

CHECKLIST

# 101 ACTIVITIES FOR KIDS

DURING ISOLATION



GROWKIDSMINDS.COM

# HI! I'M LISA...

**LONG TIME EDUCATOR AND BELIEVER THAT ALL CHILDREN CAN LEARN ANYTHING, WITH THE RIGHT SUPPORT, FROM THE ADULTS IN THEIR LIVES.**

I've helped thousands of children turn their behaviour and self-belief around, using positive mindset strategies, clear expectations and language.

Over the last few years I've been paid to help entrepreneurs get better results by improving their business mindset. Now I want to help parents and teachers use the growth mindset strategies to develop happier, more successful and connected kids.

**I'M SHARING MY DATABASE OF GO-TO GROWTH MINDSET TOOLS THAT WILL HELP YOU CONNECT MORE DEEPLY WITH YOUR KIDS.**

This is my gift to parents and teachers who are struggling with their kids, or who have kids that are struggling at home or school.

This checklist is a step towards a positive mindset and can-do approach in your children. It's a new way of thinking, learning and being... and they are great for us big kids too! ;)

**LET'S DIVE IN!**

Xo Lisa oX



# 101 ACTIVITIES FOR KIDS TO DO AT HOME

- Read a Map
- Popsicle Sticks
- Make Homemade Pizza
- Food art
- Create a Commercial
- Wash Your Pet
- Marbles
- Red Light, Green Light
- Bubbles
- Simon Says
- 20 Questions
- Nail Polish
- Organize Books by Color or Height
- Shadow Puppets
- Time Capsule



- Scrapbook Time
- Tissue Paper Transfer Art
- Coloring
- Morse Code
- Plant Indoor Flowers
- Dice Game
- I spy
- Build a Fort
- Paper Airplane
- Paper Plate Animals
- Play Hangman
- House of Cards
- Hide and Seek
- Create their very own code
- Make a Necklace



- Color by Number Printouts
- Finger Paint Animals
- Alphabet Bingo
- The Penny Curling Game
- Yoga
- Thumb wars
- Drums
- Paper Spinners
- Bead Art
- Rearrange a Room
- Paper Cup Toss
- Fingerpaint
- Watch Home Movies
- Guitar out of Recycled Goods
- Pool Noodle Creations



- Balloon Rockets
- Plastic Toys Bath Time
- Jump Rope
- Balloon Ping Pong
- Make Bookmarks
- Decorate a T-Shirt
- Play Charades
- Paint rocks
- Hopscotch
- Salt Painting
- Make a Paper Hat
- Send a Virtual Postcard
- Identify Flowers
- Theme Party
- Fashion Show



- Make Playdough
- Butterflies out of Coffee Filters
- Arm Wrestle
- Hot water on M&Ms or Skittles
- Look at Family Photos
- Word search or Crossword
- Online Games
- Blind Taste Test
- Flashlight Games
- Staring Contest
- Tape games
- Talent Show
- Tic Tac Toe
- Learn a New Dance
- Dominos




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- Mirror Message
  - Truth or Dare
  - Draw on a Wall
  - Movie or Play
  - Taped Paper Towel Rolls
  - Scary Stories in the Dark
  - Picnic on the Living Room Floor
  - Paint Outdoors
  - Stargazing
  - Puzzle
  - PJ Party
  - Tongue Twisters
  - Hula Hoop
  - Finger Knitting
  - Play Chess or Checkers





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- Paper Boat
  - Salt/Sugar Tray
  - Shaving Cream and Food Coloring
  - Play Cards
  - Write an Autobiography
  - Tissue Paper Flowers
  - Origami
  - Scavenger Hunt
  - Clothespin Puppets
  - Pet Rock
  - Counting



Want extra learning for the kids?  
(And more time for you?!)  
Check out the companion journal where your kids can  
record, draw, rate and reflect on each activity!

**BUY NOW**  
[growkidsminds.com/isolation](https://growkidsminds.com/isolation)

# COME AND JOIN OUR SUPPORT NETWORK OF GROWTH MINDSET FOCUSED PARENTS AND TEACHERS...JUST LIKE YOU!

More than just a regular Facebook group, it's a home where people who are passionate about the growth of their children come together to share the journey. We share tips, tricks, trials, tribulations, inspiration and quick strategies that build your child's confidence and mindset.

## Developing a Growth Mindset In Your Child Starts With You!

As parents and caregivers, we all have the opportunity in influencing the mindset of our kiddos. So it's vitally important that we understand the HUGE role we play...

There are going to be times where we may stumble, and that's ok too. There is no shame in that. As a community we put our arms around each other, and lift ourselves back up and keep moving forward. Through the ups and downs, we support each other.

Teaching Our Children to Have a Growth Mindset Could Be The Most Important Lesson They Will Learn. Now more than ever, we owe it to them to ensure they are have all the tools and support they need to prepare for the world they are growing up in.

"Alone we can do so little...together we can do so much."

**JOIN FREE NOW**  
[growkidsminds.com/community](https://growkidsminds.com/community)



# 101 ACTIVITIES FOR KIDS DURING ISOLATION



**Are You READY To Bust Isolation Boredom?  
Bring Fun & Learning to your kid's day?  
Without any extra work for you?**

**Stop wasting time trying to figure out how  
to entertain AND teach the kids at home.  
Allow me take care of that for you.**

Introducing...

## **101 ACTIVITIES FOR KIDS, DURING ISOLATION JOURNAL**

The 101 Activities for Kids, During Isolation Checklist that you have in your hands right now is an **AMAZING BLUEPRINT**. If implemented correctly, I know it will help you get **GREAT RESULTS**. However, without fully understanding the power within each of the concepts, it will simply be an under-utilised tool.

Here's the thing. I **WANT MORE FOR YOUR CHILD...and I WANT MORE FOR YOU!** Which is why I want you to use these resources to their full potential.

Could you work all of this out on your own...well yes, you probably could...**BUT AT WHAT COST TO YOUR CHILD?**

Time is a valuable thing, and I don't want you to waste countless hours, days, weeks or **YEARS** trying to figure things out before it's too late.

For less than the cost of a lunch date out of isolation, my **101 ACTIVITIES FOR KIDS, DURING ISOLATION JOURNAL** has the potential to entertain and teach your child, using things that you already have at home!

Keep them busy for hours, as they do activities, then record and reflect on them inside this journal.

**BUY NOW**  
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