

# Greystone's Guide For Stay At Home Activities

## SENSORY ACTIVITIES

### Home Made Slime



- Stir 1/2 cup shampoo and 1/4 cup of cornstarch in a bowl.
- Mix well.
- Add 3 drops of food coloring (optional).
- Add 1 tablespoon of water and stir. Slowly add 5 more tablespoons of water, stirring well after each one.
- Knead the **slime** for around 5 minutes.

### Salt Dough



Mix:

- 1 cup salt
- 2 cups of flour
- ¾ cup of water (food coloring optional)
- Creations can be baked to solidify at 350degrees for 20-30 mins

<b>Sensory Bags</b>		<p>Instructions:</p> <ul style="list-style-type: none"> <li>• Fill 1 gallon zip lock bags with shaving cream</li> <li>• (optional: food coloring or paint) tape the top opening shut</li> <li>• squeeze!</li> </ul>
<b>More Sensory Bags</b>		<p>Instructions:</p> <ul style="list-style-type: none"> <li>• Fill 1 gallon zip lock bags with hair gel</li> <li>• ( optional: beads and other items)</li> <li>• tape the top opening shut</li> <li>• squeeze!</li> </ul>
<b>Sensory Bins</b>		<p>Fill with dried beans, rice or sand!</p>

## Bath Bombs



### Ingredients

- 1 cup baking soda
- 1/2 cup citric acid
- 1/2 cup Epsom salt
- 1/2 cup cornstarch
- 3/4 tsp. water
- 2 tsp essential oil (optional)
- 2 tsp oil
- A few drops of food coloring.
- A mold of your choice, such as regular or mini-muffin tins, candy pans, or round plastic molds

Directions: With the exception of the citric acid, mix the dry ingredients in a large mixing bowl. Pour all liquid ingredients in a jar with a top. Close the jar and shake it vigorously. Pour the liquid mixture into the bowl of dry ingredients and use your hands to combine it well. At this point, add the citric acid. You'll probably notice a slight fizzing reaction because of the citric acid. This is normal. Mash the mixture into your chosen molds very tightly. You may slightly overfill the molds and use a spoon or glass to press the mixture in as tightly as possible. Immediately loosen the bombs from their molds onto wax paper and let them dry overnight. Before use or wrapping, let the bath bombs dry for another day or two.

## ART ACTIVITIES

## Painted Rocks



Collect and Paint rocks for a garden display




# Magazine collage silhouettes



- Trace a shadowed profile silhouette
- Cut out
- Decorate with collage clippings from a magazine

<b>Magazine Collage Art</b>
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<p><b>Recycled material/ collage Self portraits</b></p>		<p>Think....Treasures from Trash</p>
<p><b>Scrapbooking</b></p>		<p>Collect any unorganized photos or items with sentimental value such as concert tickets place into an album and decorate with stickers, images, drawings etc.</p>
<p><b>DIY FOAM PAINT</b></p>		<p>Directions: Mix equal parts shaving cream and glue into a ziplock bag, add your desired food coloring and then, with the bag sealed, squish the bag together until all your ingredients are nicely mixed together. Cut the corner of the bag to use paint</p>

<p><b>Paint Outdoor stepping stones</b></p>	 <p>© 2016 HOBBY LOBBY™</p>	<p>Use glow in the dark paint for added fun!</p>
<p><b>Easy To Make Chalk board</b></p>		<p>Cover any surface with chalkboard paint and have fun!</p>
<p><b>Make a sticker book</b></p>		<p>Decorate with stickers, drawings, tape etc</p>

## COOKING ACTIVITIES

### Ice Cream in Bag



#### Ingredients:

2 TBL sugar  
1 cup half & half (or light cream)  
1/2 tsp vanilla extract  
1/2 cup salt  
ice

gallon-sized Ziploc bag

pint-sized Ziploc bag

#### Directions:



Mix the sugar, half & half and vanilla extract together. Pour into a pint-sized Ziploc baggie. Make sure it seals tightly.

Now take the gallon-sized Ziploc bag and fill it up halfway with ice and pour the salt over the ice. Now place the cream filled bag into the ice filled bag and seal.



