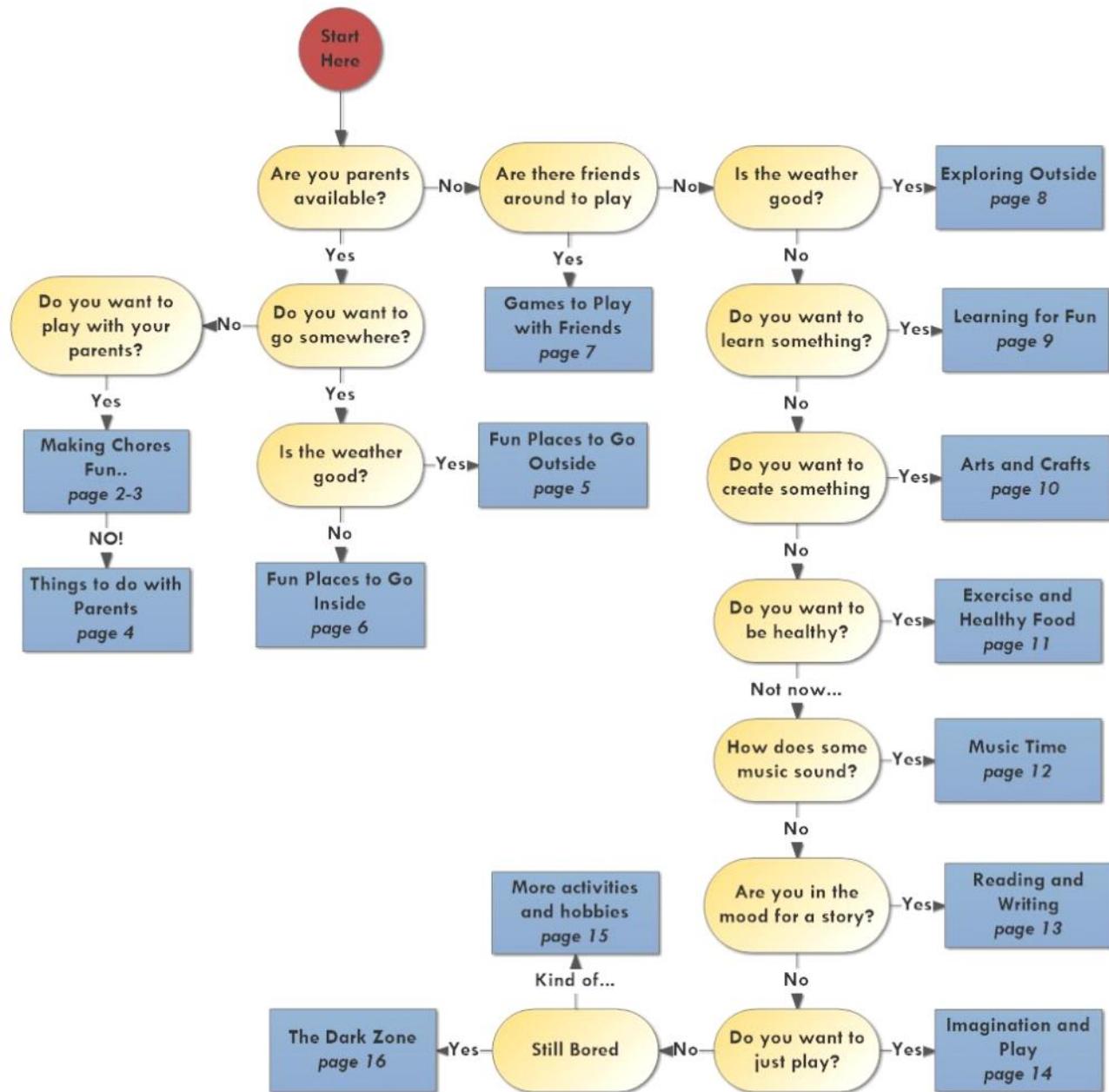
