

# FAMILY TIPSHEET: Fun and budget-friendly stay-at-home activities

resourcecentre@hollandbloorview.ca

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## Arts, music and sensory activities

- [School's closed? Try these fun things to fill your child's day](#): a list of fun activities that Holland Bloorview families have brainstormed online. If you have an idea, feel free to submit on the [Bloom Facebook](#) page (BLOOM Blog)
- [Lunch Doodles with Mo Willems](#): drawing classes that are streamed online at lunchtime, with past lunchtime videos (The Kennedy Centre)
- [30 Day Lego Play Challenge](#): a printable calendar with a new Lego goal per day (My Kids Time)
- [Kids Horticulturally Inspired Activities for Early Spring](#): activity ideas that involve nature (Plants in the City)
- [Family Entertainers with Live Streams](#): a schedule of musicians, magicians, and artists who are live streaming at particular times during the day (Team T&J)
- [Fluffy Slime Recipe](#): how to make slime at home (The Best Ideas for Kids)

## Businesses offering craft 'to go' kits

- [Crock-A-Doodle](#): locations are offering Painting-To-Go Kits. [Etobicoke](#), [Unionville](#), and [Whitby](#) are just a few amongst others who are advertising on Instagram.
- [Glaze Craze](#): this Richmond Hill studio offers a Take Home Art Kit with curbside pick-up or delivery options
- [Sweet Flour Bake Shop](#): the Toronto location is offering spring cookie decorating kits delivered to your door



## Connecting with others online

- [The Netflix Party Google Chrome Extension](#): sync a show or movie with a group of friends, and enables group chatting
- [Houseparty](#): a group video chat platform that allows for face-to-face communication with multiple people at a time
- [Chai Lifeline Canada](#): a list of resources, tips and daily schedules of events for families to participate in, created for the community impacted by childhood illnesses
- [Mindfulness Mondays with CAMH](#): free online mindfulness sessions for caregivers and loved ones in the developmental disability community, regardless of age or disability

## Exercise and physical activities

### At home

- [Family Bingo Cards for Neighbourhood Walks](#) (BlogTO)
- [10 Ball Games for Kids - Ideas for Active Play Indoors](#) (Frugal Fun for Boys and Girls)
- [87 Energy-Busting Indoor Games & Activities For Kids](#) (What Moms Love)
- [30 Day LEGO Challenge](#) (Free Homeschool Deals)
- [Free Printable Charades Cards](#) (Fun-Stuff-To-Do)

### Videos and Apps

- [Evolve 21](#): an app with cardio, yoga and meditation, with adaptive exercises to support a variety of abilities and disabilities (Cerebral Palsy Foundation)
- [GoNoodle: Good Energy at Home](#) Used in schools by teachers and now available in your home with games, workout videos and songs to keep your children moving (GoNoodle)
- [Take a Brain Break With These 10 YouTube Channels With Movement-Encouraging Videos For Kids](#) (Popsugar Family)
- [10 Online Exercise and Yoga Kids Classes to Make Up for P.E.](#) (Romper)
- [Daily games for kids \(1.5-7 years\)](#) (Little Kickers)
- [Fit 5 videos from Special Olympics](#) Offer exercises to challenge all abilities

### Live streams

- [Dana Falsetti Yoga](#): accessible chair exercise classes and wrist free practice
- [P.E. with Joe](#): free 30-minute workout classes for kids, streamed on Youtube
- [Three Branches Wellness](#): free online yoga classes from a Toronto-based studio
- [Mindfulness Mondays and Fit Fridays](#) Free online mindfulness sessions for caregivers and loved ones in the developmental disability community, regardless of age or disability and fitness sessions (Azrieli Adult Neurodevelopmental Centre)



## Virtual tours and trips

- [Art Gallery of Ontario's Art Collection](#) (AGO)
- [12 Famous Museums That Offer Virtual Tours](#) (Travel + Leisure)
- [Ripley's Aquariums At Home](#) (Ripley's Aquariums)
- [33 Virtual National Park Tours](#) (Totally the Bomb)
- [20 Virtual Field Trips You Can Take With Your Kids](#) (Adventures in Familyhood)
- [15 Broadway Plays & Musicals You Can Watch On Stage From Home](#) (Playbill)
- [Virtual Rides at the Disney Parks Around the World](#) (The Points Guy)
- [Canada's Wonderland Virtual Ride at Home](#) (Canada's Wonderland)

## Book readings or listening activities

- [American Sign Language \(ASL\) TV](#): ASL stories for preschoolers (Aunt Alice's ASL TV)
- [Children's Authors Doing Online Read Alouds & Activities](#) (We Are Teachers)
- [26 Best Podcasts for Kids in Elementary, Middle and High School](#) (We Are Teachers)
- [Audible's free stories for kids](#): for all ages, in many languages (Audible Stories)
- [Story readings](#): for gender-independent kids and families, videos and live streams each morning (Flamingo Rampant)
- [A song and book reading](#): by a Kindergarten teacher in Toronto, videos and live streamed every day (Mr. Kane's Storytime)
- [Children's books](#): these are specifically read by celebrities (Storyline Online)
- [Thresholds Podcast](#): shares the lived experiences of young people with disabilities (Youth Advisory Council at Holland Bloorview and the Koffler Centre)

## Early Release Movies On-Demand

- [Family movie night in](#): 48-hour rentals for new release movies on-demand starting at \$19.99 per rental (E! News)

There are also activities to do in the meantime that are about COVID-19 or Coronavirus. You can find these ideas in other [Holland Bloorview tipsheets](#). This tipsheet belongs to a set of specialized resources for the COVID-19 and Coronavirus outbreak period. If you are looking for other family resources that have to do with childhood disability, please visit

[www.hollandbloorview.ca/resourcecentre](http://www.hollandbloorview.ca/resourcecentre).

*Created by the Family Support Specialists at Holland Bloorview Kids Rehabilitation Hospital on March 23, 2020. **Updated May 5, 2020.** We thank the following Facebook groups online for their suggestions and input: Holland Bloorview Parent Voices and CareMongering Toronto: Community Response to COVID-19. If you have a question or a resource to share, please feel free to reach out to us at [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca).*