Make sure it is sealed tightly and start shaking. Shake for about 5 minutes (or 8 minutes if you use heavy cream.) Open the gallon-sized bag and check to see if the ice cream is hard, if not keep shaking. Once the ice cream is finished, quickly run the closed pint-sized baggie under cold water to quickly clean the salt off the baggie

**\*Always follow OPWDD modified diet consistencies and Individual Diet Orders\*\***







<h2>Make your own pizza</h2>		<p>Easy Bread Pizza Recipe  Cook Time: 7 minutes Total Time: 7 minutes Servings: 6  Pizza on bread is like individual pizzas made EASY and fast on a slice of bread. Call it pizza toast if you prefer but pizza is what this resembles minus all the dough making. This can make a great kid friendly recipe that children can help out with!</p> <p>Report this ad</p> <p>Ingredients  6 slices of any bread  6 TBSP Jarred spaghetti sauce  12 TBSP about 2/3 of a cup shredded Mozzarella cheese  18 slices pepperoni</p> <p>Instructions  Spread 1 tablespoon of sauce over each slice of bread. Sprinkle 2 tablespoons of cheese over the sauce and top with 3 slices of pepperoni.  Place pizzas onto a toaster oven tray and bake at 400° for 7 minutes or until cheeses melt. (If using oven place onto a baking sheet and bake in a preheated 400° oven for 7 minutes.)  Remove from the oven; cool and serve.  (Note: Parents are responsible for the supervision of their children especially when dealing with appliances. Use your discretion accordingly.)  *Always follow OPWDD modified diet consistencies and Individual Diet Orders**</p>
<h2>Cupcake decorating contest</h2>		<p>Cupcakes can be made from scratch or store bought. Provide sprinkles, frosting and other items to decorate. *Always follow OPWDD modified diet consistencies and Individual Diet Orders**</p>



<p><b>Other Illustrated Cooking Recipes</b></p>		<p><a href="https://www.nomsterchef.com/nomster-recipe-library">https://www.nomsterchef.com/nomster-recipe-library</a></p> <p><b>*Always follow OPWDD modified diet consistencies and Individual Diet Orders**</b></p>
<p><b>Solar Oven S'Mores</b></p>		<ul style="list-style-type: none"> <li>• Cardboard box with attached lid. Box should be at least 3 inches deep.</li> <li>• Clear plastic wrap</li> <li>• Aluminum foil</li> <li>• Black paper</li> <li>• Tape (transparent tape, duct tape, masking tape or whatever you have)</li> <li>• Wooden skewer, stick or pencil</li> <li>• Scissors or Xacto knife</li> <li>• Ingredients for S'mores (graham crackers, jumbo marshmallows, chocolate candy bars)</li> </ul> <p>Line the inside of the cardboard box with black paper. With scissors or Xacto knife cut a three-sided flap out of the top side of the box, leaving at least a 1-inch border around the three sides. On the inside of the box, cover the opening under the flap with plastic wrap and tape or glue it in place. Cover the flap with aluminum foil. Using the wooden skewer or stick, prop the flap open. You may use tape or glue to make the stick stay put. Place sandwiches inside for 30-60 minutes.</p>

## ACTIVITIES THAT DO NOT REQUIRE ANY MATERIALS

<b>EYE-Spy</b>		<p>Create a list of items in your home area and see who can spot them</p>
<b>20 Questions</b> <b>2 Truths and a Lie</b> <b>Charades</b> <b>Trivia</b>		<p>20 Questions</p> <p>2 Truths and a Lie</p> <p>Charades</p> <p>Trivia</p> <p>Name that tune</p> <p>Sing that tune</p> <p>Who am I</p>

<b>Backyard Picnic</b>		<p>Weather Permitted. It's a fun time to get some fresh air.</p>
<b>Bird watching Nature Watching</b>		<p>A helpful identification guide: <a href="https://www.allaboutbirds.org/news/">https://www.allaboutbirds.org/news/</a></p>
<b>Backyard Clean up!</b>		<p>Rack leaves, Pick up Sticks, Organize</p>

## MOVEMENT AND SPORTS

### Strength training



Peer modeling videos can be found here: selfadvocatenet.com




[https://www.youtube.com/watch?v=3x\\_01ScnqY](https://www.youtube.com/watch?v=3x_01ScnqY)

### In home Gentle Yoga



modeling videos can be found here: selfadvocatenet.com

<https://youtu.be/tyeMFy9KkTY>

<b>Guided Meditation</b>		<a href="https://www.youtube.com/watch?v=d1cbGCHuUe0">https://www.youtube.com/watch?v=d1cbGCHuUe0</a>
<b>Wheelchair and Seated Zumba</b>		<a href="https://www.youtube.com/watch?v=JqIRGLPIJ7A">https://www.youtube.com/watch?v=JqIRGLPIJ7A</a>
<b>Exercise and Movement videos</b>		<a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>  <a href="https://www.wpxi.com/entertainment/see-and-be-seen/no-gym-no-problem-free-at-home-workouts-help-combat-covid-19/VDYCKDADYBH5TP7RWJTXGTJFPY/">https://www.wpxi.com/entertainment/see-and-be-seen/no-gym-no-problem-free-at-home-workouts-help-combat-covid-19/VDYCKDADYBH5TP7RWJTXGTJFPY/</a>

## BACKYARD IDEAS

### Backyard Kickball game



Make bases from handy items like an old t-shirt.