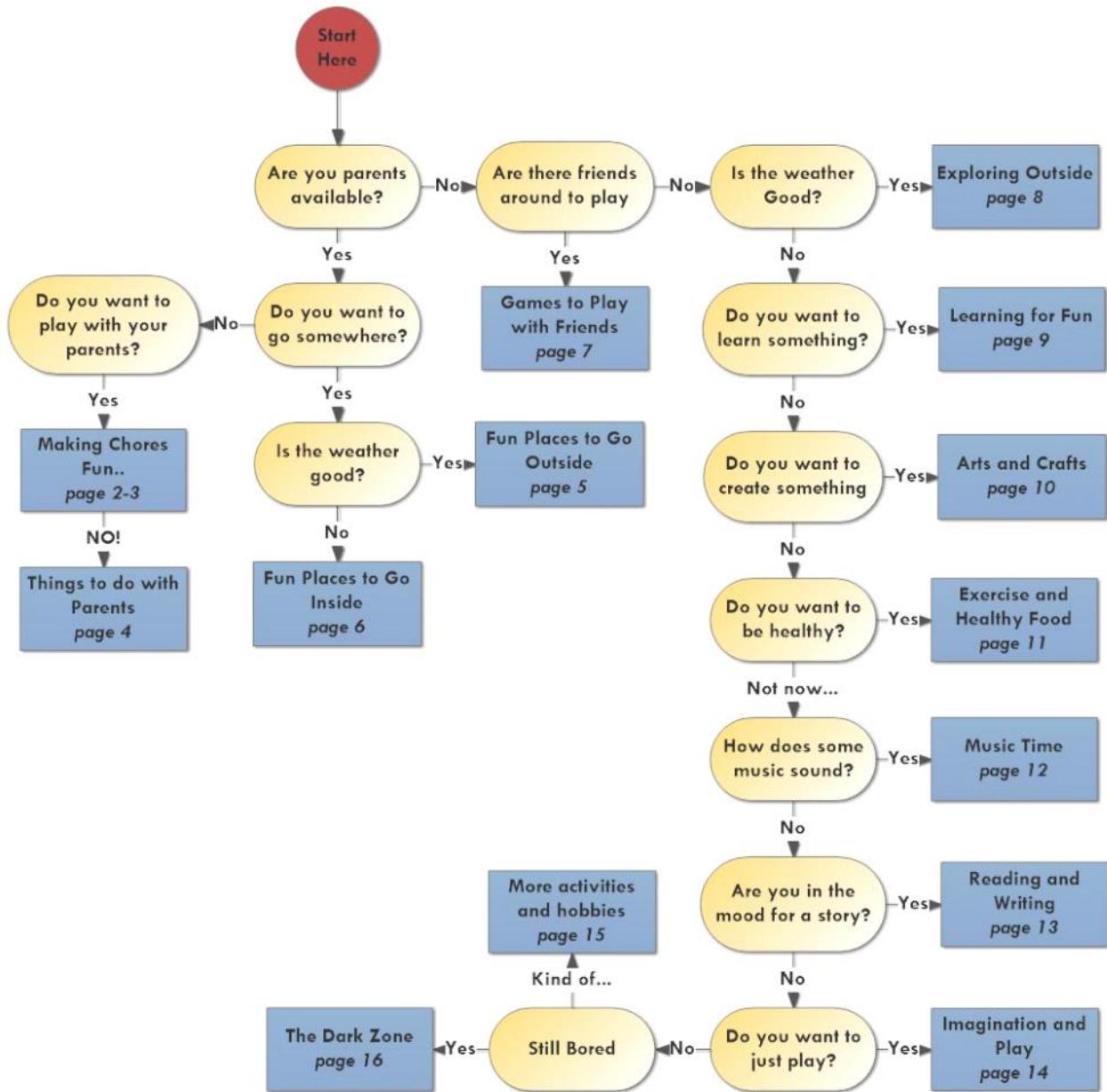


