

Social Distancing Activities for Youth during COVID-19

Suggested Physical Activities

- **Many yoga studios are adapting and offering classes virtually through applications like Zoom.**
 - <https://www.downunderyoga.com>
 - YouTube also has available videos, and there are other platforms that provide yoga classes virtually.
 - <https://www.youtube.com/user/CosmicKidsYoga>
- **Exercise**
 - Walks- scavenger hunts, follow the leader (safe distances apart, mimicking movement), nature hunts, etc
 - Yardwork- plant an herb or vegetable garden
 - Some gyms and trainers are offering livestream workouts.
 - Have a dance party, or “dance off”
 - Make a “rope ladder” with tape and have kids “race” through rope ladder exercises, timing each other (think football foot drills)

Science Activities

- **Zoos & Aquariums**
 - Many zoos and aquariums are showing live stream videos of their animals- look for one in your area or check out of state ones like the San Diego Zoo, Cincinnati Zoo, Georgia Aquarium, etc; create a “look out for” worksheet to keep kids engaged and looking for subtle or unusual things
- **Museums**
 - Search for children’s museums for young children, popular museums for teens, and do a virtual tour; again create a “look out for” or “can you find” or “did you see” worksheet to give them specific things to look for to encourage engagement; who can find the most?

- **Nasa**
 - <https://www.nasa.gov/stem-at-home-for-students-k-4.html>
 - <https://spotthestation.nasa.gov/>
- **Interesting and Unusual**
 - <https://kids.nationalgeographic.com/games/personality-quizzes/>
 - <https://thesciencepenguin.com/2020/03/8-elementary-science-activities-for-educators-and-families.html>
- **Natural Parks**
 - <https://crafty.diply.com/121060/you-can-virtually-tour-a-whole-bunch-of-national-parks-from-your>
- **Scavenger Hunts:**
 - <https://nittygrittyscience.com/free-nature-journal-from-nitty-gritty-science/>

Art & Music Activities

- **On-line art resources**
 - <https://www.instagram.com/wendymac/?hl=en>
 - <https://www.virtualmusicalinstruments.com/>
- **Make Art Chalk outside**
- **Sing The Lyrics: You Will Need: Pape & Pen; Song lyrics**

How To:
Write down one or two verses from popular songs. Ensure you leave a few words missing here and there and leave it as a blank. Write down the name of the song beside it so that you know the right answer. Divide the teens into teams. Give each team a chance to guess while you read out the clues that you wrote down as a verse. Set a time by which the players have to guess. If the team or player cannot guess the lyrics, pass it on to the next person or team. The team that gets the maximum answers right is the winner.

Mindfulness Activities

- [Big Life Journal](#) this blog has a lot of information and activities and has suggestions for a variety of age groups
- <https://coolprogeny.com/2020/03/cool-fun-at-home-mindfulness-for-kids/>

Reading & Writing Activities

- <https://www.youtube.com/user/StorylineOnline>
- <https://www.youtube.com/channel/UCpotjVqWv3KfGHjWztjPKgg>
- <https://classroommagazines.scholastic.com/support/learnathome.html>
- [Scribd](#) has a free trial.
- Various libraries and places are offering free trials and books
- Amazon Audible is offering free audible books

Please be advised- these are all suggestions and are not necessarily recommended or endorsed by the Florida Network. Before starting any of these activities or utilizing these resources, please thoroughly read and vet these options to ensure they are age appropriate for your group, and that you are following current CDC guidelines & recommendations by federal, state & local governments. If any activity or resource appears questionable using your best judgement, please disregard and contact the Florida Network so we can adjust accordingly.

