule

Schools may be closed but one of the ways to keep things running efficiently at home is to stick to a [schedule](#).



*(Anne Miller,)*

#### **14. Take a virtual field trip of the Boston Children's Museum**

Visit the [Boston Children's Museum](#) without even leaving your living room.

#### **15. Check out Mars**

Explore the surface of [Mars](#) with this digital 360° camera.

#### **16. Listen to Josh Gad's story readings on Twitter**

Josh Gad just gets it. (He's a dad, after all.) To make it easier on all of us, the voice of Olaf has been broadcasting readings of different kids' stories on [Twitter](#).

#### **17. 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.

#### **18. Make [St. Patrick's Day](#) crafts**

Tuesday is St. Patrick's Day, after all. Check our roundup for the best [craft inspo](#).

**Related: [Heroes and Sheroes Among Us—How to Help Healthcare Workers During the Coronavirus Pandemic](#)**



Read a book together and, as an added educational component, have the kids write up an independent novel project once it's finished. The novel project can feature a summary and reaction.

## **20. Make a sensory bin**

Fill it with anything and everything, give the kids some shovels, and they'll be excavating for hours.

## **21. Download and fill out academic printables**

All the [printables!](#)

## **22. Enact a digital quarantine**

Limiting screen time might be a good idea. In fact, some professionals recommend it. When school work, reading, and other educational tasks have been completed, then you can give back tablets and phones.

## **23. Make a space for learning**

This won't keep kids entertained, but it will make learning from home all the more easier. Set up a designated homework/schoolwork area. Whether it's a desk or a specific place at the kitchen table, having a workspace can really help kids focus.

## **24. Do give them recess**

Setting a schedule and focusing on educational tasks is awesome, but you should take time to focus on recess, too. After a few educational tasks, make sure to focus on playtime, too.

## **25. Write a letter**

Break out the envelopes, the stamps, the pens, and paper. No, we're not talking e-mails; we're talking old-fashion snail mail. Write a mail a letter to someone you love, like grandma and grandpa, or a family member who lives far away.

## **26. FaceTime family members**

FaceTime is another meaningful way to connect with family and friends while practicing "social distancing." Use it to check in on family members and to socialize, even if over the phone.

## **27. Start a travel journey from your last trip**

Reminisce on the last time you were allowed to travel by starting a travel journal. This is an awesome exercise for both kids and adults alike. If you want a resource, Teachers Pay Teachers has an interactive journal that's inexpensive.



Need a recipe? Check out this one from [I Heart Naptime](#). All you need are quart-sized bags, all-purpose flour, salt, cream of tartar, water, veggie or coconut oil, and food coloring.

## **29. Do some spring cleaning or organizing**

We know cleaning isn't exactly "fun," but with everyone off from school and off from work, the house is bound to get messy, and pretty quickly at that. Carve out a few minutes, even if it's just 15, each day to prioritize organization.

If you come across a few things that you don't want anymore but are worth selling, try using [OfferUp](#), a mobile marketplace that makes it easy to sell your unwanted items.

## **30. Play cards**

Rummy, War, Go Fish, Solitaire, Uno, Old Maid... Any game you can think of!

## **31. Break out the board games**

Scrabble, Monopoly, Candy Land, Chutes and Ladders...

## **32. Put a puzzle together**

Break out the jigsaw puzzle!

## **33. Play checkers**

Kids will love learning the ins and outs of checkers. And if they're already pros? Challenge them to a checkers Olympics!

## **34. Teach your kids chess**

Every kid could benefit from learning the strategies of chess.

## **35. Go for a walk**

It costs nothing!

## **36. Play charades**

No talking. Just you and your fam acting something out. It's a classic boredom-saver.

## **37. Take a virtual tour of Sequoia National Park**

[Sequoia National Park](#) is a national park in California. With Google Maps, you can scroll over the different terrains, and click on places of interest.

## **38. Host a paint night**



## 39. Make a pizza

It's miscellaneous toppings night. Whatever you have laying around the house, that's what's going on your homemade pizza!

## 40. Write in a diary

Writing down your thoughts is a classic way to pass the time.

## 41. Practice mindfulness

You can practice mindfulness using an app, sitting quietly, or with a few worksheets like the ones below.

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<http://bit.ly/MindfulMinutesHOME>  
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## 42. Set up indoor hopscotch



## 43. Break out the flashcards

Got any old vocabulary or math flashcards laying around? If not, no worries. Make your own!

