



101 Quarantine Friendly Activities

Miami Moms Blog understands that with school closures across the state of Florida and around the country, kids will be spending extra time at home in the coming weeks. We want you to feel equipped & encouraged. Let's look at this as a gift – more quality time with our children!

Get creative, spark their imaginations and enjoy!

Show us your photos (and progress with this list!) using the hashtag **#MiamiMomCollective**

- play outside
- sensory bins
- empty toilet paper rolls crafts
- color
- yoga from on-demand videos
- outdoor garden yoga for kids
- enjoy church online
- mommy and me at-home manicures
- spring cleaning
- potty training
- board games
- puzzles
- movie night
- play dress-up
- bake
- eat what you baked
- museum virtual tour
- build with legos
- pool
- play in the sprinkler
- bike ride
- color sidewalk with chalk
- blow bubbles outside
- look at old family photos
- make paper airplanes
- FaceTime friends and family
- listen to audio books
- read books
- throw a blanket on the ground and host a picnic (both inside and your backyard)
- build a fort
- bring out old party supplies and throw a doll a birthday party
- dance party
- slumber party in the living room
- watch POV roller coaster videos (and pretend to be on them)
- paint
- play restaurant
- tea party
- make play-dough
- practice counting
- look at their baby photos with them
- rearrange their room
- cut out from old magazines and make a collage
- teach them how to make a simple recipe
- make crafts
- make sock puppets
- put on a puppet show
- make hand sanitizer
- play hide and seek
- take silly family photos
- dine al fresco (in your backyard)
- make lemonade (literally and figuratively)
- let kids make their own ice cream sundaes
- create a family playlist and have a sing-along
- gardening
- outdoor scavenger hunt
- organize kids' rooms
- let the kids enjoy that extra long bubblebath you never have time for
- set up a tent outside and let them go "camping"

- set up an obstacle course in the backyard
- schoolwork
- decorate for Easter
- toy cleaning party (anything can be a party: just add excitement & music!)
- indoor scavenger hunt
- crayons + leaves + paper = Crayon Leaf Art
- write notes to family or friends
- let the kids help with a load of laundry (Yes, it will take longer, but include them in the process and make memories! Even let them jump on the pile of clean laundry! #livealittle)
- create a family olympics (Mom vs. Dad activities, kids vs. parents relays)
- have a pj day!
- create sensory art with shaving cream
- rice + plastic bin + kitchen funnels & scoopers = fun!
- create a pots & pan music band (until your neighbors ask you to stop!)
- play balloon volleyball (don't let it touch the ground or you lose!)
- create a kid-friendly "charcuterie board" (fill a muffin tin with kid friendly snacks!)
- make a paper chain to countdown a special event (maybe a birthday or the end of the week!)
- apply/celery painting
- an old-fashioned game of "Red Light, Green Light" or "Simon Says" (don't forget about "Duck, Duck, Goose")
- have a "Frozen 2 Premier Party" (dress up, have a snack, watch the movie for the 1,000th time)
- cardboard box crafts (cardboard box + crayons + paper scraps + glue stick)
- indoor hopscotch
- pillowcase races
- flashlight party (camp out in a closet with the flashlights, read a book, sing a song)
- host a family talent show
- make a movie on your phone (send to Abuela and make her day!)
- play a game of "Would You Rather"
- bath time for toy animals (plastic bin + soap & water = disinfecting & fun!)
- create a giant tic-tac-toe game on the floor (masking tape + paper plates)
- play crab soccer
- wash the car
- wash the scooters/bikes/roller skates (go to town!)
- have a lego color hunt
- try a science experiment
- put on your swimsuit and play water games outside
- play dress up from Mom & Dad's Closet
- take a nature walk (check out these awesome ideas while you're out and about)
- make up your own superheroes (You're definitely Super Quarantine Mom!)
- put together a care package for a community helper (Firefighters, Police Station, Mailman)
- create an "indoor ocean" experience
- write a children's book with your child (staple some construction paper together and viola!)
- create a family bucket list
- have a Color Craze Day!
- have an upside-down dinner



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