



Having a daily routine and schedule will help your children stay engaged.

Use these grades K-5 ideas to create learning which includes 30-60 minutes of each category daily.

## Math

- Use dice to create a game
- Practice math activities through [prodigy](#)
- Use a deck of playing cards for math challenges
- Play a game that involves mental math & counting
- Estimate the cost of the ingredients for your favorite meal
- Make a math problem for others to solve
- Play Yahtzee
- Do a Sudoku puzzle
- Make a recipe; cut it in half or double it
- Pick a number; write formulas in many different ways to get to that number
- Practice [math facts](#)

## Science

- Make edible science projects (phases of the moon, s'mores oven, DNA candy model, etc.)
- Have a paper airplane flying contest
- Build a [Rube Goldberg machine](#)
- Go on a nature scavenger hunt
- Watch an episode of [Crash Course in EarthScience](#)
- Create a building challenge using Legos or recyclables
- Listen to an episode of [WOW in the World](#)
- Explore [Mystery Science](#)
- Visit [Mystery Doug](#) for videos to get your children asking questions!

## Language Arts & Writing

- Read for 30 minutes; tell someone else about your book
- Write in a journal each day; write about what you see or what you know lots about
- Create a found poem using an old magazine or newspaper
- Write an opinion paper on something you read about or watched today
- Create a postcard and write a note to mail to a friend or relative
- Practice [iReady](#)
- [Reading](#) Play 20 questions
- Make a black-out poem
- Listen to an episode of [What If World](#) and then write your own version
- Visit [Storyline Online](#) or [Storyworks](#)

## History & Social Studies

- Watch an episode of [Crash Course in World History](#)
- Watch a news show ([Scholastic News](#))
- Make a time capsule to tell future generations about 2020
- Listen to an episode of [The Past & the Curious](#)
- Plan an adventure using a map
- Check out [National Geographic](#)
- [KidsTake](#) an adventure with [Carmen San Diego](#)
- Create a story about a historic event, but change the ending
- Engage with [newsela](#)

## Service

- Clean a room
- Plan a meal
- Wash the car
- Wash the dog
- Cook a meal
- Help with laundry
- Wash the dishes
- Walk your pet
- Rake leaves

## Physical Education

- Have a dance party in your house Play
- kickball, baseball, basketball or H-O-R-S-E
- Play indoor hide-and-peek
- Teach yourself to juggle
- Create a gymnastics routine
- Try some [yoga](#)
- Jump rope or run or walk
- Challenge someone to push-ups, squats, jumping jacks, wall-sits, jog-in-place, v-sits
- Make up a game to teach others when you return to school
- Use a fidget spinner to make a spinner board game challenge with all kinds of physical activities

## Fun

- Build a fort or camp in the living room
- Play a board game
- Bake something yummy
- watch a movie
- Do a puzzle
- Learn sign language
- Plant a garden
- Have a picnic
- Make a sidewalk chalk maze
- Make your own popsicles
- Make an indoor obstacle course
- Learn a string game (like Cats in the Cradle)
- Play would You Rather (and explain your choices)
- Do a crossword puzzle
- write and perform a play

**There's more to come...  
Stay tuned for periodic  
updates with new ideas!**

## Music & Art

- Write your own song and perform it
- Create a percussion band out of found items
- Begin your own art museum with creative pictures you create
- Play name that tune
- Write and perform a musical

## Social-Emotional Care

- Write a letter to a friend (physical or email) Go
- for a walk with a trusted adult
- Engage in daily yoga/ reflection time
- Call or FaceTime a friend
- Play a board game with a parent or sibling
- Write about your experiences at home to share with your teacher back at school
- Create your own "Calm Down Corner" at home; use it when you feel in red or yellow
- Limit screen time/electronics time. Read a book instead; tell someone about the book you read and what you liked/disliked
- Do something kind for someone else

## General Resources

- [Scholastic](#) (K-6+ all subjects)
- [Virtual Field Trips](#)
- [Local Grab-and-Go](#)
- [MealsFree Educational](#)
- [MediaSmithsonian](#)
- [Museums](#)
- [Outschool-Live online](#)
- [ClassesTalking\\_to\\_your\\_child\\_about COVID-19](#)

