

At Home



Activities & Resources During COVID-19



New Brunswick Association for Community Living

April 2020

The New Brunswick Association for Community Living is pleased to offer a list of engaging activities and resources (for all ages) so that parents/guardians and their children can continue to learn and have fun while they are away from school.

Note: This document has been created in both of New Brunswick's official languages. As a result of the differences in between languages, they will not be a direct translation of each other. We have tried to keep the documents as consistent as possible, however many of the resources and online activities will differ in comparison as not all information provided had a French version. Thank you for your understanding!

Copyright © 2020 New Brunswick Association for Community Living
800 Hanwell Road, Fredericton, NB E3B 2R7
Toll Free: 1-866-NBACL-4U (1-866-622-2548)
Tel: (506) 453-4400
Fax: (506) 453-4422
E-mail: nbacl@nbnet.nb.ca
Web: www.nbacl.nb.ca



**New Brunswick
Association For
Community Living**
**Association du
Nouveau-Brunswick
pour l'intégration
communautaire**

Design by Rebecca Pilson, NBACL



Elementary age

Box Road

Flatten out a box and draw a road in marker. Add blocks, trucks and other toys for kids to build a city.

Trash Art

Find some recycled materials and let your kids paint them. Kids love painting random objects and making beautiful creations from them.

Sticky Match-Up

Draw shapes letters, numbers, words or math problems on sticky notes and hide them around the house for your child to find. Then have the child match them up on a “key” that hangs on the wall.

Reading

Reading aloud to your child, your child reading aloud to you, silent reading time.

Readers theater

Reading in silly or fun voices (monster, mouse, grandma, loud, whisper voices).

Turn physical activity into “recess” time

Explore outside in their yards, have a sock hop in the house, follow a Cosmic Kids Yoga class on YouTube.

Middle school age

Write and mail a letter

Send it to a friend from school, your teacher, family members, a pen pal, etc. and ask them questions that they can respond in a letter back.

Scavenger hunt

Create a scavenger hunt for your family (can be indoors, outdoors, or a combination of both) and have them complete it.

Create a family tree

Do some research on each side of your family and create a family tree. Include photos, maps, and links.

Make a crossword puzzle

Create a crossword puzzle on the computer or using a blank piece of paper. Once complete, hand it out to members of your family to try out.

Make a paperclip float

You will need:

Clean and dry paperclips, tissue paper, a bowl of water, and a pencil with eraser.

What to do:

Fill the bowl with water; Try to make the paper clip float (not much luck?); Tear a piece of tissue paper about half the size of a dollar bill; GENTLY drop the tissue flat onto the surface of the water; GENTLY place a dry paper clip flat onto the tissue (try not to touch the water or the tissue); Use the eraser end of the pencil to carefully poke the tissue (not the paper clip) until the tissue sinks. With some luck, the tissue will sink and leave the paper clip floating.



High school age

Make a meal for your family

Create a menu and cook a meal for your family to eat together

Start a virtual book club

Choose a book and timeframe in which your club will read the book. Once everyone is done reading, create a meeting virtual (FaceTime, Zoom, Skype, etc.) and discuss your opinions

Build a house of cards

Take a deck of cards and try to create a structure with all 52 cards without it falling

Create a comic book

Create a comic book and include pictures and a story



All ages

Pack a picnic

Eat it on a blanket outside or in the living room

Put on a family talent show

Have every family member choose a talent to showcase and choose someone to host the event

Have a fancy dinner party

Everyone can dress up, create official invitations, decorate, etc.

Make an obstacle course

Use things from around your house and yard to make a course outside and have a race. Rearrange the course to make it more of a challenge

Family dance parties

Put together a playlist of your family's favourite songs and have a dance party

Spa day

Have a bubble bath, do home manicures and pedicures, do face masks, etc.

