

10 Tips for Entertaining Your Kids During COVID

As we continue to **work from home**, our kids are looking for more ways to learn from home. What are the best ways to **keep your kids engaged**, active and out of trouble as we continue this work-from-home way of life? Here are **ten tips to entertain and educate your kids** during the COVID global pandemic.



1 Keep up with schoolwork

It's important to align your student's schedule to any guidelines your school sends out. Kids should stick to a schedule and continue to meet deadlines for homework, tests and other classwork. Make sure you create a working environment for your kids, just like you have for yourself. Kids need structure and organization too. Try to involve your kids in the process so they understand the 'why' - for example create the week's schedule together on a posterboard and let them decorate and design it to their liking.



2 Take a virtual road trip

Explore our wondrous world via Google Maps. Start dreaming about your next vacation, or learn more about the different places around the world. You can even create your own [Google Maps](#), and save all the places you want to go to - from cities and restaurants to amusement parks.



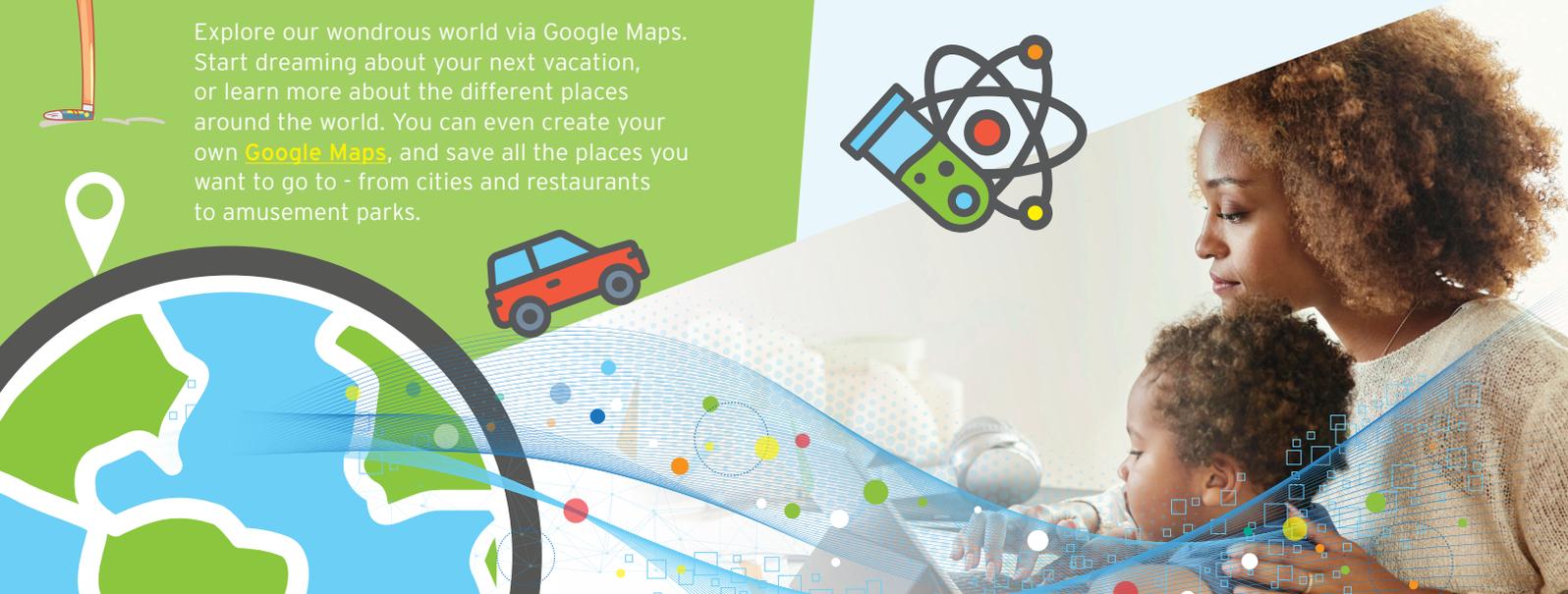
3 Show off your coloring skills

Who doesn't love coloring? Whether you're into Disney, seasons, characters, animals or places, [Crayola](#) has endless amounts of coloring pages for you to download. [ABQ Museum](#) also offers a large variety of free, printable coloring pages.



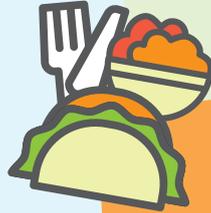
4 Become a scientist for the day

Learn more about physics, biology or science and do cool experiments. ['Science for kids'](#) is packed with articles, worksheets and even quizzes when you complete each section. Who says learning can't be fun?



5 Make lunchtime fun

After all that brain exercise, it's important to have regular breaks. However, that doesn't mean that parents have to do everything. Put your kids in charge of lunch - that is if they are old enough. Give them the assignment to research healthy lunches, assemble a week's menu, prepare lunches and set the table. This is a great way to explore new types of food. You might even discover you have a chef in the making! For more inspiration, check out these [MasterChef Junior Recipes](#) or these [healthy recipes kids can make](#).



6 Find time for exercise

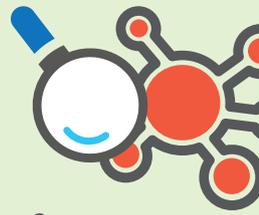
We all need 30 minutes of exercise a day, and kids need even more! Here are some tips to keep your kids active every day:

- > Do you have a Nintendo Wii, Xbox or other type of video game system? If the weather isn't great, set up your system and play some tennis, bowling, baseball or other active game.
- > Sneak in some extra chores for the kids, like vacuuming, clearing out the dishes or carrying laundry up and down the stairs.
- > Dance off! Turn up the volume and let them jam out.
- > Turn the dining room table into a pingpong table. With some creativity this can work.
- > Make yoga fun. Check out these meditative exercises from [Cosmic Kids Yoga](#).
- > Get outside. Make time for walks or some fresh air activities at least twice a day.



7 Get answers to life's questions

Ever wondered: Why do we have leap years? How do germs get in the body? Encourage your kids to find answers to interesting questions. Watch [Mystery Doug's YouTube channel](#) for short videos that inspire and make kids think.



8 Learn a language

According to [an MIT study](#), the best time to learn a new language is by the age of 10. Children under 10 can more easily absorb information and excel in the new language. Let your kids start learning a new language with some fun tools from [Duolingo](#).



9 Engage in virtual storytime

Reading aloud to children can improve their reading, writing and communication skills. Check out this extensive library of stories from [Storylineonline](#).



10 Take some time to relax

There's no shame in wanting to wind down at the end of a busy day. It's ok to give your kids some downtime to get lost in a Netflix or Disney series.

