

Brain Breaks and Boosts for Younger Kids

For busy families: Add fun and learning to your day with these easy, screen-free activities—and subtract stress and boredom! Check off the activities as you go to complete them all.

PLAY GAMES

1–10 Scavenger Hunt

Search your home for objects to count. Find something there's only one of, then two, and keep going up to 10!

What's on My Back?

Lie down, and have kids bring an object from somewhere in the house and set it gently on your back. Try to guess what it is.

Two Truths and a Lie

Ask kids to tell you about yesterday. Include two true things that happened and one lie. Have them guess which is the lie.

Crack the Code

Have a friend or family member play your robot. Choose a goal, like getting a glass of water. Tell your robot what to do, one step at a time. Then switch!

Who's Sausage?

Choose someone to be Sausage. The rest of the group asks Sausage questions. Sausage can only reply with, "Sausage." The first person to make Sausage laugh becomes Sausage.

GET ACTIVE

Dance Around the World

Curate a playlist of pop songs from cultures or countries other than your own. Dance your way through the playlist. Which song did you like best? Find out more about that culture or country.

Hot Lava

Move around the room without touching the floor. Step on chairs, pillows, or blankets, but not the hot lava!

Bird Watching

How many birds can you spot outside? Count them. Which colors do you notice? Can you name any of the birds?

Kick It

Grab a bean bag, small ball, or crumpled-up piece of paper. Using only your feet, kick it up to yourself or back and forth as many times as you can.

Silly Walk

Make up a silly walk and then take a stroll around your house or neighborhood.

CONNECT WITH FRIENDS AND FAMILY

Letter of Appreciation

Practice your writing skills by writing a thank you note to your favorite teacher. Include a drawing, too!

Listen Carefully

Ask an adult a question about their past. Listen very carefully and don't interrupt. Then ask another question related to what they just said.

Rose, Bud, Thorn

Describe your day to a family member with one thing that fits each category: Include something positive (rose), something hopeful (bud), and something challenging (thorn). Take turns sharing.

Love All Around

Color paper hearts and cut them out. Then write messages on each one, and place them around the house for your family members to find.

Make Believe Birthday

Celebrate someone's birthday whenever you want with whatever you want. Make a cake, re-gift a present, and sing "Happy Birthday."

DREAM AND CREATE

Make a Map

Illustrate a map of your block or neighborhood. Mark places you'd want to show a visitor and spots that are important to your family.

Make a Magic Wand

Use household or natural items and art supplies to make a magic wand. Talk about spells to cast and magic words to use.

Dream Home

Design your dream home with paper and pens. How many floors will it have? How many bedrooms? What color will it be?

Creature Feature

Draw pictures of your favorite animals, real or imaginary, and talk about their habitat (the place where they live).

Think Like a Computer

Create a set of picture cards that show every step of a task, similar to how a computer works. For example, what steps do you take to brush your teeth?

HELP OUT

Sort and Fold

Make a game out of sorting laundry by tossing clothes into piles and seeing who can fold the fastest (but still neatly).

Practice Manners

Spend some time behaving exquisitely. Remember all the good manners your family has taught you, and act them out. Say "please" and "thank you." Clean up after yourself. Ask a family member if they need help.

Food Prep

Make a snack or meal to share. Beginner chefs may want to make sandwiches or prepare a snack plate or fruit salad. Ready for a challenge? Make a family favorite for dinner, or try something new.

Floor Maintenance

Get those floors clean! Use a vacuum or broom to spiff up every inch of a room's floor.

Room Refresh

Pick a room, space, or spot in your home that could use some sprucing up. Clean and organize the area to make it work better for you and your family.

RELAX AND REFLECT

Draw Yourself

Look into a mirror and draw what you see. Remember to include your eyebrows, eyes, nose, lips, and chin.

Talk to Yourself

Get in front of a mirror and chat with yourself. See what comes up in conversation and how long it lasts!

But Why?

Take a few minutes and write down stuff you love, like games, movies, and foods. Why do you like each one? Try to go beyond simple answers.

Close Your Eyes

See how long you can keep your eyes closed. What do you think about when your eyes are closed? Can you see anything?

Draw Your Feelings

Find some markers and paper and turn your emotions into art. What color is joy? Sadness? Boredom? Love?

ADD YOUR OWN IDEAS

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