

FREE & FUN
INDOOR
& ONLINE
ACTIVITIES



HEALTHY FAMILIES,
HAPPY CHILDREN



WWW.DELTAKIDS.CA

More Ideas?

If you have ideas you'd like to see added to this booklet, please email Andrea coordinator@deltakids.ca

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Thank you to the members of DeltaKids and the wider community who contributed ideas and edited this booklet.

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Sponsorship

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INDOOR & ONLINE FUN FOR FAMILIES!

Whether it's a rainy day or a global pandemic, we all need ideas to keep kids active and engaged indoors. Send us your ideas for the next version of this booklet :)



On the following pages you will find free & fun ideas!

- 1) Get physical: dance, yoga, sports & more
- 2) Imagine: arts & craft projects
- 3) Home school: fun(ish) activities for learning
- 4) Play: games, puzzles, and party time!
- 5) Visit, virtually: museums
- 6) Investigate: nature, science & technology
- 7) Watch & Listen: free audio books, films & more
- 8) Join! Free live classes: art, sports & storytime
- 9) Connect locally: Find programs & services in your community

1)GET PHYSICAL: DANCE, YOGA, SPORTS & MORE

Active for Life Raising physically literate kids. Activity ideas, newsletter & 42 ideas to keep kids active while parents are working!

Cosmic Kids Yoga on YouTube



International Play Association Article for parents on Play

Go Noodle Movement and mindfulness videos created by child development experts. Also available as an app.

Mr.Chris child friendly hip hop songs and dance moves on Youtube

Participaction Goal setting, tips & ideas for staying active. Also available as an app.

P.E. with Joe Daily YouTube P.E. classes for children of all ages.

YGym Free YMCA healthy community program for young people

Zumba with Dovydads on YouTube

Also see section 8 for live-streaming of sports and activity lessons!

2) IMAGINE: ARTS & CRAFT PROJECTS

Chose one of the [6 Best Cooking Vlogs for Kids](#) and try making something together

An [Art Blog](#) for kids 3-8

Learn to [draw](#) with this family art class

Make a [Time Capsule](#) of your time indoors.

Use simple materials to make great [crafts](#) on Pinterest

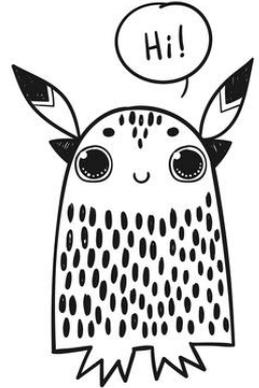
Or [upcycle](#) every day items for earth friendly art projects

Watch a [live performance](#) of theatre, from across the world, or watch an [Opera](#) from the New York Met

[Westcoast Families](#) has five online art lessons for creative tweens

[YPlay](#) activities from the YMCA are designed for a variety of ages and ability levels - songs, crafts and more.

Dav Pilkey, creator of [Captain Underpants](#), has weekly videos for kids who want to try reading aloud, drawing demos & more!



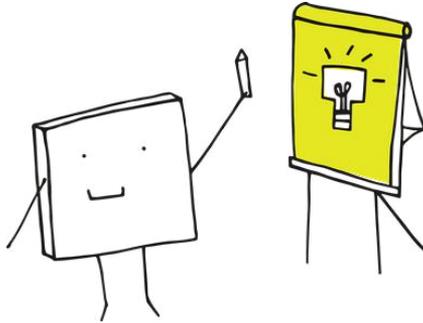
3) HOME SCHOOL: FUN(ISH) ACTIVITIES FOR PRESCHOOLERS

Fueling Brains live videos, activities and more.

ABC Mouse, online curriculum 2-8 years

Vroom App and website, fun activities for early brain development

EasyPeasy, Fun and games for child development



FOR ELEMENTARY & OLDER CHILDREN

WE Schools resources and daily interactive programming to support well-being, service-learning, and at-home education.

Scholastic books - A database of day-by-day projects to keep kids reading, thinking, and growing for preschool - Gr. 9

Duolingo - free fun app for learning a language

List of **educational companies** offering free subscriptions

3) HOME SCHOOL: FUN(ISH) ACTIVITIES

RESOURCES FROM BRITISH COLUMBIA

Museum of Anthropology, **Musqueam** Teaching Kit

Keep Learning BC, government site with resources and activities for home learning during every day activities.

