

We are all trying to be prepared and supportive, but sometimes that might feel overwhelming! To help inspire new, low-cost ideas for engaging the children in your care, we have created an Activity Toolkit for you! The activities included are easy to use with any age group of children and can be easily adapted for mixed age groups – everyone can join in the fun!

Child Care Aware of Kansas understands that this is a trying time and we want you to know that we are here for you. We are all in this together and we will all get through this together.

Tips for Providers

Keep updated: Make sure that you are checking reliable sites, like the Kansas Department of Health and Environment (KDHE) or the Centers for Disease Control and Prevention (CDC), for updated information and/or changes to guidance for child care programs.

Check with your local surveyor: If you have questions, call your local child care licensing surveyor. Be patient, they are working hard for you and may take a bit longer to get back to you and/or provide answers to your questions.

Update your program profile: Let us know if you have any openings and/or if you have temporarily closed.

Review your illness policy: Now would be a good time to review your policy on illness and make any needed changes. Also, connect with parents to provide a copy of the policy and to help them understand any changes.

Complete training hours: We have several training opportunities available online. Check out our website at <https://ks.childcareaware.org/> to see what is available.

Laughter is the best medicine: Remember it is okay to laugh and enjoy spending time with children. When children look back on this time, we want them to remember the laughter and fun that they shared with you. Tell some knock-knock jokes, make a funny video, dance with each other...

“Anyone who
does anything
to help a child
in his life is a
hero to me.”
– Fred Rogers

For the latest updates on COVID-19, go to the KDHE website: <https://www.coronavirus.kdheks.gov/>

Activity Toolkit

Infant/Toddler Ideas

Preschool Extension Ideas

School Age Extension Ideas

Scavenger Hunt



Children can work individually or in pairs. Give them a sheet of paper with colors listed on them. Children can go around the room and find items that match their list and check them off as they go.

Children can look for shapes and animals to match to pictures.

Children can look for numbers, letters, shapes and animals (For example, if they are looking for the number 3, look for 3 blocks, etc.)

Older children can pair up with younger children to help them find items around the room that start with each letter of the alphabet. They can also create a list for younger children.

Learning Domains: language development, problem solving, fine and gross motor, math, literacy and cooperation.

Obstacle Course

Children can use items found around the house/classroom to create an obstacle course. Obstacle courses can be built inside or outside.



Children can move through the obstacle course on their own or with the help of an older child.

Children can draw a picture of their obstacle course before building it.

Older children can draw their obstacle course and then find items to build it. They can help younger children move through the course and time them to see who can move through fastest.

Learning Domains: language development, fine & gross motor, cooperation, problem solving and analysis and reasoning.

Building a Fort



Children can use items found around the house/classroom to build a fort. Encourage them to experiment with different materials and ideas to build a fort that everyone can fit into.

Children can explore the fort and spend time playing in the fort.

Children can draw a "blueprint" of their fort before building it.

Older children can draw a "blueprint" of their fort, find the materials and build it. Encourage children to build additional rooms in their fort (ex. Picnic area for lunch, quiet area for reading, etc.)

Learning Domains: language development, planning, problem solving, cooperation, and fine and gross motor.



Social Emotional Tip: Watch for children to give you an insight into how they are handling changes to their routine and the new stresses. Children will use imaginative play to express how they are feeling.

Putting on a Play

Children can pick their favorite book(s) for you to read. After reading, help the children put on a play. Record the play for children to watch and share with their parents.



Children can enjoy reading the story and watching the play. Toddlers can be given small roles in the play to act out.

Children can find the toys, dolls and other props needed for their play and then build a stage. Encourage children to come up with new/different ideas for a play.

Older children can write a script for the play for others to follow along. Encourage children to come up with new/different ideas for a play.

Learning Domains: literacy, language development, expressive language, fine motor, cooperation and storytelling.



Social Emotional Tip: Watch for children to give you an insight into how they are handling changes to their routine and the new stresses. Children will use imaginative play to express how they are feeling. If parents give you permission, you can also share the video with a local nursing home whose residents are unable to have visitors right now.

