

# FUN Home Activities!

## Too much screen time?

Here are some great ways to spend time with your children and the benefits of these activities! Enjoy!



### Gardening

Vitamin D!



### Charades

perspective-taking,  
creativity, ideation



### Art & Craft

fine motor skills,  
executive functioning  
and attention



### Yoga

emotional  
regulation,  
flexibility,  
mindfulness



### Dance Party

coordination, gross  
motor skills, balance



### Scavenger Hunt

creativity,  
observational skills,  
patience and  
teamwork



### Board Games

turn-taking, winning &  
losing and social skills



### Cooking & Baking

organization skills, fine motor  
skills and executive  
functioning



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