Paint a kindness rock

Go outside for a walk and look for a rock big enough to paint on. When you get home, paint your rock with kind words or pictures. After it dries, go lay it somewhere outside like near the sidewalk, at the park, or by a tree

RESOURCES



Elementary age

[Exploring Literacies Parent Pamphlet](#)

[New Brunswick Plays](#)

[Quick Start Online Resources
\(Government of New Brunswick\)](#)

[Math Parent Brochure
\(Government of New Brunswick\)](#)

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5

[Reading and Writing Brochures
\(Government of New Brunswick\)](#)

- Kindergarten
- Grade 1
- Grade 2
- Grade 3
- Grade 4
- Grade 5

Middle school age

[Teens & COVID-19: Challenges and Opportunities During the Outbreak](#)

High school age

[Reading Achievement Standard
\(Government of New Brunswick\)](#)

- Grade 9
- Grade 10
- Grade 11
- Grade 12

[Writing Achievement Standard
\(Government of New Brunswick\)](#)

- Grade 9
- Grade 10
- Grade 11
- Grade 12

All ages

Wellness and Positive Mental Health

- [The Importance of Connection](#)
- [Social Distancing](#)
- [Physical Wellness](#)

[NB Education Digital Resource Database](#)

- A list of numerous Digital Resources.

[Blueprint](#)

- Crafts, projects, patterns, techniques, and classes for the whole family.

[My Zones Check-In](#)

- Daily check-in how you are feeling today. Based on the Zones of Regulation.

[Big Brothers Big Sisters of Saint John](#)

- Isolation survival guide for families and the young at heart.

[The Best Ways to Virtually Stay in Touch During the COVID-19 Pandemic](#)

RESOURCES

Parents

Shelley Moore: Five Moore Minutes!

- A website with videos dedicated to empowering individuals to support all learners.
- Offers video series, resources, research, professional development activities, and inspiration in 5 minute chunks.

A Guide to Parent Self-Care During the COVID-19 Pandemic

When Kids Are Anxious About Coronavirus: What to Do

Washing Hands: How to Get Kids in the Habit

Free Resources for OT, PT & Speech Services During the COVID-19 Pandemic

- A list of free web pages and resources
- Home Activity Resources – aerobic, gross motor, fine motor, speech, academic, breathing, mindfulness, baby to toddler, etc.
- COVID-19 Guidance and Resources – CDC, US DOE.
- Telehealth Resources – AOTA, APTA, ASHA, Medicaid/Medicare, etc.



Talking with Your Children/Youth about COVID-19

NB Childcare information: DEECD Parent Portal

The Portal provides a one-stop-shop to help you find child care. Create an account to search for child care in your area and learn more about services for you.

Push Past It! A Positive Approach to Challenging Behavior

This Webinar outlines a guide to effective behavior planning for intense challenges. Angela Searcy, Ed.D. discusses effective but practical functional assessment tools designed for educators BY educators.

Creating Structure and Providing Support During COVID-19

A guide for families of children with autism and neurodevelopmental challenges.



ONLINE ACTIVITIES

Elementary age

Wide Open School

- A free collection of the best online learning experiences for kids.
- Helps makes learning from home an experience that inspires kids, supports teachers, relieves families, and restores community.

San Diego Zoo

- Learn about animals and watch live feeds.
- Stories, Activities and Games.

Audible Stories

- Free audio books online.

Jack Hartmann

- Songs and educational videos for children to enhance their skills in counting, numbers, reading, language skills, nursery rhymes, science, physical fitness, dance, and movement.
- Meant for active participation for children with lots of movement and fun.
- Based on curriculum and brain research.

Cosmic Kids Yoga

- Yoga, mindfulness, and relaxation for kids.
- Interactive adventures which build strength, balance, and confidence.

Quick Start Activities (Government of New Brunswick)

101 Fun Things to do with Preschoolers

- Activities suggested by Dr. Amanda Gummer, an expert on child play and Dr. Scott Carroll, an academic child psychiatrist
- Artist and writer Mo Willems (author of "Don't Let the Pigeon Drive the Bus!")

