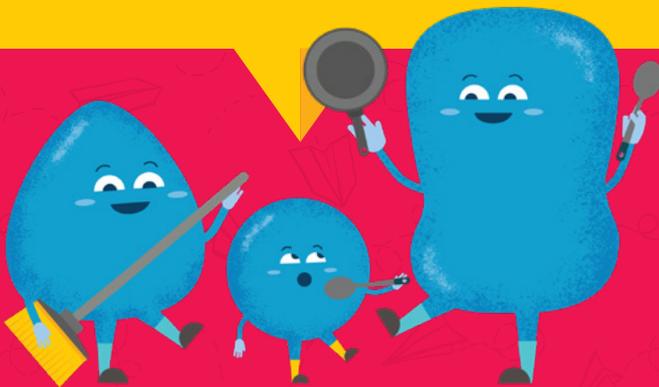# COVID-19 PARENTING
Learning through play

Millions of children face interruptions with schooling and often feel isolated from friends and peers.
This tip is about learning through play – something that can be fun for all ages!

Types of play.

> There are so many different types of play that can be both fun AND educational.

> Language, numbers, objects, drama, and music games give children opportunities to explore and express themselves in a safe and fun way.

Movement games.

> Create a dance choreography to your children's favorite songs. First person does a dance move and everyone else copies. Everyone takes turns being the leader.

> "Challenge" who can do the most toe touches – jumping jacks, windmill toe touches in a minute.

> "Mirror" each other – facial expressions, movements, sounds. One person can start as the leader and then switch. Try it with no leaders!

> Freeze dance: Play music or someone sings a song, and everyone dances. When the music stops, everyone must freeze. Last person still dancing becomes the judge for the next round.

> Animal dance: Same as above but when the music stops, call out a name of an animal, and everyone has to become that animal.

Telling stories.

> Tell your children a story from your own childhood.

> Ask your children to tell you a story.

> Make up a new story together starting with "Once upon a time…" Each person adds a new sentence to the story.

> Act out a favorite story or movie – older children can even direct younger ones while learning responsibility.

Change the object!

> Every day household items like brooms, mops, or scarfs can become fun props for games.

> Place an object in the center of the room and whenever someone has an idea, they jump in and show the rest what the object can be.

> For example, a broom might become a horse or a microphone or even a guitar!

Memory game.

> First person says, "When COVID-19 ends, I am going to… (e.g., go to the park)".

> Second person adds to first person, "When COVID-19 ends, I am going to the park and… (e.g., visit my best friend)".

> Each person adds to the previous trying to think of all of the fun things to do when COVID-19 ends.

> You can change this to any scenario in the future (e.g., when I see my friends).

Singing.

> Singing songs to your baby help develop language.

> Play or sing a song, and the first one to guess it right becomes the next leader.

> Make up a song about handwashing or physical distancing. Add dance movements!
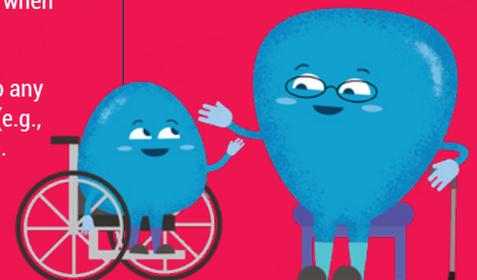
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