## 44. Practice opposites

Playing the opposites game is an educational exercise for toddlers. You say “in,” they say, “out.” You say, “on,” they say, “off.”

## 45. Set up outdoor gym class

Obstacle course, anyone?

## 46. Practice cutting with scissors

Another good occupational therapy exercise for toddlers is practicing scissors. If you have safety scissors at home, watch and help children learn how to cut up old scrap paper. They can even practice by trying to cut along a traced line.

## 47. Play dress-up

It never gets old.

## 48. Listen to an astronaut read from space

[Storytime From Space](#) is unlike any other kind of storytime; NASA astronauts read stories to kids while they float around in space.

## 49. Take a virtual tour of a farm

Learn about what it takes to run a farm, meet farm animals, and more by taking a virtual farm tour on [Farm 360](#).

## 50. Create an animal fact sheet

Have your child pick an animal. Can they make a fact sheet, listing everything they know about that animal? Now, do some research. After learning a little bit more about that animal, have your child add new facts to the sheet about what they learned

## 51. Watch the Monterey Bay Aquarium sea otter cam

Monterrey Bay Aquariam has a [sea otter cam](#) that allows you to watch what the sea otters are doing at any given time of day!

## 52. Teach how to edit videos

Use programs like iMovie or YouTube to teach kids how to edit videos. It's a meaningful skill to have in both school and the real world! Who knows? Maybe they'll want to even create their own YouTube channel.



Is your family up to the challenge of creating your own board game? Use the DIY board game [instructions](#).

## 54. Learn coding

[MommyPoppins](#) has some great coding resources for kids just getting into the ins and outs of coding.

## 55. Interview each other

Interviewing is an important skill. You and your child can start interviewing each other face-to-face by asking each other questions and taking notes. If your child shows interest, they can take it to another level by calling a grandparent or family member and interviewing them over the phone.

## 56. Explore Africa with African wildlife cam

Learn more about the wildlife of Africa by checking out this [African wildlife cam](#) situated by a busy watering hole.

## 57. Write opinion pieces

A great academic practice to get into, either after reading a book, doing research, or watching a movie, challenge your child to write an opinion piece about it. What they thought, what their opinions are, and if they'd recommend the book/movie/resource.

## 58. Listen to Story Pirates

Arg, matey. Pirates tell [stories](#), too.

## 59. Start a book club

Reading is a big one during these quarantined days. But to make reading extra exciting, join an [online book club](#) with discussions and thought-provoking questions about the books your child has just read.

## 60. Listen to podcasts

There are tons of kid-friendly podcasts out there. Do some research and find which one is best for your family!





You can even do a [science experiment](#) along with him!

## 62. Watch the puppy play room

What's better than a [live stream of puppies](#) playing all day long?

## 63. Try origami

Might as well hone our origami skills, right? Learn how to make dozens of [origamis](#): dinosaurs, swans, frogs, and more.

## 64. Listen to But Why: A Podcast for Curious Kids

<https://www.vpr.org/programs/why-podcast-curious-kids>

## 65. Listen to Stuff You Should Know

[Stuff You Should Know](#) is a podcast for kids. You know, stuff they *should* know.

## 66. Listen to KidNuz

<https://www.kidnuz.org/>

## 67. Download all the work sheets!

In need of homeschool worksheets (or just education-related activities)? Download this [second grade](#) learning packet.

## 68. Virtually tour the Great Wall of China

You don't need to leave your home to explore some of the most historic monuments out there—the [Great Wall of China](#) included.

## 69. Check out these kid-friendly recipes

Cooking with children is one of the most educational lessons you could give.

## 70. Listen to Wow in the World

<https://www.npr.org/podcasts/510321/wow-in-the-world>

## 71. Practice instruments

If your kids are learning instruments, make sure to instill an hour-long practice time each day.

## 72. Bird watch

Can you identify five types of birds and then research them?

## 73. Make a list of the animals that live in your neighborhood



looking out the window.

## 74. Take a virtual tour of the British Museum

Tour the [British Museum](#) online.

## 75. Watch Oxford Education's Story Hour

They have lots of great stories!

Story time for Kids: I Want to Go First | Oxford Children's Books



## 76. Make a sticker book

Paper? Check. Stickers? Check. Staples? Check. Make a sticker book, then decorate it.

## 77. Learn about insects

Log onto the Smithsonian Science Education Center to do a deep-dive into [insects](#).

