

Kids at home, and now what?

Activities to do at home with kids

During the period recommended by us for staying home to reduce the coronavirus infection, it is important to value the time spent with kids by organizing activities that are both fun and rich in content. The first tip is to jointly prepare with them a schedule of tasks that blends moments of:

1. Learning, with support from books and websites dedicated to a wide range of content. Encourage your kids to ask questions so that you can jointly find the answers. Some online tips:

Khan Academy - an organization that offers free, high quality education for all.

Fun Brain – website in English with a diverse range of content to stimulate kids' learning.

National Geographic Kids – National Geographic website with content in English for kids.

Duolingo – offers free language learning and practice.

2. Creativity, with activities that stimulate creative thinking and imagination of kids, such as drawing, art with recycled paper and materials, theatrical improvisation, story telling, preparation of simple dishes in the kitchen, etc.

3. Leisure, letting kids choose what they want: watch a movie, play some game or invent some fun activity.

Remember:

Stress in your kids the importance of hand hygiene and teach them how to wash their hands correctly. Good cleaning takes around 20 seconds, which is the same time taken to sing "Happy birthday to you" twice in a row, for example.

