

FREE & FUN  
INDOOR  
& ONLINE  
ACTIVITIES



HEALTHY FAMILIES,  
HAPPY CHILDREN



[WWW.DELTAKIDS.CA](http://WWW.DELTAKIDS.CA)

### **More Ideas?**

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

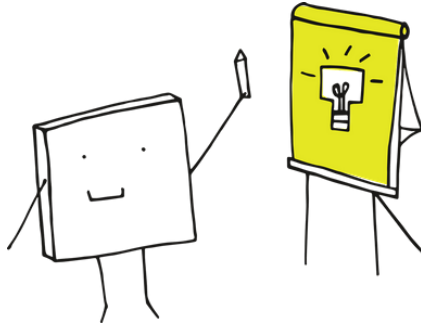
## FOR PRESCHOOLERS

**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**

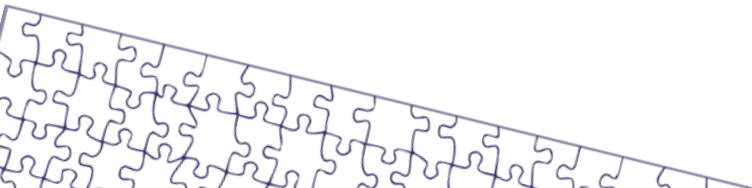
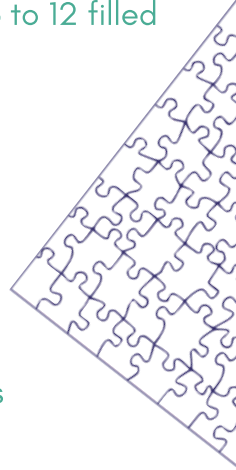
**Sesame Street** has a website with songs and games

**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](#)

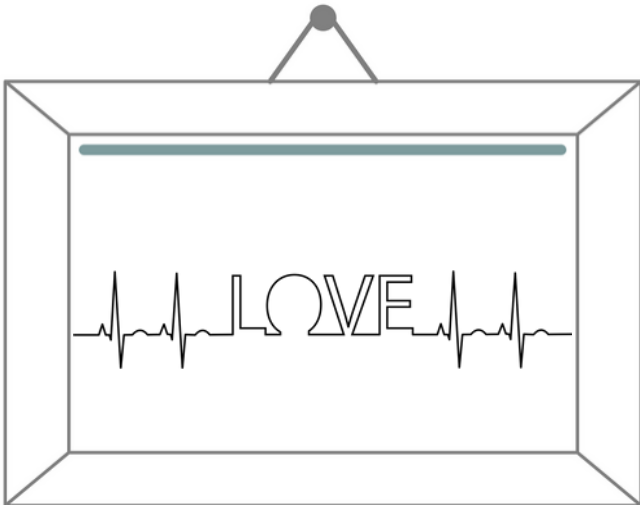
[Ontario Art Gallery Online Collection](#)

[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**

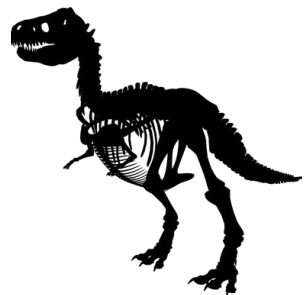
Visit outerspace with **Nasa's Kidsclub** or **Walk on Mars**

**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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## MORE IDEAS...

If you see something that belongs in this booklet, please let us know! Email us ([coordinator@deltakids.ca](mailto: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](http://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](http://Deltakids.ca) or [Deltassist](http://Deltassist).

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