



MIDDLE & HIGH SCHOOL ACTIVITIES AT HOME

In the age of technology, we know kids are going to get a lot of it with online school and streaming/social media. Here are a few ideas to keep kids (mostly) off devices and help them through a new experience.

10 activities for parents to do alongside their kids:

1. Get outside to take a walk, shoot hoops, play frisbee, ride bikes, geocaching, etc.
2. Have a backyard bonfire with s'mores
3. Do crafts/diy projects together
4. Watch a Bob Ross video and recreate his work on individual canvases/paper
5. Play board games and card games
6. Have kids teach parents *TikTok* dances
7. Do chores together/go through closets and areas of the house that need purging
8. Cook or bake together or have the kids plan out and prepare the entire meal
9. Make a pizza, pop some popcorn and have a movie night
10. Play games together (use attached games list)

10 activities for kids to do when they're home alone or when parents just need some space:

1. Have kids contact their YFC Small Group and "hang out" on a video chat
2. Give them a new book to read
3. Schoolwork done? Have them do a report on a different country or a topic your family doesn't know a lot about and teach you about it later
4. With March Madness cancelled, have them create their own bracket of something else (restaurants, Olympic events, movies) and have the family vote on which is better to advance to the next round
5. Have them create a lip sync video or recreate a movie by acting out the scenes
6. Encourage them to learn a creative computer program like Garage Band or iMovie
7. Have them build a fort
8. Let them make an indoor mini golf course
9. Find brain busters/riddles online and give them some to complete
10. Have them teach the attached games to their siblings and play them together

Please reach out to your local YFC Director if you need help or have questions during this process! You know your kid best, but we want to come alongside you in any way possible.



10 FUN & EASY GAMES TO PLAY AT HOME

Watch this YouTube video to see game demonstrations: [10 EASY GAMES TO PLAY AT HOME](#)

3 IN 5 (CUP OF WATER OR SPRAY BOTTLE)

Give your kids a category, and then give them 5 seconds to name 3 things in that category. If they can't name three in 5 seconds or less, then throw water or squirt them in the face.

Sample Categories: East/West Coast States, Shapes with more than 4 Sides, Periodic Table Elements, Countries in Asia, Pixar Movies, African Animals, Avengers, Oceans, Great Lakes, Jean/Shoe Brands, Politicians, Cereals, Perishable Foods, Hygiene Items, Bank Names, NBA/NFL/MLB Teams

ALPHABET POCKETS

Send your kids on a scavenger hunt through the house. The first one who can collect 26 items wins. The catch - each item needs to start with a different letter of the alphabet. Creativity is allowed (especially for "X" and "Q") but no simple adjectives (example: fuzzy pillow is not an "F" - it's still a "P" for pillow, but a Chewy Granola Bar could be "C" or "G" since Chewy is a proper noun).

COWBOY, NINJA, GORILLA

- Play a variation of rock, paper, scissors
 - Cowboy shoots with two hands
 - Ninja does the Karate kid move
 - Gorilla bangs on chest
- How to win:
 - Cowboy beats Gorilla
 - Ninja beats Cowboy
 - Gorilla beats Ninja
- Begin back-to-back and turn around on the count of three to reveal your character

D-E-C-P (DIGITATION-EXAMINATION-CALCULATION-PROCLAMATION)

Face back-to-back, and, on "go", turn around and hold up between 1 and 10 fingers. Quickly add fingers from all 4 hands. The first to shout out the correct answer wins.

FACE OFF

Two people sit facing each other. One will make a noise, any noise they want (cool points for creativity). The other person must repeat this noise (as close as possible) and then give a new noise, which the first person must repeat. They will go back and forth making noises and repeating the other's noises. The first one to smile or laugh at all loses.

HEAD, SHOULDER, KNEES & CUP (1 CUP)

Put a non-breakable cup on the floor and have your kids stand around it. Call out different body parts they have to touch (example: head, shoulders, knees, toes, eyes, ears, mouth, nose...). After a bit, say, "Cup!" The kids must be the first person to grab the cup to win. If they touch it prematurely, they are out. Whoever gets the cup gets a point and they play another round.

I NEED A...

Call out an item kids can find in the house (it's better when there are multiples of this item) and then kids have to race to find it and bring it back to you.

Sample Items: piece of dirty laundry, coin, dollar bill, glasses, sock with a hole in it, belt, shoelace without the shoe on it, jewelry, Lysol wipe, gloves, a cold beverage, etc.

KNOCKDOWN

Kids stand 2-3 feet apart. Have them hold up their hands and try to knock the other off balance by pushing their hands against each other. They can only make contact with other player's hands - if they touch any other part of their body or grab in any way they lose. The first person to move either of their feet loses.

ROCK, PAPPER, SCISSORS SLIDE

Kids stand with one foot directly in front of the other and touch toes with each other. They play rock, paper, scissors. The winner always takes their FRONT foot and puts it behind their back foot. The loser then slides their FRONT foot to touch the toe of their opponent. ONLY MOVE FRONT FOOT! Play again and continue until one person either can't stretch that far, moves their back foot, or loses balance. They cannot touch the ground for support.

TOE FENCING

Have kids face each other and place both hands on the other's shoulders. On "go", they must attempt to be the first to step on one foot of the other player. Students will begin dancing around to avoid being stepped on. The first student to step on their opponent's feet twice wins the dual.

Film yourselves playing these games and tag us on social media!