



# Quarantine Checklist for Children

Date: \_\_\_\_\_

## Physical

- \_\_\_\_\_
- \_\_\_\_\_

Go outside if you can! Run, jump, play! If you can't go outside have an indoor dance party, create an obstacle course or even a fort with your parent's permission.

## Social

- \_\_\_\_\_
- \_\_\_\_\_

Facetime a relative or your friend with your parent's permission, write an old-fashioned letter, play a game with your sibling

## Emotional/Psychological

- One way you were kind: \_\_\_\_\_
- One thing you are grateful for: \_\_\_\_\_
- One thing you are thinking about: \_\_\_\_\_
- One fun thing you did today: \_\_\_\_\_

Playing is a way of solving problems and making sense of the world. Younger kids should have time to play with dolls or characters; older kids can write stories, make plays or skits.

## Academic/Intellectual

Your teachers will probably give you work, but make sure you do:

- One online Lesson \_\_\_\_\_
- One hands-on activity (an experiment, craft, nature collection) \_\_\_\_\_
- One reading lesson (grade appropriate book) \_\_\_\_\_

## Chores

- \_\_\_\_\_
- \_\_\_\_\_

List how you helped your parents today!