Lunch Doodles

- Mo Willems hosting daily video sessions every weekday at 1 p.m. EDT. Each daily episode is accompanied by a downloadable activity page.



Middle school age

Wide Open School (Grades 6-12)

- A free collection of the best online learning experiences for kids.
- Helps makes learning from home an experience that inspires kids, supports teachers, relieves families, and restores community.

Quick Start Online Resources (Government of New Brunswick)

Quick Start Activities (Government of New Brunswick)

High school age

Virtual Museum of Canada

- Virtual exhibits of Canada's museums, heritage organizations and community stories.

Minecraft Flipgrid

- Students record, upload, view, react, and respond to each other through short videos.

Quick Start Online Resources (Government of New Brunswick)

Quick Start Activities (Government of New Brunswick)

ONLINE ACTIVITIES

All ages

Project Explorer

- Travel the world through the eyes of storytellers that fosters global awareness and an understanding of many different cultures.

CBC Kids News

- Your trusted daily source for the news, pop culture and sports stories that Canadian kids want to know.

Scholastic Learn at Home

- Day-by-day projects to keep kids reading, thinking, and growing.

Learn to write your names in ancient Egyptian hieroglyphs

- Step-by-step guide from the Royal Ontario Museum in Canada.

Educational Websites for at Home Learning (Boys and Girls Club of Saint John)

- A list of educational websites for all ages (pre-school, elementary/middle/high school, and all ages and subjects).

My 2020 COVID-19 Time Capsule

- A time capsule for your future self to look back on.

Parents

Learn a new language with Duolingo!

- Duolingo is a free app/website with 30+ languages to learn.

Video chat using Zoom

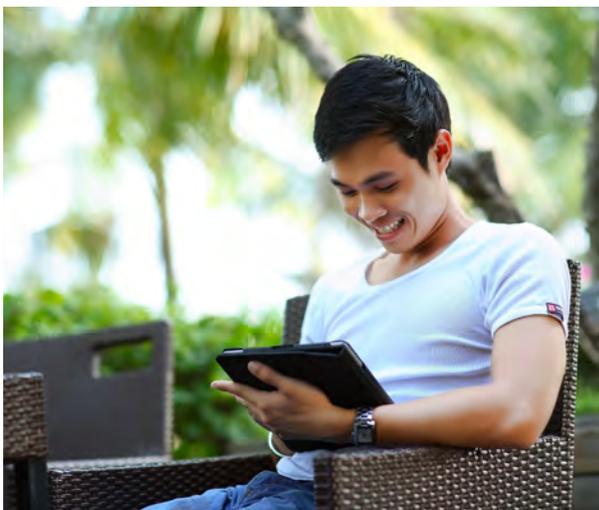
- Chat virtually with other parents, family members, friends, coworkers, etc.

Yoga with Adriene

- High quality, free yoga videos on YouTube.
- For all levels, bodies, genders, and souls.

Pinterest

- Discover new recipes, home ideas, style inspiration, games, activities, and more.



CONTACT INFORMATION



Amanda Donaher
Transition Facilitator
Fredericton
(506) 406-0308
transitionfredericton2@nbacl.nb.ca



Brittany Akmens
Inclusive Education Coordinator
Fredericton
(506) 444-2530
education@nbacl.nb.ca



Melissa Kelley
Family Support Facilitator
Saint John
(506) 658-5363
FSSaintJohn@nbacl.nb.ca



Nicole Marshall
Early Learning Inclusion Facilitator
Fredericton
(506) 453-4408
ELIFFredericton@nbacl.nb.ca



Renée Ward
Transition Facilitator
West
(506) 273-4759
TransitionWest@nbacl.nb.ca



Samantha Butler
Transition to Adult Life Facilitator
Saint John
(506) 717-0023
TransitionALFSouth@nbacl.nb.ca