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Families on Lockdown: Fun and Educational Activities to Keep Your Children Occupied

Parents across the country are grappling with keeping their children occupied amidst the COVID-19 lockdowns. And with a daily rise in infections and closures, the kids are likely to be home indefinitely. Throw in a touch of inclement weather to this chaos, and you have the perfect recipe for fidgety, frustrated kiddos and short-tempered parents.

While spending time with a video game or TV is okay here and there, most parents are eager to find active, engaging, and educational things their children could be doing instead. Put an end to boredom with some of these entertaining indoor activities for kids — both online and offline — and you may just have a little fun yourself!

Apply Math to Real-World Scenarios

According to Imagine Learning, real-world [math applications](#) can lead to more creativity and boost motivation to learn math. Now is a great opportunity to work on your child's math skills with hands-on scenarios. Cooking and baking are wonderful [math activities](#) for kids. [Baking](#)

involves measuring, multiplication, fractions, and estimation — important mathematical fundamentals. Alternatively, have your child take a virtual grocery shopping trip and have them estimate the total cost of your cart or create a household budget.

Break Out the Science Experiments

Science is another academic topic that can seem dry on paper but fun when applied to hands-on activities. A simple Google search will yield endless at-home science experiments you can do with your child. If you need somewhere to start, try making [lava in a jar](#). All you need is some basic pantry ingredients, water, and a clear glass jar. Before conducting the experiment, have your child predict what's going to happen. Afterward, ask them to come up with an explanation for the effect. These kinds of hands-on science activities are a wonderful way to support your child's [intellectual development](#).

Explore Their Imagination

Practical skills, such as problem-solving and critical thinking, can also be developed through imaginative play. According to Psychology Today, imaginative play has clear [cognitive benefits](#) for kids. Chances are, your kids will come up with some form of exciting, [pretend play](#) on their own. For example, they may engage in dress-up, play doctor to their stuffed animals, or build a blanket fort. If your kids need a nudge, ask them to help you tell a story or put on a play. You could even set up a little classroom and have them teach you!

Get Moving

Ensure a portion of your child's indoor time is active. Among many other important benefits, regular physical activity will support your child's cognitive abilities, keep their mood balanced, and help them sleep better. Kids should engage in at least [60 minutes](#) of active play every day, rain or shine. Fortunately, Today's Parent recommends several [indoor activities](#) to get your kids moving when you're stuck indoors. Have a dance party, throw on a YouTube exercise video, or play a game of soccer in an empty hallway. You could also create an obstacle course or set up a scavenger hunt. Whatever they're doing, get involved — exercise is just as important for adults!

Stay Stocked Up Without Stressing Your Wallet

Part of keeping your children occupied and busy means staying well-stocked with arts and craft supplies, sports equipment, various types of tech and even musical instruments. Of course, more than ever right now, people are watching their spending carefully, and this [requires some creativity](#). When it comes to arts and crafts, look to dollar stores. To maintain a stocked activity closet with sports equipment or tech, you can find gently-used items and [save money at eBay](#) by looking for daily deals and applying cashback promotions. With so many options, here's no reason to pay full-price on supplies to keep your kids entertained.

It's hard to say when we'll see a sense of normalcy again, so having a solid plan of attack for keeping your children busy is crucial. Take this opportunity to teach your children new skills, and help them engage their cognitive abilities and imagination. It just might pay off when school starts back up.