

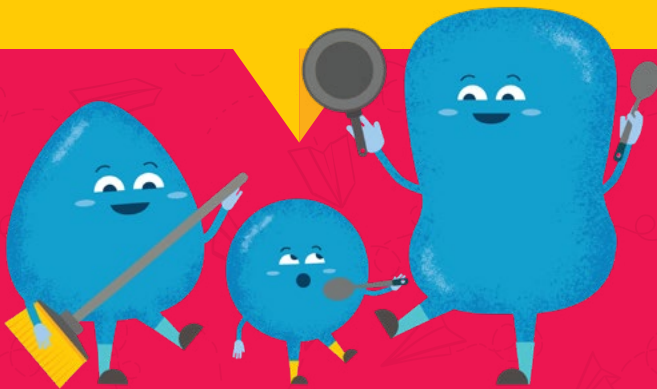
# COVID-19 PARENTING

## 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!

### 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



### 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!

### Movement games

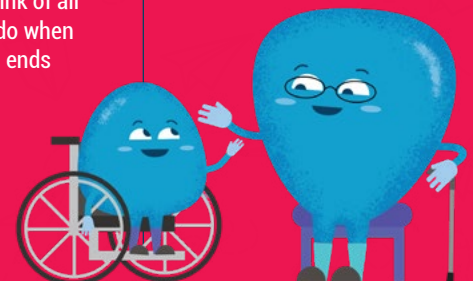
- Create a dance choreography to your children's favorite songs. First person does a dance move and everyone else copies. Everyone takes turns being the leader
- "Challenge" who can do the most toe touches – jumping jacks, windmill toe touches in a minute
- "Mirror" each other – facial expressions, movements, 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

- Singing 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!



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