



COVID-19 Shelter in Place activities and resources

Staying at home with your kids?

Here are some fun activities to do with your family!



BOX-LANDIA

1. Find a large cardboard box
2. Turn it into something else!
3. Use markers, scissors, glue, flowers, etc.

Examples: a leprechaun trap, a rocketship, a bathtub, your school classroom



UPCYCLE TRASH

1. Search through your recycling or trash
2. Pick out some (clean) items
3. Brainstorm ways to repurpose them!

Examples: plant a seed in a soup can or paint a milk carton into a little house



OR



PINECONE BIRD FEEDER

1. Go outside and stomp around in the woods until you find a pinecone
2. Spread peanut butter on the ends of the pinecone scales
3. Sprinkle birdseed onto the sticky peanut butter
4. Tie a string to the top of the pinecone and hang it up outside

Did you know that each pinecone scale contains its own seeds?



PANTRY ADVENTURE

1. Team up with a parent or older sibling
2. Explore your pantry and refrigerator
3. Come up with a recipe using ingredients you already have at home
4. Cook and enjoy!



Enjoy these at-home activities from our friends over at the HEAL Project and be sure to take pictures for us to share on our social media (@cowpalaceSF).





SNAIL RACES



1. Get a piece of cardboard
2. Draw a big circle on it
3. Go outside and find snails!
4. Place your snails in the center of the cardboard
5. The first snail to make it outside of the circle wins!



FAIRY HOUSES



1. Go outside and gather leaves, sticks, rocks, and shiny things
2. Build a fairy house with your collected treasures!
3. Make a bed for the fairies
4. Gather seeds for fairy food
5. Check the house tomorrow to see if any fairies have visited



CRAZY CREEKS



1. Go explore a nearby creek
2. Look for tadpoles and frogs
3. Once you are back home, look up the lifecycle of a frog
4. Draw a picture of a frog lifecycle!



WINDOW SPROUTS



1. Soak your bean or pea seeds overnight in water to "wake them up"
2. Dampen a paper towel and place it folded into a plastic sandwich bag
3. Place the seeds along one side of the bag, pressed against the paper towel
4. Seal the bag tightly and tape onto a window
5. Wait 24 hours, then watch your seeds sprout!



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