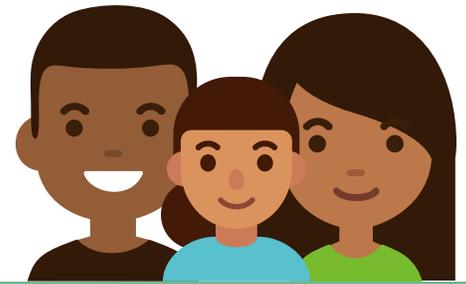


Safe Family Activities To Do While Staying Home

Exercise and fresh air is an essential part to cope with stress during this difficult time with COVID-19. Here are some safe activities you can do with your loved ones.



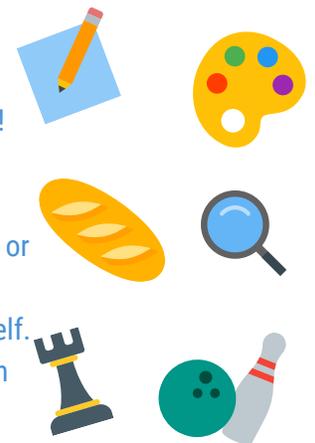
GO OUTSIDE & PLAY RESPONSIBLY

- Enjoy nature walks with your family. It's important that all guidelines from state and local health officials, such as wearing masks, social distancing (at least 6 feet from others) and practicing good hygiene, are still followed. Californians can walk, run, hike and bike in their local neighborhoods as long as they continue to practice social distancing of 6 feet. This means avoiding crowded trails & parking lots.
- Join your children outside for a game of catch, tag or a scavenger hunt around the house.
- Take your dog for a walk, go for a jog and take a bike ride. Be sure to maintain a safe social distance of six feet from people who aren't part of your household.
- Create an obstacle course with toys and games from your garage or in your backyard.



EXPLORE MORE INDOORS

- Play indoor games such as charades, I spy, indoor bowling or make up new games together!
- Try cooking a new recipe or make dinner as a family: find recipes and tips for cooking with children safely.
- Get the creativity flowing and dig up art supplies such as crayons, colored pencils, markers, or paints. Share your artwork and tag #BESTAcademyCS or @BESTCharterSchool
- Host a family game night. Play cards, monopoly, chess, bingo or take that puzzle off the shelf.
- Design and test pilot paper airplanes! Check out instructional videos on YouTube. Here is an instructional video to get started: <https://www.youtube.com/watch?v=SpYS5WtvNvQ>



TECHNOLOGY FUN

- Take a virtual field trip together.
- Are your children missing their school friends or other family members? Set up a virtual meetings with friends or connect with family members living afar via video chat.
- Set aside time each day to engage children with free, hands-on learning activities that foster creativity from credible websites.
- Search YouTube for video tutorials on how to draw, paint, or design and build a new home project.
- Pop some popcorn and share some of your all-time favorite movies together!

