

## Family Activities to Try During the COVID-19 Pandemic

### Responding to COVID-19

#### Get Outside and Play

- Take a nature walk at one of the 75 [Ohio State Parks](#). Certain public outdoor spaces at state parks, wildlife areas, forests, and nature preserves — including trails, dog parks, non-marina docks, and ramps — remain open at this time. It's important that all guidelines from state and local health officials, such as social distancing (at least 6 feet from others) and practicing good hygiene, are still followed. More information can be found [here](#).
- Join your children outside for a game of hide and seek, kick the can, or a scavenger hunt around the neighborhood.
- Take your dog for a walk.
- Start planning your summer garden.
- Go for a jog.
- Take a bike ride.
- Create an obstacle course with toys and games from your garage.
- Avoid public parks. They have been closed to protect communities against COVID-19.

#### Explore More Indoors

- Have a local library card? Many libraries allow you to check out and download resources. Don't have a card? You can easily request and receive a temporary digital card and borrow ebooks, audiobooks, and magazines from the [Ohio Digital Library](#). Read silently or take turns reading to each other.
- Follow the Family Literacy Calendar at [Day By Day Ohio](#) to find new resources each day to engage young children in early literacy activities. The program is a service of the State Library of Ohio with [Ohio Ready to Read](#) with partial funding from the U.S. Institute of Museum and Library Services.
- Start a virtual book club with [Choose to Read Ohio](#) books and toolkits. Choose a book and start an online chat with your friends. The State Library of Ohio, Ohioana Library Association, and Ohio Center for the Book recommend these [20 books by Ohio authors](#).
- Play games indoors. [Games for younger children](#) include Simon Says, Duck Duck Goose, or Follow the Leader. Older children can play "I Spy," charades, or indoor bowling or make up new games.
- Try a new recipe or make dinner as a family; find recipes and tips for cooking with children safely on the [Cooking with Kids](#) webpage.

- Read a chapter book together, discuss the characters and plot, and ask questions to encourage critical thinking. Visit the Ohio Department of Education's [Family and Community Support Toolbox](#) to find ideas to keep the reading excitement going.
- Pop some popcorn and cuddle up for a movie marathon.
- Turn up the volume and have a family dance party.
- Make a scrapbook of souvenirs from a previous vacation.
- Get the creativity flowing. Give your kids art supplies such as crayons, colored pencils, markers, or paints to create show pieces for your home. Put the artwork on your fridge or hang them around your house and host your very own art show.
- Try an online workout or virtual yoga instruction. Or get the family together to make up your own workout or dance routines.
- Give everyone a task and get a jump on [spring cleaning](#).
- Wish you were at the spa? Try a home facial, manicure, or pedicure.
- Family game night. Hold a Monopoly tournament or take that puzzle off the shelf.
- For more ideas, see the American Academy of Pediatrics, Ohio Chapter, [Good4Growth Fun Indoor Activities!](#)

## Computer Fun

- Learn about Ohio's rich history from the Ohio History Connection at [Ohiohistory.org/learn](#).
- What do you want do when you grow up? Students of all ages can start exploring careers, play games, watch videos, and more at [OhioMeansJobs.com](#).
- Challenge yourself with computer games at [PBS Kids](#).
- Are your children missing their school friends or other family members? Set up a virtual playdate with their friends or connect with family members living afar via video chat.
- Explore Ohio virtually and learn more about places you could visit in the future at [Ohio.org](#).
- Set aside time each day to engage children with free, hands-on learning activities that foster creativity at <https://www.infohio.org/>.
- Search [YouTube](#) for video tutorials on how to draw, learn a foreign language, or how to make those repairs you have been putting off.

## Age-Specific Ideas

- The American Academy of Pediatrics, Ohio Chapter, offers these Good4Growth resources:
  - [Suggested Activities for Infants \(0-12 months\)](#).
  - [Suggested Activities for Toddlers \(1-3 years\)](#).
  - [Suggested Activities for Preschoolers \(3-5 years\)](#).
  - [Suggested Activities for Gradeschool Children \(5-12 years\)](#).
  - [Suggested Activities for Teens \(12-18 years\)](#).

For additional information, visit [coronavirus.ohio.gov](#).

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For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available. Call the Disaster Distress Helpline at 1-800-985-5990 (1-800-846-8517 TTY); connect with a trained counselor through the Ohio Crisis Text Line by texting the keyword "4HOPE" to 741 741; or call the Ohio Department of Mental Health and Addiction Services help line at 1-877-275-6364 to find resources in your community.

# CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

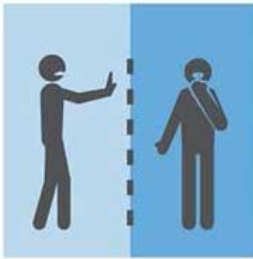
Protect yourself and others from COVID-19 by taking these precautions.

## PREVENTION

For additional information call 1-833-4-ASK-ODH or visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



STAY HOME



PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)