

"FREE" FAMILY FUN!

Sometimes, it seems the only way to have fun is to spend money. Not true! You and your child's imagination is the only limit on FREE FUN! Think outside-the-box and look at items you already have at your home in a new way. It is important to continue to strive for a healthy balance in your family's life and wash hand frequently, participate in social distancing, get the flu shot, eat well, exercise, get rest, and engage in FUN activities with your family! Some suggestions appear below using items you may have at home. We recommend adult supervision of your child with the parent, guardian or a trusted and responsible adult. Here are some ideas, in no particular order, to get you started!

Take a walk and get some fresh air

Draw something

Write a letter, continuing story letter, or mirror readable only letter

Write a word game such as a Mad Lib [Mad Libs for Kids](#) where one person asks others for a list of words to substitute for blanks in a story they wrote

Email a friend and send along a funny or inspirational forward

Play board games

Make your own board games

Make a collage using old magazines or newspapers

Create something in Paper mache using strips of old newspaper dipped in one of the following solutions: 1) One part flour to one part water and stir together; OR 2) One part flour to 5 parts flour, an adult would boil mixture 3 minutes and let cool; OR 3) 3/4 white glue to 1/4 water, and wrapped around the surface you wish to mold. Click here for [How to create Paper Mache](#)

Sing loudly

Write a song and sing it for family

Look at the clouds and talk about what shapes, animals, people or items you see

Look at the stars

Watch the sunrise or sunset

Visit one of our Holyoke food sites and have a picnic with your children

Learn to juggle [Easy Juggling](#)

Look at new cars

Kick a small rock down the sidewalk

[Make your own fingerpaint](#) and use old newspapers to paint on (4 cups water, 1 cup cornstarch, 6 Tablespoons sugar, 1 teaspoon salt, food coloring)

Make your own [Homemade "Playdoh"](#) (Cook in a saucepan until correct consistency: 1 cup flour, 1 cup water, 2 teaspoons cream of tartar, 1/3 cup salt, food coloring)

Build a cardboard castle with free boxes from the store

Make bubble solution and blow bubbles (1 part liquid dish soap to 15 parts water ie. 1/4 cup dish soap to 3 3/4 cup water) and make a bubble ring from an old wire coat hanger or bread twists wound together.

Ride your bicycle (remember your helmet)

Play cards

Teach yourself a card trick

Window shop

Write a letter in support of a cause you believe in, email or send to government officials

go puddle stomping

Make yourself breakfast in bed

Hike

Skip

Challenge your older child to become a public health "expert" by visiting the Websites: [Centers for Disease Control and Prevention CDC](#) or [World Health Organization WHO in EN-ES](#) or [Massachusetts Department of Public Health](#) and click "Select a Language" or [CDC in Other Languages](#) and to "teach" back what they have learned.

Call a friend or elderly person to check-in

Call/email someone you care about and make sure they're washing their hands

Call/email someone you care about and ask them if they've had their flu shot

Call/email someone you care about and make sure they understand what social distancing is

Tell someone you love them in a homemade card or email

Do puzzles

Make a puzzle by creating a picture and cutting or ripping in pieces

Have an egg toss

Reread old letters and journals

Sew shelter cats a toy or bed from scrap material at home

Grab the leash and exercise your pet

Read

Watch birds

Feed the birds or squirrels some bird seed or bread crumbs

Play dress up

Look at old photos

Listen to music

Dance

Watch people walk by

Whistle

Take a nap

Peel an orange trying to keep the peel in one piece

Short sheet someone's bed

skip stones

Clean up the yard

Wash and wax your car at home

Tell silly and fun jokes [Jokes for Kids](#)

[Make a very simple kite](#)

Fly a kite

Clean out your closets

Clean your home

Clean out your kitchen cabinets

Watch educational television with your family (ie. Public Television, Discovery Channel, History Channel, Food Channel,etc.) and talk about what you are learning together

Watch the news together and talk about current events

Cook a meal together

Do laundry and fold it together. Kids can help to match socks (great for little ones)

Start a collection of something (pretty rocks, leaves)

Build a fort inside with pillows and a blanket

Re-arrange your furniture

Learn something new

Build paper airplanes

Take pictures and share them

Start a blog

[Make a Simple Kazoo](#) using a comb or toilet paper roll and waxed paper

Make a drum out of a large round oatmeal container, tear off the label and decorate it

Make a variety of [Musical Instruments](#)

Listen to a podcast

Take a long bath

Discover NEW music you love

Do Yoga or stretching exercises

Make a scrapbook of something

Make a time-capsule

Practice [Simple Origami](#) (paper-folding) using old newspapers or paper

Make a gift for someone

Teach yourself to knit or crochet

Think about something you're grateful for and share this with others

Help someone at home who needs something

Make a list of short-term goals and a plan to meet them

Make a list of long-term goals and a plan to meet them

Challenge your family each morning to come up with creative and fun things they can do during the day!