

THE UNPLUGGED STUCK-AT-HOME PLAYBOOK

WE DIFFERENTIATE BETWEEN A TIME FOR LEARNING AND A TIME FOR PLAY
WITHOUT SEEING THE VITAL CONNECTION BETWEEN THEM.
— LEO F. BUSCALIA

Start with a daily schedule. Students, write down how YOU will spend your school day at home. Pick a time for recess and build around it. Recess / outside time sharpens creativity and your ability to focus. At day's end, check off your accomplishments and add those that sprang up spontaneously.

Here are a few ideas. Pick 1, 2 or 3 each day or the same few every day:

One. Do puzzles or make your own.

Two. Read books out loud — it makes your brain even smarter. Or ask someone to read you a book or tell you a story. Hearing a real person in the same room read and tell stories is extra good for growing your brain.

Three. Paint with a paintbrush and other found items (sponge, Q-tip, toothpick, bottle cap, fingers). Substituting other household mediums: ketchup, mustard, chocolate powder, peanut butter (all in small quantities — even lipstick or nail polish not frequently used)

Four. Paint rocks and 'plant' them throughout your neighborhood or apartment complex. Write a happy message underneath.

Five. Read out loud to a pet. They will be happy to listen.

Six. Write your own recipes.

Seven. Make a special lunch for you, family or friends. What will you make?

Eight. Write your own stories with chapters.

Nine. Learn to finger knit or knit with needles (for fine motor skill development for future surgeons and dentists). You are smart enough to figure out how to do this without YouTube.

Ten. Write to doctors and nurses at local hospitals to thank them for saving lives.

Eleven. Illustrate some childhood stories or a song you like. This can become a gift or a keepsake.

Twelve. Find some nature. Take 20 minutes to observe spring appear.

Thirteen. Design architecture and engineering projects with the plastic, cardboard and metal in your recycling bin.

Fourteen. Go on a listening walk; pay extra attention to the sounds you hear.

Fifteen. Make bread — from scratch — into any creative shape.

Sixteen. Write letters to teachers, grandparents, friends.

Seventeen. Make care packages and thank you notes for the mail carrier and sanitation workers who pick up your trash and recycling.

Eighteen. After eating an apple, plant a seed in any cup and watch it grow into a seedling. Plant it in a glass or upcycled (see through plastic) jar and plant multiple seeds along the edge. Watch roots grow. Give the tree a name.

Nineteen. Turn up the music & dance! It's a great way to break up boredom and/or bickering.

Twenty. Start a garden. Now's the perfect time.

(What will you think up?)

MCCPTA Safe Technology Subcommittee & The Children's Screen Action Network at Campaign for Commercial-Free Childhood

