

Activities to do with your Preschooler at home during COVID 19:

Art:

- Finger paint (materials needed: paint and paper)
 - Draw (materials: crayons and paper)
 - Draw a house
 - Draw an animal
 - Draw something from a book (maybe a missing page)
 - Draw family
 - Draw a machine (can tell your preschooler what a machine does)
 - Draw a vehicle
 - Draw your favorite place
 - Draw the COVID 19 as a monster and draw yourself outside being safe
 - Draw what you're scared of (could start a good conversation where you can reassure your preschooler)
 - Draw a picture or make a card for a doctor, nurse, or other "community helpers" (ex. Grocery store or pharmacy workers)
 - Draw your favorite activity (drawing, riding a bike, etc.)
 - Draw your favorite season (remind your preschooler what the different seasons are and talk about the things you like to do)
 - Draw a dragon
 - Draw a sea creature
 - Draw a dream you had
 - Draw what you want to be when you're grown up
- These are all good things to draw that can spark conversation with your preschooler
- Dip paint in things and make art with that (for example, dip floss in paint, a toothbrush, a q-tip, a sponge, any material with an interesting texture)
 - Glue pom poms onto paper
 - Cut or tear paper and make a collage (they will likely need some assistance with this)

Activities:

- Put sand, rice, beans, or dirt in a bucket and have your preschooler touch the different textures and play with it using a cup or a toy shovel
- Bake or cook something, preschoolers love to help
- Make slime (if you have the [ingredients](#))
- Have a "cleaning party." Make it fun. Play some music!
- Have a "dance party" with music, you can even make paper decorations!
- Have a sing along
- Read books
- Do a puzzle
- Tell stories (you can tell a little bit, and then ask your preschooler, and then what happened? And tell the story together)

- play “trash can basketball” have your preschooler try to throw a crumpled piece of paper into the trash
- Play hide and seek
- Have your preschooler jump up and down, turn around
- Play Simon says
- Head, shoulders, knees and toes song and movement (“[Tooty Ta](#)” is a super fun silly song that your child may know from school!)
- Blow bubbles
- Play with Playdough (here is a [cooked playdough](#) and [no-cook playdough](#) recipe)
- Play dress up (Your preschooler will even enjoy wearing an old t-shirt of yours!)
- Play pretend (with kitchen utensils, a box as a cash register, get creative)
- Find a fun movement video (or mindfulness activity!) on [GoNoodle](#)