Ministry of Education teaching tools for K-Gr.12

The Learning Circle: First Nations in Canada - Ages 4 to 7

TEACHBC teaching materials relevant to the K-12 BC curriculum created by the generosity of BC public school teachers

Non-profit, **Focused Education**, is dedicated to supporting excellence in BC schools. Get free access to subscription education programs, activities, and more.

First Nations Steering Committee continuous learning resources

4) PLAY: GAMES, PUZZLES, & PARTY TIME!

Highlights is a monthly magazine for children ages 6 to 12 filled with stories, adventures, brainteasers

Switcheroo Zoo has animal games & facts

Have Lego? Try the 30 day **Lego challenge**

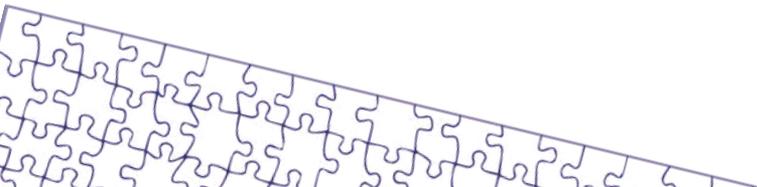
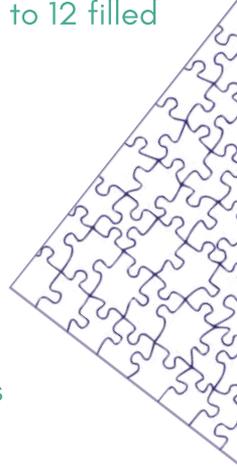
Sesame Street has a website with songs and games

Houseparty allows up to eight people to video chat at once in a "room", allows infinite rooms and floating between rooms.

Jackbox Games is not free, but does have "traditional" group party games formatted for online/TV (best for teens/older kids)

With **Board Game Arena** you can play against friends or strangers, live or timed, for free. They have over 140 board games.

Feeling nostalgic? Play Windows and Console games for free on **Classic Reload** or try games from GameBoy, Super Nintendo, Nintendo 64, PlayStation, SEGA and more on **Play Emulator**



5) VISIT, VIRTUALLY: MUSEUMS

[Vancouver Art Gallery](#)

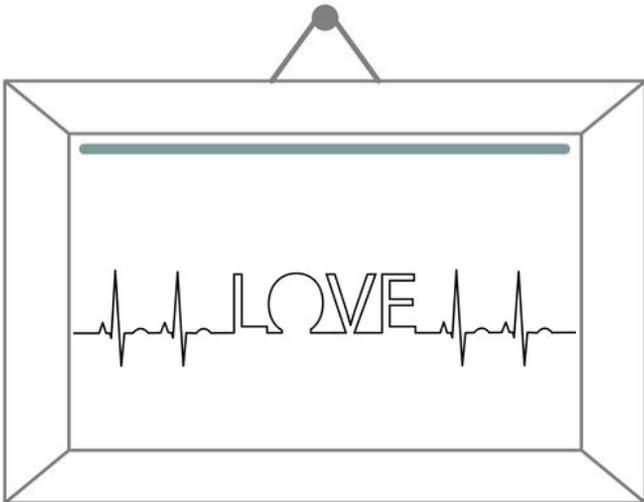
[Ontario Art Gallery Online Collection](#)

[Pacific museum of Earth](#)

[Canadian Museum of History](#)

[Canadian Museum of Human Rights](#)

[350 International museums](#), art galleries, history and science collections, aquariums, museum colouring pages, plus a special list of child-friendly museums and child-friendly exhibits



6) INVESTIGATE: NATURE, SCIENCE & TECHNOLOGY

Watch live **tracking** of tagged and released ocean animals or films of animals in nature with hidden cameras on **Explore**

Oceans Initiative has a **Virtual Marine Biology Camp** weekly on the Northwest's marine ecosystem. See [Facebook](#) or [Instagram](#)

Vancouver Aquarium Live Cams - penguins, otters & jellyfish!