# The Guide for When there is Nothing to Do





# Chores

## What Chores can I do as a kid?

### Little Kids:

- Tidy the toys
- Dust or clean with a cleaning cloth and water
- Put away clothes
- Mop
- Throw away trash
- Set the table
- Put dirty laundry in the hamper

### Middle Kids:

- All the little kid chores
- Unload the dishwasher
- Sweep the floor
- Vacuum
- Cook simple food
- Fold clothes
- Clean the bathroom
- Take care of pets
- Weed the garden

### Older Kids

- All the other chores
- Cook
- Iron clothes
- Take out the trash
- Load the dishwasher
- Do the laundry
- Mow the lawn
- Clean the car
- Babysit

### How to Tidy a Room

1. Clear off a big surface, like a bed or the floor.
2. Gather all the stuff out into the big area
3. Pick the biggest group of items you see. Put them all away
4. Pick the next biggest group...keep going until everything is cleaned up.

### How to Help with the Dishes

#### Before the meal:

- Help cook
- Set the table
- Empty Dishwasher

#### After Dinner

- Clear dishes
- Put away leftovers
- Load the dishwasher
- Wipe counters
- Hand wash large dishes
- Sweep



### How to Clean Just About Anything

1. Use a damp cleaning cloth to wipe down all the surfaces
2. Use a dry cloth and dry mirrors, windows or shining surfaces
3. Vacuum or Sweep
4. Mop the floor with a wet cleaning cloth or flat mop
5. If anything is still dirty, spray it with some cleaning spray, let it sit for about five minutes and wipe it up

### Make Your Own Cleaning Kit

- Spray bottle with water or a mild cleaner
- Microfiber cleaning cloths: Put three or more in a kit and rotate when one gets dirty. Keep at least one dry and one wet.
- Magic Eraser: Perfect for things that don't easily come off.
- Flat Mop: Try one with an adjustable handle that is perfect for little kids or tall adults.
- Vacuum
- Broom

### Laundry

Laundry is easier than it looks:

- Add the detergent to the washer. Put the clothes in and turn it on
- Rotate the clothes to the dryer
- After they are dry, fold them, or hand them up and put them away.

# Making Chores Fun

## Games for Chores

- *Tidy-up Timer:* Set a timer for a set amount of time and see how much you can clean up. Or set a stop-watch and see how long it takes you to clean.
- *Treasure Hunt:* Hide an item or two, and the only way to find it is to clean up
- *Before-and-After Picture:* Take a picture before and after you clean and compare
- *Play Pretend:* Dress up in a silly costume and pretend to clean up as a different person.
- *Use a Dice:* Number the chores that need to get done, roll the dice and do that chore
- *Freeze Cleaning:* Turn on some music and keep cleaning until the music stops. Freeze! Start again when the music starts.
- *Pick up a Number:* Assign everyone a number of things they need to clean up, like how old you are.
- *Make it a Competition:* See who can pick up the most items, or wipe clean the most amount of dirty spots.
- *Assign Groups:* Assign one person to pick up books, another to do toys, another clothes. or pick a color and pick up everything that color.



## Chore Chart

Use a chore chart to know what chores are expected of you.

- *Check-off List:* Try one that you can check off with a pen or stickers
- *Rotating Circle:* Everyone's names and chores are on two different circles. Rotate the circle every day or week to assign the chores.

## Chores that are Fun

Some chores aren't that bad. Here are some favorites:

- *Rearranging:* Moving furniture, pictures, and other decoration around, and get a whole new feel to a room. Make sure you clean under what you move while you do it!
- *Decorating:* Put up new pictures (try ones that you made), Change the pillows or bedding (and put dirty ones in the wash), and
- *Gardening:* Water the plants when the weather is hot, plant new plants, rake leaves and jump in the pile, or mow a lawn.
- *Pets:* Feed the dog or cat, and give it a good pet, or take it on a walk.

## Getting Rewarded

Chores are more fun if you get a reward. Here are some ideas to talk to your parent about:

Living in a clean home, where you can find everything you need and it looks good is a reward in itself (maybe you won't understand that one until you are older...)

## Allowance

*How it works:* If you do your assigned chores you get a specified amount of money. You can also do bonuses for not complaining and getting it done without asking

## Media Time

*How it works:* You can only watch TV or play video games after your chores are done. You can also try getting rewarded extra time for doing more chores

## Paid Jobs

*How it works:* You get paid a specific amount to do an extra chore.

## Other Rewards:

Want more time to play with your parents? Or maybe you want to go do something fun? If you pitch in with the chores, there will be more time to play and go and do fun things.

# Things To Do With Parents

## Learn Something From Your Parents

Do your parents have any hobbies or a career that you think is pretty cool? Let them teach you about it.

