

PRESCHOOL BOREDOM BUSTERS

I asked the most creative people I know, the preschool teachers, for ideas on what you can do to keep the children busy while stuck at home. Here is our list!

1. Indoor Scavenger hunt

- ❖ Take photos of items up close and then have them find each object. They can just look at the camera/phone no need to print! (Think like one paw from a pet, one part of the lamp over the table, the knob from their dresser, a comb, box of crayons, etc.)
- ❖ Ask them to find something in the house that is a square, or blue, or that you can write with...
- ❖ Add exercise to each step of the hunt. When you find the first object run in place for 45 seconds, when you find the second do 10 reach for the sky-toe touch combos, etc.
- ❖ Hide similar objects (socks, plastic eggs, stuffed animals, etc.) around the house, then let the children find them. This can be completed multiple times.
- ❖ Hide the TV remote and then leave clues on how they can find it.
- ❖ Count how many of a particular item you can find in the house. How many stairs? How many things that begin with the "B" sound, etc.
- ❖ Hide letters around the house and have them identify each as they find them. (if they can identify all Upper Case, for added challenge hide lower case letters too!)

2. Obstacle course – Please keep safety in mind with this choice.

- ❖ When I was little we used to call our game "Hot Lava". Lay a series of items on the floor that they have to walk across without touching the floor. They have to stay on the items in order to stay out of the "hot lava". Use blankets and pillows (we used the couches too) but items can be varied based on your comfort level.
- ❖ Find objects to go over/under/on/through and put them in a path through out the house. >Crawl under the kitchen table > hop on each washcloth >Summersault to the couch - Ask the kids for their ideas too! Older kids can discuss directions and position words

3. Make a fort

Use a table and/or chairs for the frame and cover it with blankets, put pillows inside. Grab a flashlight and read books, play a game or hang out in there!

4. Empty Boxes

Give them an empty box and some art supplies. They may need some suggestions to start but they can make it into a car, a store, rocket ship, doll house, a puppet theater, etc.

5. Fun with Laundry

- ❖ After laundry is done have them help match socks or have a contest to see who can match the socks the quickest. (for added language discuss what color/pattern is on them)
- ❖ Roll up socks for bowling balls or shoot “hoops” into the laundry basket or a box.
- ❖ Have a fashion show. Set up a back drop (sheet) and take pictures!
- ❖ Challenge them to a Superhero costume contest. Pick items from your closets. Have everyone share their super powers.

6. Time for a show!

- ❖ Act out a story from your favorite book
- ❖ Put on a puppet show using stuffed animals (or drawn pictures)
- ❖ Turn on their favorite song and sing along
- ❖ Turn on dance music and have a dance party.
- ❖ Pause the music periodically to make it a “freeze” dance.

7. Language activities

- ❖ Have them dictate a letter to grandparents/friends. Or they can draw a picture and you can write the message.
- ❖ Have them dictate a story to you and you can write/type it. Then have them draw pictures to go along with it.
- ❖ Switch it up and have them draw a picture and then tell a story using the pictures.
- ❖ Pick a letter of the day and then have them draw items that start with that letter. (Start with the first letter of their name, everyone’s favorite!)

- ❖ Grab 5 random objects around the house and then have them make a story using those objects.

8. Sink and Float

Fill the bathtub or sink with water and discover what items in the house sink and which ones float! You may want to decide what objects to try before they throw everything and anything in. For fun try an orange, first with the peel and then without.

9. Chart the weather

Make a column for sunny, cloudy, windy, rain/snow and tally what you see each day. Write down a prediction on what you will see the next day.

10. Go for a Nature Walk

Write down some things you might find in your neighborhood and then go for a walk to see how many you can find on your walk. (Bunny, squirrel, leaf, ant, dog, flowers, etc) There are free printable versions online too.

11. Arts and crafts

- ❖ Give them an empty toilet paper tube and have them create a new creature/animal/person/car, etc. Have them give it a name.
- ❖ Tape paper to a wall or window so that drawing has a different twist
- ❖ Make a collage: find (or tear up some) random pieces of paper, gift wrap, bits of ribbon or yarn, etc. and some glue!
- ❖ Make homemade paint: 1 Tbs flour, 1 Tbs salt, 1 Tbs dish soap, 2 Tbs Water and a little bit of food coloring.

12. Read Books

- ❖ Read a book in a silly voice, or make up different voices for different characters.
- ❖ If it is a book you have read many times, insert an incorrect word and pause to see if your child notices. For instance: The Very Hungry "Alligator"

13. Building/Construction

- ❖ Combine building sets and see what they can create
- ❖ Have them sort the sets back once finished
- ❖ Ask them to build only using one or two specific colors
- ❖ Have them pick a favorite toy/stuffed animal and build something to go with it or that it would need.

14. Play Pretend

- ❖ Be a Vet/Nurse/Doctor. Gather all the stuffed animals, action figures, dolls, etc. and give them a check up
- ❖ Pretend to move like different animals. Fly like a bird, slither like a snake, hop like a frog, etc.
- ❖ Be a chef. Have them help them prepare meals: wash the fruit, stir the sauce, count out items for a snack, etc.

15. Things you can find online: Viewing any link prior to having your children watch something is always recommended!

- ❖ If you want to have someone read a book to you, check out this [link](#) for several famous authors reading their books.
- ❖ Recipes to make playdough
- ❖ Find recipes to make something with the items you have in your pantry
- ❖ Mo Willems Lunch Doodles: the famous author of Elephant and Piggie and Don't Let the Pigeon Drive the Bus! Demonstrates his art and has several books read aloud on you tube
- ❖ We use several of Jim Gill's CD's in preschool. You can find some of his songs/videos online.
- ❖ Yoga for children
- ❖ There are many books/music on line