

Idea #1: Food Art!

Art is fun! You can create whatever you want with art, even with food! Here are some ideas that you can do at home. Let's have some fun!



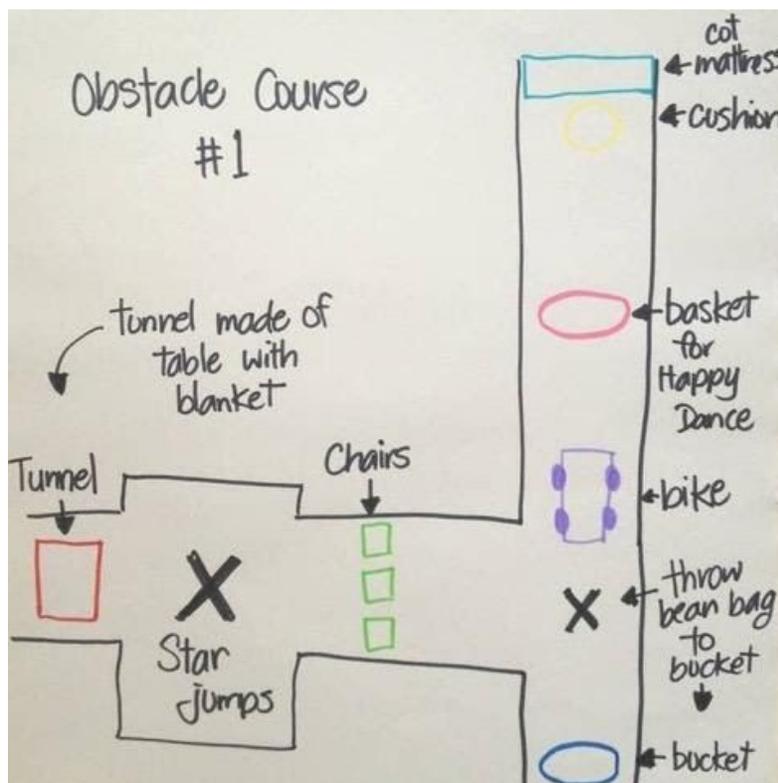
Idea #2: Let's Dance!

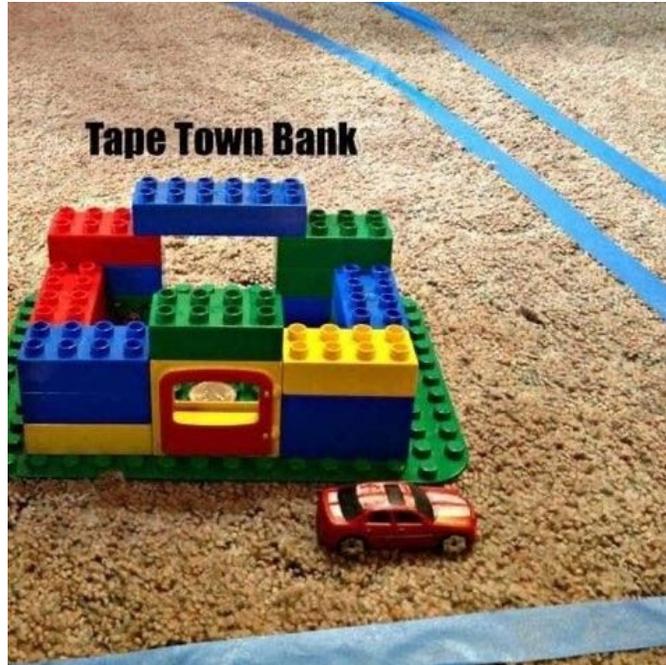
Kids love to dance, and it's an awesome way to get active and release pent-up energy. If you don't have the budget or time to attend dance class, you can use free YouTube videos to teach simple dance moves to kids of all ages. Here is a great option from KBM Talent on Youtube!

<https://www.youtube.com/watch?v=rsxhPfs6-pl>

Idea #3: Get Active!

It's no secret that after-school activities do wonders for a child's development. They're linked to improving social skills, grades, overall coordination, sense-of-self and relationships with adults other than mom and dad. After-school programs and activities also give kids a chance to be themselves, free of the structure they face at school. Since kids spend their day primarily sitting down and following a schedule at school, when they get home it is important for them to have time to be creative, get moving and do something they enjoy. Some things to do with your kids, parents, teacher etc:





More ideas at this link: <https://rediscoveredfamilies.com/fun-indoor-winter-activities/>

Idea #4: Let's get cookin'!

Another great way to have some fun is to cook dinner! Kids love to help in the kitchen, but parents so rarely let them because they fear the mess or potential burns. But there are many kid-friendly recipes that are fun to prepare and delicious to make, such as mini lasagnas. Get the recipe here: <https://damndelicious.net/2014/12/12/mini-lasagna-cups/>



Idea #5: Art and Crafts

This one is so pretty, you may even want to steal it for a girls night activity! Either way, it's a must-try.

Check out these instructions from MomDot:

<https://www.momdot.com/diy-nebula-jar-instructions/>

or watch this YouTube video from HelloMaphie:

<https://www.youtube.com/watch?v=-cK0ymM5azE>