## Just Talk

- Ask them about a story from their childhood
- Ask what they like about you, or what you are good at
- Ask for help solving a problem
- Tell them about something funny or sad that happened to you

## Listen and follow directions

Here's a fun game: have your parent tell you a list of things to do (the crazier the better), and try your best to follow their directions perfectly

## Scavenger Hunts

Set up a scavenger hunt around the yard or around the town, with puzzles and clues, and work together to complete it.

## Being Silly and Having Fun

Grown-ups get too serious sometimes! Try to get your parent to laugh, be silly and have fun.

## Projects

Work on a project, like decorating your bedroom or another area of the house, building something to play with, or planting a garden.



Use more ideas in other parts of the book like:

- Art projects
- Science projects
- Board/card games
- Messy play

- Self-Care
  - Getting dressed, creating fun/coordinating outfits
  - Sew on a button or mend clothes
  - Tie your shoes
  - Tie a tie or put on makeup
  - Properly wash your hands, blow your nose, use the bathroom
  - Brush and floss your teeth
  - Dish up food and eat nicely without making a mess
  - Good manners
- Homemaking
  - Cooking
  - Chores
  - Make a bed
  - Hammer in a nail, make basic home repairs
- Basic Skills
  - Tell the time
  - Read a map
  - Take public transportation
- Important Stuff
  - How to be grateful
  - Write a thank-you
  - Solve problems
  - Make friends
  - Study and do well in school
  - Express emotions
  - Internet safety
  - Care for the earth
- Adult Stuff
  - Budgeting and finance
  - Basic first aid and CPR
  - Drive a car, change a flat tire
- Physical Skills
  - Ride a bike or swim
  - Jump rope
  - Do a handstand or cartwheel
  - Dance
- For Fun
  - Do math tricks
  - Build a fire, pitch a tent
  - Use chopsticks
  - Play a game

# Fun Places to Go Outside

## Spring or Fall

These activities are perfect when it's not too hot or cold

- Hiking
- Nature walks
- Forest
- Picnics
- Pick-your-own farms
- Public gardens, garden centers
- Fishing
- Nature watching/bird watching
- Biking

Remember to bring water, bug spray, and try a magnifying glass or binoculars.

## Summer

When it gets hot outside, try some of these places:

- Swimming
- Splash pads
- The beach at an ocean or lake
- River/stream
- Canoeing/kayak/boating
- Camping

Remember to bring a towel and lots of sunscreen!

## Winter

Try this when there is snow on the ground:

- Skiing
- Sledding, or tubing
- Snowshoeing
- Star gazing

Remember to bring a good coat, gloves and boots.



## THE PARK

Need something new to do at a park?

- Play on the sports courts: tennis, pickle ball, disc golf, volleyball, baseball, soccer or basketball
- Do a Ninja Warrior challenge on the play equipment
- Walk around
- Have a race, play tag, play hide and seek
- Try new parks

## Explore the Area

Find unique places in your area like:

- National parks and monuments
- State parks
- Sand dunes
- Hot springs
- Historic farms
- Natural features
- Caves
- Historical sites

## Even More Fun:

- Amusement parks
- Miniature golf
- Zoo
- Dinosaur parks
- Rock climbing
- Ropes course

## Seasonal Activities

These activities often happen only once a year, so watch out for them and go when they happen

- Farmer's market
- Fairs/festivals
- Parades
- Sports games
- Pumpkin patches
- Fireworks

# Fun Places to Go Inside

## Gym

Try taking a kids class like yoga, gymnastics, dance or martial arts, or go to a different kind of gym.

- Ninja
- Gymnastics
- Basketball
- Volleyball
- Racquet ball
- Tennis
- Rock climbing
- Indoor pool or water park
- Ice skating rink

## Free

- Library
- Family or friend's house
- Public buildings
- Free museums

## Classics

These activities are available almost everywhere.

- Movies
- Store or mall
- Restaurant
- Pet store or shelter



## Fun Zones

These come in many unique kinds, and have a ton of fun things to do indoors

- Arcades
- Trampoline parks
- Bounce houses
- Bowling
- Miniature golf
- Laser tag
- Indoor amusement park
- Go karts
- Roller rink

## Museums

Museums come in all sorts of shapes and sizes.

- Science center
- Art
- Natural history
- Children's
- Nature center
- Aquariums
- Planetarium
- Home or building tours
- And much more!

