COVID-19 PARENTING
Learning through play

Millions of children face school closure and isolation in their own home. This tip is about learning through play – something that can be fun for all ages!

Telling stories
Tell your children a story from your own childhood
Ask your children to tell you a story
Make up a new story together starting with “Once upon a time...” Each person adds a new sentence to the story
Act out a favorite story or movie – older children can even direct younger ones while learning responsibility

Change the object!
Every day household items like brooms, mops, or scarfs can become fun props for games
Place an object in the center of the room and whenever someone has an idea, they jump in and show the rest what the object can be
For example, a broom might become a horse or a microphone or even a guitar!

Types of play
There are so many different types of play that can be both fun AND educational
Language, numbers, objects, drama, and music games give children opportunities to explore and express themselves in a safe and fun way

Movement games
Create a dance choreography to your children’s favorite songs. First person does a dance move and everyone else copies. Everyone takes turns being the leader
“Challenge” who can do the most toe touches – jumping jacks, windmill toe touches in a minute
“Mirror” each other – facial expressions, movements, sounds. One person can start as the leader and then switch. Try it with no leaders!
Freeze dance: Play music or someone sings a song, and everyone dances. When the music stops, everyone must freeze. Last person still dancing becomes the judge for the next round
Animal dance: Same as above but when the music stops, call out a name of an animal, and everyone has to become that animal

Memory game
First person says, “When COVID-19 lockdown ends, I am going to... (e.g., go to the park)”
Second person adds to first person, “When COVID-19 lockdown ends, I am going to the park and... (e.g., visit my best friend)”
Each person adds to the previous trying to think of all of the fun things to do when COVID-19 lockdown ends

Singing
Sing songs to your baby help develop language
Play or sing a song, and the first one to guess it right becomes the next leader
Make up a song about handwashing or physical distancing. Add dance movements!

For more information click below links: