



Hi!

You might be looking for fresh ideas and activities for your children during stay-at-home policies during the ongoing COVID-19 pandemic. Rethink has gathered these 14 activities from our clinical experts, along with downloadable resources from our portal, to help inspire you.

- **Plan an indoor picnic or have a tea party.** This [activity sheet](#) will guide you through helping your child set up a tea party.
- **Go on a neighborhood scavenger hunt while social distancing.** Make your afternoon walks more interactive with these downloadable scavenger hunt checklists - [version one](#) and [version two](#).
- **Host a campout in your living room.** Get creative with snacks, string some lights and drape blankets to create a large tent for gathering as you would outdoors.
- **Make a springtime art project.** Rethink has dozens of art sheets available in our participant portal, including this [spring art sheet](#).
- **Have a family fireside chat.** Take turns telling stories or read from a favorite book. Use [this tip sheet](#) to help your child learn to sit and look at books.
- **Teach organization and make it fun.** Get your child involved in helping categorize items – toys, clothing, food – at home with [this helpful guide](#).
- **Play a game of balloon ball.** All you need is a balloon to play a “hot potato” style game where you keep the balloon in the air for as long as you can.
- **Have a freeze dance.** [Choose your favorite music and teach your child how to play freeze dance](#). This can be a fun activity for the entire family to get involved.
- **Set up an obstacle course.** Make playtime active with an obstacle course in the back yard or throughout the house.
- **Play Simon Says.** Use [this activity sheet](#) as a teaching opportunity for how to play Simon Says.
- **Make your windows the art palette.** Give your child dry erase markers or window clings to create an easy-to-remove masterpiece on your windows. This is a great way to share a message of inspiration with your neighbors.
- **Play Follow the Leader.** Get the entire family involved for a game of follow the leader. Set expectations and [teach the game](#) to everyone playing.
- **Make mealtime educational.** [Teach your child to follow a recipe](#), learning kitchen utensils and [make pancakes or omelets](#) for the family.
- **Set up a game of indoor bowling.** Use toilet paper rolls or other found objects for the pins and a soft ball to “bowl” in an open space.

Get Individualized Support

[Log in to your account](#) to schedule a consultation with one of our behavior experts or to find hundreds of other activities for your family.

Share your Ideas

What activities have been working for your family? Share your ideas with me by emailing graham.rucker@rethinkbenefits.com.

Be Well,

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Participant Concierge
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