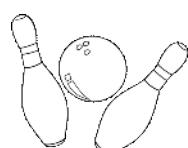
## Night Out

Many of these activities will have events geared specifically for kids.

- Playhouse
- Magic house
- Concerts
- Craft or art places
- Cooking classes

## Even More Ideas:

- Escape room
- Lego play areas
- Video game play areas
- Indoor skydiving
- Tour a factory
- Conservatory/butterfly house
- Airport
- Artist studio/gallery
- Fire station
- Nursing home



# Games to Play with Friends

## Games

There are tons of games to play with friends. To decide who goes first, try a round of rock paper scissor. There are far more games that I've listed, but here's some to start.

## Flexible Games

These are fun games, mostly because there are so many ways to play. Try making up your own rules.

- Tag
- Hide and seek
- Obstacle course
- Races
- Relay races

## Card Games

- War
- Crazy eights
- Slap
- Spoons
- Go fish

## Board Games

- Chess or checkers
- Twister
- Pictionary

## Dice Games

- Yahtzee
- Farkle

## Paper Games

- Hangman
- Dots and boxes
- Tick tack toe

## More Ideas:

- "Minute to Win It" games
- Scavenger hunts
- Twenty questions



## Pretend

Try using your imagination!

- Dress-ups
- House
- Superhero
- Act out your favorite movie
- Cops and robbers

## Sports

- Dodge Ball
- Kick ball
- Soccer
- Basketball
- Tramp games
- Jump rope
- Bowling

## Service

- Write nice notes
- Share
  - Toys
  - Food
  - Talents
  - Time
- Do something nice!
- Help with a chore

## Group Games

- Charades
- Musical chairs
- Duck, Duck Goose
- Red Rover
- Ring around the Rosie
- Simon Says
- I Spy
- What time is it Mr. Wolf?
- Alphabet games
- Fox hunt

# Exploring Outside

## Observe

*Try going outside and just noticing what's out there!*

- Collected interesting things
- Watch the clouds or stars
- Dig for worms and bugs
- Watch birds or other animals

## Sports

*Lots of sports are listed in other sections and most can be played outside.*

## Travel

*You can go to a specific destination or just around the block. Notice what you see while you out!*

- Bikes
- Walks
- Hiking

## Just for Fun

- Pretend play
- Swings or slide
- Forts, treehouses or playhouse
- Tramp
- Bubbles

## Garden

*A garden is a great way to enjoy the outdoors.*

- Plant seeds or transplants
- Pick some flowers
- Pull a few weeds
- Feel the grass
- Harvest produce
- Water a few plants
- Identify some plants

## Get messy

- Mud kitchen
- Sandbox

## Notice the Seasons

*The seasons are lots of fun, with different weather, activities and things to notice.*

### Spring

- Splash in puddles
- Dance in the rain
- Fly a kite
- Start a garden
- Pick flowers

### Summer

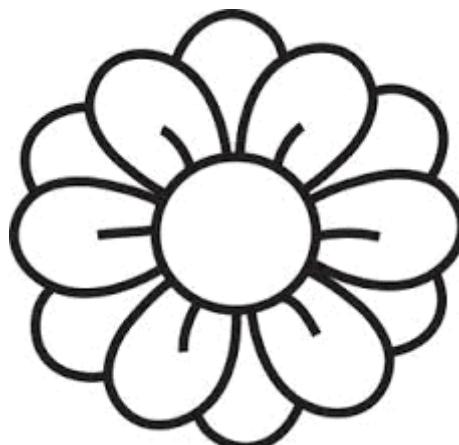
- Get wet
  - Wading/swimming
  - Sprinklers
- Pop bottle rockets
- Eat a popsicle

### Fall

- Rake the leaves
- Pick some apples or pumpkins

### Winter

- Play in snow
  - Sled
  - Make a Snowman
  - Paint the snow
- Drink hot chocolate



# Learning For Fun

## Ways to Learn

Here's some tips to get started learning.