### Balloon Tennis






How fun! Make sure if it pops people who are sensitive to sensory sounds are aware and given informed choices.

### Horse Shoes Anyone?



A can, nuts, beanbags or other tossed items.

<b>Tin can Bowling</b>		<p>Paint and decorate recycled cans, set them up, knock them down!</p>
<b>Relay Races</b>		<p>Egg on a spoon race pillow sack races</p>
<b>Bean Bag Toss</b>		<p>Fun and easy. Use items that you can easily store and use again.</p>



<b>Outdoor Movie Night</b>		<p>Use blow up mattresses, blankets for seating and a white sheet for a screen. Check out the App Store to turn your iPhone into a movie projector!</p>
<b>Scavenger Hunts</b>	<p><b>OUTDOOR ADVENTURE HUNT</b></p> <ul style="list-style-type: none"> <li>{ } Something colorful.</li> <li>{ } A pinecone.</li> <li>{ } An acorn.</li> <li>{ } Something smooth.</li> <li>{ } Something rough.</li> <li>{ } Two kinds of leaves.</li> <li>{ } Two kinds of sticks.</li> <li>{ } Something bumpy.</li> <li>{ } A flat rock.</li> <li>{ } Something fuzzy.</li> <li>{ } Something pretty.</li> <li>{ } A chewed leaf.</li> <li>{ } A flower or petal.</li> <li>{ } A piece of litter.</li> <li>{ } Something you think is a treasure.</li> </ul> 	<p><a href="https://www.pinterest.com/">https://www.pinterest.com/</a></p>

## Outdoor Twister



- 4 Cans of spray paint (1 can each in red, yellow, blue and green)
- 5 Sheets poster paper
- A marker & scissors

### **Make your template**

1. Use a round object, such as a plate, to trace a circle in the center of your poster paper.
2. Place your tracing object where you believe the next circle will go, and trace the arch that overhangs on the paper.
3. Cut your shapes, grab your spray paint and head outside!

### **Lay out the grid**

1. Gather your template and one can of spray paint for each color (red, blue, yellow, and green).
2. Repeat this process, changing colors as you enter each new row.
3. Repeat, repeat, repeat.
4. Duplicate this process until you have a total of four rows, one in each color with six circles each.

### **No spinner? No problem!**

We all know that Twister is a game of odds, and those odds are handed to us through use of a spinner. But, if you don't already own the indoor version of the game, what other options do you have? We came up with a simple way to accomplish the same game of odds with paint chips and paint.

1. To begin, collect matching paint chips from your local hardware store. You will need two matching chips per color, in red, blue, green and yellow.
2. Create a template in the shape of a hand and one in the shape of a foot. Use white acrylic paint to stencil the shape onto your paint chip square.
3. Label one hand and one foot from each color with an "R", and the other set with an "L." This will become your instructions for "Left foot green," etc.
4. Place your pieces into a bowl or jar that is large enough to stir them around. Between each play, stir your fingers through the pieces, and draw them blindly to create the random draw that would be found if you had the spinner.

## VIRTUAL ACTIVITIES

**Whale watching at the Georgia Aquarium**



<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>

**Learn using household objects**










<https://www.playosmo.com/en/>

**Play virtual instruments**







<https://www.virtualmusicalinstruments.com/>

<b>Tour the Louvre in Paris</b>		<a href="https://www.louvre.fr/en/visites-en-ligne">https://www.louvre.fr/en/visites-en-ligne</a>
<b>Tour Yellowstone Park</b>		<a href="https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm">https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm</a>
<b>Explore the surface of Mars</b>		<a href="https://accessmars.withgoogle.com/">https://accessmars.withgoogle.com/</a>

