

Parent Resource: Activities for the Home

Autism-Specific Resources

The New ASD “At Home” World – 10 Ways to Cope with Changes During COVID-19

<https://autismawarenesscentre.com/the-new-asd-at-home-world-10-ways-to-cope-with-changes-during-covid-19/>

Hands On, Screen-Free Activities

Indoor Games (physical activities)

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

Exercise videos and ideas for the whole family:

www.participaction.com

Participaction app or on Facebook

Free live workout for the whole family everyday at 10am (12pm EST) streamed through Facebook

Indoor Activities for Kids

<https://www.thebestideasforkids.com/indoor-activities-for-kids/>

Fun Ways to Keep Kids Active at Home

From [Pedalheads](#)



1) Create their own obstacle course

Kids can use items and furniture around the house to create their own obstacle course that looks like camp. Station ideas: balancing a book on the head, slither like a snake, hop on one foot, and end with a winner's pose!



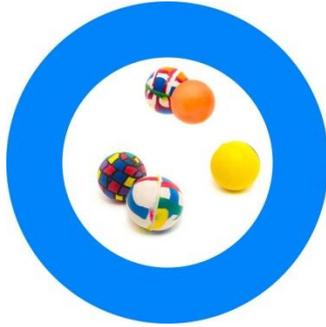
2) Make life-size games

Instead of using board games, kids can use any craft material handy to make their own life-size games like hopscotch, tic-tac-toe, Twister, and more!



3) Biking of course!

Whether kids bike in the backyard or on the road, you can make it more engaging by saying they are riding in a magical land where they can see anything they want like superheroes or waterfalls.



4) Multi-sport activities

Kids can get creative and use their toys as well as other home items to play different sports like broom hockey, bowling with bottles, or balloon volleyball.



5) Just dance!

Kids can host their dream party. They can imagine who they want to invite and what the party set up will be. Get that music going and allow them to release their energy with some fun tunes.

Digital Activities

EPL from Home: Storytime

https://m.youtube.com/playlist?list=PL2liDBdO-aW47DM1p2pGy_zC5lfl13A3b

Educational Shows on Netflix

<https://homeschoolhideout.com/educational-shows-on-netflix/>

Scholastic daily online lessons

<https://www.cnn.com/2020/03/15/us/scholastic-coronavirus-students-trnd/index.html>

Lunch Doodles with Mo Willems!

https://www.youtube.com/playlist?list=PL14hRqd0PELGbKihHuTqx_pbvCLqGbOkF

Over 30 Virtual Field Trips with Links

https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mo bilebasic



Virtual National Park Tours

<https://totallythebomb.com/heres-33-national-park-tours-you-can-take-virtually-from-the-comfort-of-your-home>

List of Education Companies Offering Free Subscriptions

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

Astronauts Story Time in Space

<https://www.scarymommy.com/astronauts-story-time-in-space-kids-books/>