- Check a book our from the library
- The Internet
  - Google, Wikipedia, YouTube
- Ask an adult or other expert
- Take a class
- Write a report or teach someone about it

## Social Studies

- History
- Geography/maps

## Math

- Sorting by color, shape, etc
- Numbers
- Measuring
- Money
- Counting, arithmetic
- Logic puzzles, math games

## Science

- Human body, senses
- Chemistry
- Physics
- Cooking
- Botany/plants (try a microscope)
- Zoology/animals
- Earth systems
- Astronomy (try a telescope)

## Learn a new language

## Careers

- Engineering, building
- Coding
- Health care
- Beautician
- Carpenter, electrician, machinist

## Start a Business

Make extra money and learn about what goes into a business. Trying selling treats or crafts, teaching lessons or providing a service like mowing a lawn.

## Topics

These topics work well for younger kids, and to theme a bunch of activities together including books, crafts, activities and games.

- Colors
- Shapes
- Nursery rhymes
- Animals
  - Pets, bugs, birds, farm, zoo, fish, amphibians/reptiles, small mammals
- Weather/Seasons
  - Rain, sun, snow
  - Fall, spring, summer, winter
- Holidays
  - Christmas, Thanksgiving, Valentine's Day, St. Patrick's Day, Easter, 4th of July, Halloween
- Community
  - Mail
  - Dentist/doctors
  - Police/firefighters
  - Safety
  - Occupations
- Transportation
  - Cars/trucks
- Building/construction
- Home
- Opposites, things that go together
- Art
- Music and dance
- Circus
- Family
- Friends
- Outdoor
  - Camping
  - Garden
  - Flowers/plants
- Communication
- Feelings
- Body and health

# Arts and Crafts

## Art

*Art is open ended and the result is unique! Try learning to paint or draw with books, videos or classes, or just jump right in. Here are some good materials to start with.*

- Markers
- Crayons, pastels
- Colored pencils
- Paint, tempura, watercolors
- Chalk, charcoal
- Water

## Mixed Media

*Use a variety of materials to make new things*

- Cut, glue, fold
- Junk: paper rolls, egg cartons, bottles, cardboard
- Collages from about anything
- Contact paper

## Media

*Use a camera, computer or tablet to create.*

- Photography
- Videos
- 3-D models
- Digital art

## Sculpture

- Clay
- Playdough
- Salt dough
- Carving (try starting with soap)
- Junk

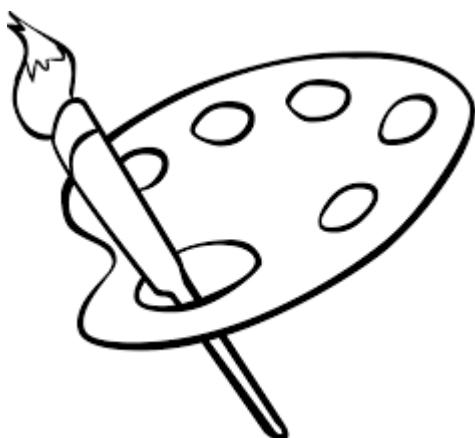
## Crafts

*Results in a tangible output with a purpose, easy to duplicate*

- Rubbings
- Prints and stamps
- Stencils, tracing
- Paper
  - Airplanes, origami
  - Paper crafts
- Building with toys
- Woodworking
- Jewelry
- Model building
- Soft Goods
  - Fabric, sew
  - Knitting, crochet
  - Start with some simple pom-poms or finger crochet
- Food
  - Decorate cakes, creative snacks

## Color

*Explore color by making color wheel, combining different colors, and creating swatches.*



# Exercise and Healthy Food

## Exercise

Exercise helps your heart and body to be healthy and strong.

