

COVID-19 (novel coronavirus) HOME ISOLATION IDEAS

- ☐ Write letters to grandparents
- ☐ Cooking - each kid could be assigned a different day for dinner
- ☐ Family Yoga (Cosmic Kids on YouTube)
- ☐ Drawing (Art for kids hub on YouTube)
- ☐ Family Hikes
- ☐ Ride bikes
- ☐ Relay races
- ☐ Tea Parties
- ☐ Car wash for outdoor toys
- ☐ Wash the cars
- ☐ Save the TP rolls & paper towel rolls for crafts
- ☐ Board games
- ☐ Card games
- ☐ Puzzles
- ☐ Dress up in old Halloween costumes
- ☐ Treasure/ scavenger hunts (trade scavenger hunt lists with a neighbor family)
- ☐ Build forts
- ☐ Decorate amazon boxes
- ☐ Practical jokes
- ☐ Set up tents in the backyard
- ☐ S'mores
- ☐ Ping Pong tournament
- ☐ Dye easter eggs
- ☐ Do easter egg hunts
- ☐ Have kids make an easter egg treasure map
- ☐ Kinetic sand
- ☐ FaceTime with relatives/friends
- ☐ Bake
- ☐ Shaving cream to play with
- ☐ Stock up on craft supplies: pipe cleaners, beads, tie dye
- ☐ Lego contests
- ☐ Painting on the driveway
- ☐ Audio books
- ☐ Painting nails
- ☐ Face masks
- ☐ Dye Hair
- ☐ Yard projects
- ☐ Gardening
- ☐ Organizational projects around the house
- ☐ Go through old clothes and toys to donate
- ☐ Have older kids make an "escape room"
- ☐ Have school age kids create a power point for you. On a variety of subjects
- ☐ khanacademy.org
- ☐ abcmouse.com
- ☐ Book reports

For more information, visit: intermountainhealthcare.org/COVID19



Symptoms of COVID-19 (novel coronavirus):
Fever, cough, or shortness of breath.

No Symptoms Mild Symptoms Moderate Symptoms Severe Symptoms

STAY HOME **CALL 844-442-5224**