## 78. Take a virtual glider around the world

The Smithsonian Science Education Center has more resources, too, including a [virtual glider](#) that makes you feel like you're flying around the world, exploring.

## 79. Learn about sugar

Here's another good one: Learn all about [sugar](#) through an online simulation that shows kids how sugar dissolves and interacts with other substances.

## 80. Study the weather

Staying home all day is a great opportunity to report on the weather. You could even do a study on the [weather](#), using the Smithsonian Science Education Center. Learn about currents, air masses, and more.



[Acadia National Park](#) is a national park located in Maine. With Google Maps, you can scroll over the different terrains, and click on places of interest.

## **82. Launch ABCmouse Learning Academy**

[ABCmouse Learning Academy](#) is a great educational resources with tons of lessons that kids can benefit from.

## **83. Do chores bingo**

Squares can include “put away your clothes,” “brush your teeth,” “put the dishes in the sink,” etc.

## **84. Craft your own hand soap**

There’s never been a more relevant DIY project than making your own [hand soap](#).

## **85. Do an at-home dance class**

[Dance](#) like no one’s watching! (And make sure you’re not sitting on the couch all day.)

## **86. Take a virtual tour of Arches National Park**

[Arches National Park](#) is a national park located in Utah. With Google Maps, you can scroll over the different terrains, and click on places of interest.

## **87. Learn with Osmo**

[Osmo](#) is an online learning resource that interacts with the real objects you have in front of you. Osmo interacts with the physical items in front of you for engaging play.

## **88. Play with felt boards**

Felt boards are great for imaginative play, learning the alphabet, math, and so much more.

## **89. Naptime? Try a sleep meditation**

It may just get kids to sleep quicker. And you.

Sleep Meditation for Kids | 8 HOUR BED IN THE CLOUDS | Bedti...





## 90. Discover BrainPop

[BrainPop](#) is an educational resource that provides lesson plans for all kinds of subjects—even health, arts and music, and engineering and technology.

## 91. Create pasta jewelry

Paint it, thread it, and then wear it!

## 92. Take a virtual tour of Badlands National Park

[Badlands National Park](#) is a national park located in South Dakota. With Google Maps, you can scroll over the different terrains, and click on places of interest.

## 93. Explore homeschool lessons with NearPod

[NearPod](#) has homeschooling lesson plans for grades K-12: ELA, social studies, math, science, and more.

## 94. Check out Scholastic

[Scholastic](#), an educational resource, has enough learning programming for 15 full days of homeschooling.

## 95. Take a virtual tour of Glacier National Park

[Glacier National Park](#) is a national park located in Montana. With Google Maps, you can scroll over the different terrains, and click on places of interest.

## 96. Try some STEM activities

[STEM activities](#) are great for learning and educating kids about science and math.

## 97. (Virtually) visit Alaska

Take a family trip to [Alaska](#)... virtually, of course. Visit Denali National Park a la Google Maps and learn about the wildlife, environment, terrain, and more.

## 98. Check out Mystery Science

[Mystery Science](#) has lesson plans for kids in kindergarten through fifth grade. Their lesson plans cover everything from: How does hand sanitizer kill germs? to What causes things to glow-in-the-dark?

## 99. Make play dough with Kool-Aid



## **100. Watch an online music lesson**

[Music to Your Home](#) provides online, guided music lessons.

## **101. Practice another language**

Listen to audio recordings of other languages (like [Spanish](#), for example) on slow. Repeat to practice pronunciation.

## **102. Start an indoor herb garden or terrarium**

You can start an indoor herb garden by using eggshells as planters or make a terrarium out of mason jars. Check out *Food52* for a [terrarium tutorial](#).

## **103. Make a vision board**

Print out pictures from Pinterest or Google and adhere them to a poster board or computer paper. Fill it with images of what you want this year to be, then hang it on the fridge or somewhere where everyone in the family will see it often.

## **104. Practice spelling**

Ready for the next national spelling bee? Make practicing spelling fun by computing your child's vocabularly words to [Spellingcity](#), where you can turn vocab words into spelling lessons.

## **105. Join a free virtual arts & crafts lesson**

[McHarper Manor](#) is offering a free arts and crafts lesson on Facebook Live every day at 1PM EST. You can check out their supply list for what you'll need for the first few projects on their [website](#).