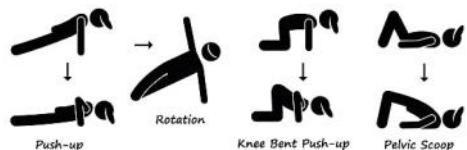
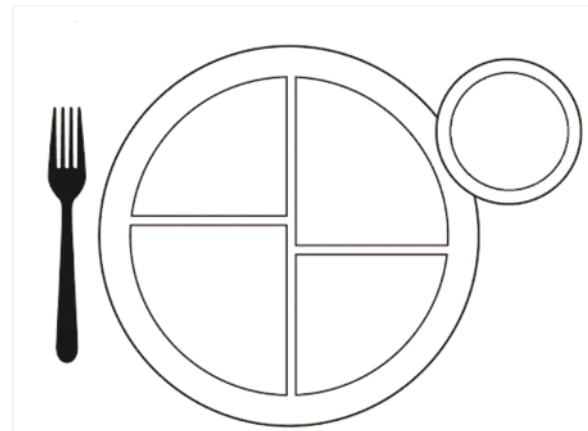
- Running
- Walking
- Biking
- Jumping, jump rope
- Throwing, catching
- Obstacle courses
- Hopscotch
- Dancing
- Relay Races
- Sports
  - Soccer
  - Basketball
  - kick ball
  - Golf or disc golf,
  - Bocce ball
  - Croquet, kubb, Cornhole
  - Volleyball
  - Badminton
  - Flag or touch football
  - Racing
  - Gymnastics
- Types of exercise
  - Yoga
  - Circuit training
  - Aerobics
  - Martial arts

## Olympics

Create your own Olympics. Think of several different events, get a group together, and see who can win each event.

## Healthy Food

- Learn the different food groups and identify foods you like in each one
- Cook an easy, healthy recipe for a snack
- Have a taste test of different foods, and be sure and try new ones
- Learn to bake bread
- Create your own signature:
  - Smoothie
  - Salad
  - Snack
  - Sandwich



# Music Time

## Listen to Music

Music is fun to listen to. Try listening to children's music, funny songs, and classical music in addition to more popular types of music.

## Dance

Dance along to the music! Learn how to dance through classes and videos, or just make it up as you go. Try freeze dancing and action songs.

## Sing

Learn the lyrics to your favorite song and sing along.

## Action Songs and Fingerplays

These are simple rhymes and songs that you use your hands and body to act out.

- Itsy Bitsy Spider
- Wheels on the Bus
- Five Little Monkeys
- Five Green and Speckled Frogs
- Hokey Pokey
- Five Little Ducks
- Head Shoulders Knees and Toes
- Banana Song
- Ring around the Rosie
- London Bridge

## Learn an Instrument

Try starting with drums or shakers you make yourself. Here are some easy instruments to start learning:

- Piano
- Ukulele
- Recorder/penny whistle
- Guitar

## Songs Every Kid Should Know

- Wheels on the Bus
- Once There was a Snowman
- Mary Had a Little Lamb
- Twinkle Twinkle Little Star
- Alphabet Song
- Old MacDonald
- The Ants go Marching
- Who Took the Cookie?
- The Name Game
- I like to Eat Apples and Bananas



# Reading and Writing

## Read

*Reading is a great way to learn and have fun.*

*Read a book about*

- Something you want to learn
- Something you know nothing about
- Something you know a lot about and want to learn more
- Something that scares you
- A place you want to visit
- Your favorite hobby
- Things to do

*Read a book that is*

- Your current favorite
- An old favorite
- Written by the same author as some of your favorite books
- In a different genre than you normally do
- Classic book that lots of people read
- Written long ago
- A new book
- A book or poetry
- One you read a long time ago and forgot

## Genres

*Non-fiction*

- Biography
- Self-help
- Health
- Travel
- Religion
- Science
- History
- Math
- Art
- Cookbooks

*Fiction*

- Picture books
- Chapter books
- Science fiction
- Action and adventure
- Romance
- Mystery
- Drama
- Horror
- Humor
- Poetry
- Comics
- Fantasy
- Fables and folktales
- Classics
- Historical fiction

## Telling a Story

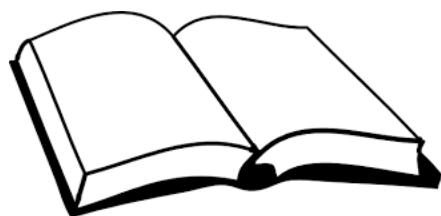
*Telling stories is fun and important, try:*

- Telling something sad or funny that happened to you
- Retell a story that happened to someone else
- Retell or act out a book you read
  - Try using puppets, toys, or costumes
- Create your own story

## Writing

*After you get good at telling stories, start writing them down*

- Write instructions to do something you are good at
- Write a book report
- Write a story you made up
- Keep a diary or journal and write about what happens to you in your life
- Draw pictures to go along with your story
- Write a poem