Infant/Toddler Ideas

Preschool Extension Ideas

School Age Extension Ideas

Frozen Watercolors



Children can use either ice cube trays or small cups to mix water and a few drops of food coloring together. Place a popsicle stick, toothpick or Q-tip in the water and then place in the freezer. Once frozen, they can paint on paper or outside on the ground.

Children can paint with the watercolors while you talk to them about colors. Toddlers can help drop food coloring into the water and mix it.

Children can add the food coloring to water and mix it. Talk to children about what colors they are making and how to make additional colors.

Older children can mix colors together to make new colors and help younger children figure out what colors to mix. Brainstorm about other things they can use to make watercolors.

Learning Domains: science, math, fine motor, language and problem solving.

Treasure Hunt

Children can hunt for treasures around the house/classroom. Give the children simple clues to find the items.



Show the children a picture of the hidden items. Give simple clues to find the treasure, "next to the book" or "under the chair".

After finding the treasure, have children hide an item and help them come up with clues for others to be able to find it.

Older children can hide a treasure somewhere around the house/classroom and write clues for others to be able to find it. They can also draw a map for others to follow.

Learning Domains: spatial reasoning, fine and gross motor, problem solving, cooperation and language development.

Giant Board Games



Children can draw a "giant" version of a game outside on the concrete to play. Use tape or colored paper inside for children to play games.

Game ideas:

- Tic Tac Toe
- Chutes & Ladders
- Candy Land
- Jenga (with boxes)
- Twister

Children can match bean bags or balls to colored paper or baskets to encourage color sorting/matching.

Children can help draw/build the game board and find games that they can play.

Older children can create their own games and rules or modify existing games for everyone to play.

Learning Domains: fine and gross motor, language development, math, problem solving and cooperation.

Writing Letters

Children can identify community helpers, neighbors, healthcare workers, nursing home residents or others that are staying home. Write letters and draw pictures to let them know the children care about them.



Infants and young toddlers can sign a classroom card with a hand print/footprint. Older toddlers can describe their picture so you can write a story to go along with it.

Children can draw a picture for you to send. Older children can help them write a story to go along with the picture.

Older children can write a thank you letter and/or draw a picture to give to people who are helping others. They can also help younger children write letters to go along with pictures.

Learning Domains: language development, storytelling and fine motor skills.



Social Emotional Tip: Writing letters and drawing pictures for others allows children to keep in touch with people they can't see for the time being and allows them to express gratitude to those that are helping. Encourage those that you send the letters to, to write back to the children.

Tips for Supporting Children:

- Be a role model, children will follow your example.
- Be mindful of how and when you talk about COVID-19. Children are listening and what you say will impact how they feel about it. Talk to parents to see what information they are sharing with their children and be respectful of their decision.
- Explain social distancing in a way that makes sense. Let children know this is only for a little while to help make sure that people don't get sick. See the resources below and go to Mystery Science to find a lesson that explains germs.
- Keep your daily schedule and routine as best as you can. Children need the structure and predictability of routine, especially with all the changes happening in their world.
- Do something nice! Help children find a special project that they can do for a neighbor or community helpers.

Additional Online Resources

- Cosmic Kids Yoga - <https://www.youtube.com/user/CosmicKidsYoga>
- Mystery Science – www.mysteryscience.com
- Monterey Bay Aquarium - <https://www.montereybayaquarium.org/animals/live-cams>
- The Louvre Museum - <https://www.louvre.fr/en/visites-en-ligne>
- Smithsonian Natural History Museum - <https://naturalhistory.si.edu/visit/virtual-tour>
- Visit the San Diego Zoo - <https://kids.sandiegozoo.org/animals>
- Wichita Art Museum - <https://www.wichitaartmuseum.org/learn/kids>
- Exploration Place - <https://exploration.org/programs/stay-at-home-stem/>
- IXL Personalized Learning for PreK to 12 - <https://www.ixl.com/>