## **106. Make rainbow ice paint**



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R A I N B O W I C E P A I N T. I used food coloring to make two dozen ice cubes in different colors of the rainbow. The girls slid them across butcher block paper with their fingers or with tongs to make colorful marks. We talked about rainbows, rain, temperature, colors, and color mixing. This was a relaxing activity that helped them segue into the second part of our day. This would be a great activity to do outdoors over the summer!

[#invitationtocreatelearnrow](#)

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## 107. Dance, mediate, and get moving

That might not seem like one individual idea but you can do all three with [GoNoodle](#). GoNoodle encourages kids (and families!) to get moving, whether that's dancing, meditating, or just jumping around!

## 108. Take Dr. Seuss's Word Challenge

Log onto [Suessville](#) and you can join Dr. Seuss's Word Challenge. The challenge is to read as many books as you can. If reading challenges aren't your speed, still poke around on Seussville where there's Dr. Seuss-themed games and videos.

## 109. Listen to a children's book reading

Chris Van Dusen has written and illustrated children's books throughout the years. Now, for quarantined families, he's treating readers to recordings of each of his books on [Instagram Live](#).

## 110. Do yoga



The YouTube account [Cosmic Kids Yoga](#) has all kinds of yoga-for-kids videos. It's not just for kids, either; you can all do yoga together as a family!

### **111. Hone those motor skills**

All it takes is a few household items to really focus on honing motor skills with young kids. [Mamoot](#) has tons of at-home occupational therapy ideas, from inserting pipe cleaners through a collander to pushing pom-poms through a hole in a plastic container.

### **112. Paint with shaving cream in the shower**

Shaving cream painting is a favorite sensory activity amongst preschool teachers, but if you're doing it at home, it's best to do it in the shower or bathtub. Add food dye to the shaving cream to make it all the more interesting!

### **113. Try sensory sorting**

This is an activity best for younger kids who are learning colors and shapes. You can use almost anything for sensory sorting. By grouping different colors or shapes together, challenge your toddler to group all the reds together, all the blues together, and so on. If you're doing it with shapes, try different items. Can you separate the sort the straws from the magnets?

### **114. Set up an Easter egg hunt**

Sure, it's a little early, but it's time-relevant and you can even make it educational by hiding letters inside the eggs instead of candy. Hide the plastic eggs around the house and see if your child can find the entire alphabet!

### **115. Make slime**

There's a bunch of different ways to make slime but if you're just getting started, the below tutorial is perfect for beginners.

[How To Make SLIME For Beginners! EVERYTHING YOU NEED T...](#)



## 116. Play with a sensory rice bin

Dye rice all the different colors of the rainbow, then let your child dive in with scoopers. You can even hide other small toys or prizes inside the rice and she has to dig out.

## 117. Play tic-tac-toe

It's a classic game most of us remember from our own childhoods, but how often do you play with your kids now? If they know the game well, have a tic-tac-toe-off; if they're newbies, teach them the ins and outs.

## 118. Make a sensory bag

Fill a Ziploc with hair gel, glitter, pom-poms, and other small items that won't pierce the bag. Your child will love this sensory play!

## 119. Make a self-portrait

If you want to keep things simple, the self-portrait can be made with crayons or markers. But if you want to take things up a notch, switch to a more unconventional medium: candy, pasta, buttons, or anything else you can find!

**Related:** [Canceled? Here's a Look at the Events Call Off or Postponed Due to Coronavirus](#)

## 120. Take a virtual tour of Everglades National Park

[Everglades National Park](#) is a national park located in Florida. With Google Maps, you can scroll over the different terrains, explore local vegetation, and click on places of interest.

## 121. FaceTime a princess

Live [from the castle](#), your child's favorite princesses are available via FaceTime or Skype! You can decide what to chat about during the 15-minute call; princesses can even read your little one a goodnight story.

## 122. Solve a maze



along the maze with a crayon.

### 123. Learn how to knit or crochet.

Need help yourself? [Ravelry](#) is a free resource for knitters, no matter your skill level.

### 124. Take a virtual tour of Zion National Park

[Zion National Park](#) is a national park located in Utah. With Google Maps, you can scroll over the different terrains, and click on places of interest.

### 125. Don't forget about Disney+!

When all else fails and you crack on the screentime rules, don't forget *Frozen 2* is now streaming on [Disney+](#).

*For more information on how to best support children in isolation, check out the government's [Children in Isolation info sheet](#) on coronavirus.*

Looking for ways to help? [Here are 15+ ways to help during the Coronavirus pandemic.](#)



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