

ISOLATION SANITY

YOUR GUIDE TO ENTERTAINING THE KIDS

IDEAS FOR KEEPING THE KIDS ENTERTAINED

A little something to help you keep your sanity during isolation from the Coronavirus.

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Editor's Note

I decided to create this little download in the hopes it can help one family break the boredom of being cooped up at home for who knows how long.

I have two boys ages 13 & 11, so this is from the perspective of what has been working for us. Your family may take some things and leave others. Do what's best for you.

My only hope is that we are all able to keep our sanity as we travel through these uncharted waters together. Just remember to keep your cool, wash your hands often and stay home as much as possible.

Dianna R.

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Don't fight it

You may be trying to keep your kids completely off tech. If that works for your family then KUDOS! In our house we are all tech geeks, so the best way to combat this was to get them learning stuff on their devices vs. playing mindless games. Shout out to fellow mom, Janet A., for sharing some great links with us for free & paid learning tools.

Will is learning Python computer coding, and Charlie is improving his Spanish - both with online learning tools.



Walking in the hood.

Homer watching over our movie choices.



CREATE ROUTINES

The first thing you need to create for everyone in the house is a daily routine. The details of the routine can change from day to day, but sticking with an overall plan will help everyone adjust.

The kids typically go to school during the week, so create a weekly plan. We are starting a little later each day, because well, we can. I've been getting up at 7am instead of 5am, and I'm really digging it! If the boys are not up by 8am, then I'm opening their doors and flicking on the lights.

We all have breakfast about 8:30am. Having time to cook a warm meal each morning has been really nice.

There is no "tech for fun" from 10am-4pm each day. At 10am they have an hour of reading. This gives me time to get ready for the day.

At 11am we are out the door for outside time (weather permitting). If it's a bad weather day, we workout inside.

At noon it's lunch time. I've actually extended my weekly meal planning to not just plan for dinners, but for breakfast and lunch too.

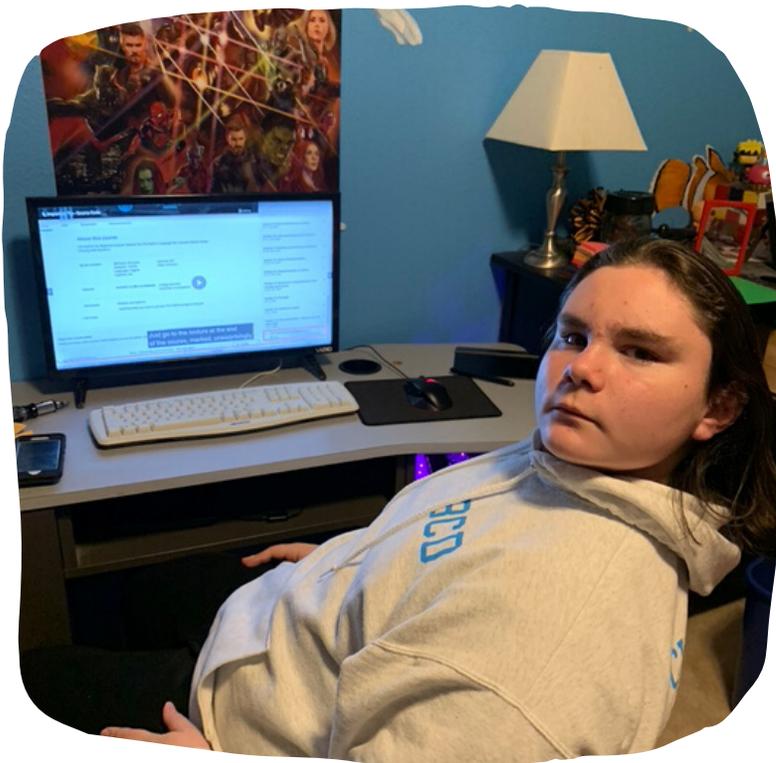
After lunch it's learning time!

There are several FREE online places you can check out for educational programming (they are listed later).

Will wanted to learn Python coding, so we got him a course on Udemy. Charlie was already working with an online tool, Senior Wooly, through school for Spanish. So he opted to learn more Spanish.

They do what we call "e-learning" for a couple of hours. This also gives me a chunk of time to do some of my work too.

Once they get their two hours of learning in, we have them work on a little housekeeping. This can be laundry tasks, pet care tasks, cleaning their rooms, whatever is needed to be done that day. If they get their tasks done before 4pm, they have free time to do what they wish - just not on a device.



By time the chores are done, it's 4pm and they get their devices for fun for the evening. We usually eat dinner about 7pm.

At the start of our isolation, we each got 5 slips of paper that we could put a movie of our choice (within reason) that we wanted to watch. We put all the pieces in our Homer Simpson cookie jar and draw one movie each night to watch. With our Hulu, Netflix, Amazon Prime and Disney+ accounts, we can see most movies inexpensivley.

DAILY SCHEDULE

8AM - GET THE KIDS UP

8:30AM - BREAKFAST

10AM - READING TIME

11AM - OUTSIDE TIME

12PM - LUNCH

12:30PM - E-LEARNING TIME

2:30PM - CHORES

8PM - MOVIE TIME

ONLINE RESOURCES

Websites to check out:

- BrainPop
- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Khan Academy
- Creative Bug
- Discovery Education

YouTube channels:

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School
- Geography Focus
- TheBrainScoop
- SciShow
- Kids Learning Tube
- Geeek Gurl Diaries
- Mike Likes Science
- Science Max
- SoulPancake

***Scholastic has created a free learn-from-home site with 20+ days of learning and activities.**

<https://classroommagazines.scholastic.com/support/learnathome.html>

****Pretend to travel the world..Go on a virtual tour of these 12 famous museums.**

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

***Everything from preschool activities to 12th grade is here!**

<https://allinonehomeschool.com/>

***List of thinking games by grade:**

<https://allinonehomeschool.com/thinking/>

****More awesome free learning websites****

<https://www.starfall.com/h/>

<https://www.abcya.com/>

<https://www.funbrain.com/>

<https://www.splashlearn.com/>

<https://www.storylineonline.net/>

<https://pbskids.org/>

<https://www.highlightskids.com/>

<https://kids.nationalgeographic.com/>

<https://www.coolmath4kids.com/>

<http://www.mathgametime.com/>

<https://www.uniteforliteracy.com/>

<http://www.literactive.com/Home/index.asp>

<https://www.e-learningforkids.org/>

<http://www.sciencekids.co.nz/>