<b>Tour a farm</b>		<a href="https://www.farmfood360.ca/">https://www.farmfood360.ca/</a>
<b>Check out African Wildlife</b>		<a href="https://explore.org/livecams/african-wildlife/african-watering-hole-animal-camera">https://explore.org/livecams/african-wildlife/african-watering-hole-animal-camera</a>
<b>Watch a puppy cam</b>		<a href="https://explore.org/livecams/currently-live/service-puppy-cam">https://explore.org/livecams/currently-live/service-puppy-cam</a>
<b>Watch a sea otter cam</b>		<a href="http://www.montereybayaquarium.org">www.montereybayaquarium.org</a>

<b>Watch Bill Nye The Science Guy</b>		<a href="https://www.billnye.com/home-demos">https://www.billnye.com/home-demos</a>
<b>Listen to an NPR podcast</b>		<a href="https://www.npr.org/podcasts/510321/wow-in-the-world">https://www.npr.org/podcasts/510321/wow-in-the-world</a>
<b>Try a virtual Glider</b>		<a href="https://ssec.si.edu/gliders-guide">https://ssec.si.edu/gliders-guide</a>
<b>Go on an insect expedition</b>		<a href="https://ssec.si.edu/expedition-insects">https://ssec.si.edu/expedition-insects</a>

<p><b>Learn about the Weather</b></p>		<p><a href="https://ssec.si.edu/weather-lab">https://ssec.si.edu/weather-lab</a></p>
<p><b>Learn about farm animals</b></p>		<p><a href="https://switchzoo.com/">https://switchzoo.com/</a></p>
<p><b>Visit the Great Wall of China</b></p>		<p><a href="https://www.thechinaguide.com/destination/great-wall-of-china">https://www.thechinaguide.com/destination/great-wall-of-china</a></p>
<p><b>Visit the British Museum</b></p>		<p><a href="https://britishmuseum.withgoogle.com/">https://britishmuseum.withgoogle.com/</a></p>



<b>Academic Resources and activities</b>		<a href="http://www.amazingeducationalresources.com/">http://www.amazingeducationalresources.com/</a>
<b>Attend a Concert</b>		<a href="https://www.thestar.com.my/lifestyle/entertainment/2020/03/17/covid-19-world-famous-classical-music-venues-give-free-online-concerts">https://www.thestar.com.my/lifestyle/entertainment/2020/03/17/covid-19-world-famous-classical-music-venues-give-free-online-concerts</a>
<b>Take a drawing class</b>		<a href="https://Fastcompany.com">https://Fastcompany.com</a>

## INDOOR FUN

### Letters and Cards



Write letters and make homemade cards to send to friends and family

### BINGO!



Templates:  
<https://bingobaker.com/>




### Spring Cleaning




Sort through old clothes that do not fit, organize drawers etc.





### Play Board Games




<b>“Paint and Pizza”</b>		<p>Host a paint night with pizza. Everyone gets a canvas and paint!</p>
<b>Audio Story Time</b>		<p><a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a></p> <p><a href="https://www.freechildrenstories.com/">https://www.freechildrenstories.com/</a></p>
<b>Try some science experiments</b>		<p><a href="https://www.backpacksciences.com/science-simplified">https://www.backpacksciences.com/science-simplified</a></p> <p><a href="https://elementalscience.com/blogs/news/80-free-science-activities">https://elementalscience.com/blogs/news/80-free-science-activities</a></p>

<b>Digital Coloring</b>		<a href="https://www.thecolor.com/">https://www.thecolor.com/</a>
<b>Organize photos into an album</b>		

## COVID-19 Resources

<b>Greystone's Own COVID-19 Social Stories</b>	<p>The Coronavirus</p> 	<a href="https://www.flipsnack.com/GPIStaffDevelopment/coronavirus.html">https://www.flipsnack.com/GPIStaffDevelopment/coronavirus.html</a>
<b>COVID-19 Social Stories</b>		<a href="https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html">https://www.flipsnack.com/KeshetChicago/coronavirus-social-story/full-view.html</a>  <a href="https://theautismeducator.ie/2020/03/11/corona-virus-social-story/">https://theautismeducator.ie/2020/03/11/corona-virus-social-story/</a>
<b>COVID-19 Video</b>		<a href="https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/">https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/</a>
<b>Spread of Germs Experiment</b>		<a href="https://www.wtsp.com/article/news/health/coronavirus/pepper-experiment-how-soap-kills-viruses/67-841ae38c-a610-4652-a9c8-f6fe5216b6f1">https://www.wtsp.com/article/news/health/coronavirus/pepper-experiment-how-soap-kills-viruses/67-841ae38c-a610-4652-a9c8-f6fe5216b6f1</a>

<b>Songs for washing hands</b>		<a href="https://washyourlyrics.com/">https://washyourlyrics.com/</a>
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