Farm Food 360 Canadian Farm and food tours

All about science with the **Happy Scientist**, the **Smithsonian Learning Lab** the **Exploratorium** and the **Science Channel**

Visit outerspace with **Nasa's Kidsclub** or **Walk on Mars**

National Geographic Kids has games, fun facts, and more

Especially for girls, **PBS SciGirls** and the **EngineerGirl**

At home science experiments for your family with **Mad Science** or **Steve Spangler**

Go on a nature **treasure hunt**





7) WATCH & LISTEN: FREE AUDIO BOOKS, FILMS & MORE

Storyline has hundreds of books being read by famous actors and kids, along with videos and moving pictures and pages of the books.

Audible and **AudioBookCloud** have books for adults and children, read out loud.

Stream TV shows, documentaries, award winning movies and more for free with the **CBC app "Gem"** or through the **National Film Board of Canada**

Your **local library** will have lots of digital content, including movies, digital books, and of course audio books!

Children's TV has moved online. Find games, activities and more with:

- **PBS Kids**
- **CBC Kids**
- **BBC for Kids**

TED talks captivating talks to inspire young minds



8) JOIN! FREE LIVE CLASSES: ART, SPORTS & STORYTIME

Nearly 100 [Children's museums](#) in the US have live interactive activities, as does [Wonderhub](#), the children's museum of Saskatchewan.

There are free crafting classes with [Michael's](#) via Facebook Live

[UBC](#) is offering free live streamed activity sessions on art, science, nutrition, drama, wellness, enrichment and more.

In the US, a teacher has put together an [online schedule](#) of live classes ranging from storytime to kids yoga (note that the times in the schedule are in EST, they are three hours ahead of us in BC)

[Kidsport BC](#) is running Instagram shows where famous athletes runs a fitness session, skills session, or activity for children/families at home as well as Zoom chats with athletes

The [Whitecaps](#) are offering live skill lessons with their players

[YMCA](#) has virtual storytime and spotlight videos

Video storytimes and babytimes from [Fraser Valley Regional Library](#) and from [Child Care Options](#)

Broadway theatre, opera, symphony and pop music. Check out this [list of online performances](#) (some live, some taped, most free)

9) CONNECT LOCALLY: FIND PROGRAMS & SERVICES IN YOUR COMMUNITY

Many **Parks and Recreation/Community Centres** are running online classes. [Delta](#) has lots going on!

Libraries across BC are running book clubs, story time, lectures, and more. [Fraser Valley Regional Library](#) is constantly adding new things. [Decoda lending library](#) sends books across BC in the mail. Membership is free, and hopefully open again soon!

Child Care Resource and Referral offices are open and running a variety of online and distance programs to support child care workers and families. Find your [local branch](#) to learn more. The [Delta Surrey CCRR](#) has a weekly parent-child online drop in!

School Districts have been adapting their teaching and resources to support families. Look up [your school district](#) to see what supports they offer. Many districts are helping families access technology, food, and child care. Some even have a special page set up for learning at home, like [Delta!](#)

Plus: there are a ton of blogs and websites with craft ideas, songs, recipes and more fun activities to do with your child or children.

10) AND WHEN YOU JUST CAN'T STAY INSIDE...

Geocaching Geocaching is a treasure hunt. Create a free account online and use the app or website to find clues to the cache

Try a **road trip scavenger hunt**. Pack a lunch, snacks and water and print off a scavenger visual.

Hiking Some trails are closed, but others remain open and ready to be discovered. Check online to be sure & find one that suits your family's interests and fitness level (and if you can bring your dog).

Cycling With roads quieter, now is a great time for a family bike trip. Find the best route for you and your family online. Or try **bicycle bingo** created by HUB cycling. If you aren't ready for the road, try a "pump" or bike track, check for one in your community.

Take me outside Ideas and activities for fun in nature

Disc Golf courses are great for older kids.

When parks and playgrounds are again open, check DeltaKids.ca for our "Free and Fun Outdoor Activity" Booklet!



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HAPPY CHILDREN

MORE IDEAS...

If you see something that belongs in this booklet, please let us know! Email us (coordinator@deltakids.ca)

AND SUPPORTS...

Most social service agencies are operating, at a distance, including counselling and food banks. If you are looking for supports, please try BC211.ca (or text or call 211). For more information on government supports & services see [here](#) for everything from health info to financial supports.

In Delta, you can also visit Deltakids.ca or Deltassist.

From our homes to yours:
Stay calm, Stay home and Stay safe