# Imagination and Play

***The only rules about play are to have fun and be nice.***

## Toys Worth Having

- Building
  - Blocks
  - Legos
  - Train tracks
- Puzzles
- Board and card games
- Dress up toys
- Hot wheels
- Dolls
- Stuffed animals
- Puppets

## Rube Goldberg Machine

*This is something that takes a lot of steps to do something simple. Try starting with domino toppling and adding on to create your own.*

## Race Toys

*Compete your toys against each other  
Find the fastest car, bounciest ball or  
biggest block*

## Building Adventure

*Build a tall building, zoo, spaceship,  
fort or more!*

## Small Worlds

*Create your own small town, zoo, fairy tale, farm,  
super hero lair, or whatever you can imagine.*

## Pretend Play

*Use your toys, or become  
something yourself*

- Animals
- House
- Puppet Shows
- Create a story
- Pretend store or restaurant
- Play kitchen

## Messy Play

- Playdough or clay
- Bubbles, water and soap
- Goop/slim/gack
- Water beads
- Colored rice, pasta, or other dry goods



# More Activities and Hobbies

## Collections

*Start a collection of games, toy, stuffed animals, coins, books, models*

## Hobbies and Classes

*Get good at something that you love, and do it a lot. Here are some ideas.*

### Sports

- Basketball
- Baseball/softball
- Soccer
- Swimming
- Running
- Martial arts
- Skateboarding
- Dance
- Gymnastics
- Football
- Volleyball
- Lacrosse
- Skiing/snowboarding
- Archery
- Cycling
- Golf
- Tennis
- Wrestling
- Climbing
- Bowling



### Fine Arts

- Choir
- Art
- Drama
- Music lessons
- Pottery
- Quilting

### Other Ideas

- Robotics
- Nature
- Fishing
- Bird-Watching
- Geocaching
- Magic tricks
- Keeping pets

# The Dark Zone

*The dark zone refers to anything on a screen. This can be TV, video games, phones and the computer. My guess is you don't need much guidance on what to do, but here's some fun ideas to use your time better on the screen.*

## TV

Watch educational shows like documentaries

## Phone or Tablet

Try doing apps with mind puzzles

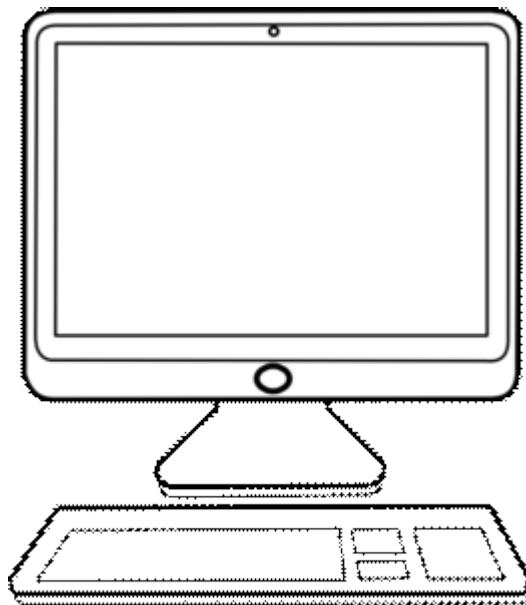
## Computer

Here are some good websites to try out

- PBS Kids
- Go Noodle
- Khan Academy
- National Geographic Kids
- Fun Brain

## Keeping Safe Online

- Never share your name or address with anyone online
- If you see anything that makes you feel bad, tell your parent or other adult
- Never do or say anything online that you wouldn't do in person in front of your parents.
- Use a filter that blocks out inappropriate content
- Don't stay on forever: set and timer and get off when it rings



# Values to teach children

- Communication
- Honesty
- Goals, hard work
- Confidence
- Gratitude
- Respect
- Obedience
- Responsibility
- Rules/decision
- Trying new things
- Emotions
- Expressing feelings
- Kindness, manners
- Talking/listening: conversation
- Order/cleanliness
- Curiosity, creativity
- Questions
- Spontaneous delight
- Pretend/imagine
- Fun
- Family security, Love
- Uniqueness, similarities and difference
- Unity
- Joy

## Appendix: Rules to Games

## Appendix: Recipes

## Appendix: Rules and Systems