



ACTIVITY IDEAS

Activities I can do **INDOORS**

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|-------------------------------|---------------------------|---------------------------|
| - Reading | - Writing | - Scrapbook/Journal |
| - Window Art/Paint | - LEGO | - Puzzles |
| - Make a Thankful Jar | - Cooking/Baking | - Make Puppets |
| - Play Chess/Checkers | - Board games | - YOGA |
| - Card Games | - Listen to music/sing | - Make a Recipe Book |
| - Sensory Crafts | - Painting/Drawing | - Dance Party |
| - Make a cardboard car | - Play Simone Says | - YouTube Funny Video's |
| - Play with balloons | - Hide & Seek | - "Would You Rather" Game |
| - Hockey (mini-sticks) | - Make an Obstacle Course | - Karaoke (YouTube) |
| - Create a Blanket Fort/Cabin | - Set up a tent inside | - Make Paper Airplanes |
| - Make a Tik Tok Video | - Decorate your bedroom | - Help with house chores |
| - Pillow fight | - Learn to sew/knit | - video games |
| - Build a recycling structure | - Finger Painting | - Look at photo albums |

Activities I can do **OUTDOORS**

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| - Blow Bubbles | - Play Street Hockey | - Bird Watching |
| - Water Balloons | - Camping/Campfire | - Trampoline |
| - Have a picnic | - Volleyball | - Soccer |
| - Baseball | - Swimming | - Tennis |
| - Fly a kite | - Water Sprinkler | - Hiking |
| - Collect leaves/rocks | - Sit on a swing | - Take pictures |
| - Feed birds/ducks | - Bike riding | - Play with sidewalk chalk |
| - Explore wildlife (frogs, bugs) | - Water fights (cut up sponges) | - Bocce Ball |
| - Skipping | - Wash the car | - Waterfront park |
| - Waterpark | - Fishing | - Hide & Seek |
| - Sand Table | - Water Table | - Playground |
| - Set up a Tent in backyard | - Skating | - Ski/Snowshoe |



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| - Snowmobile | - Rent canoe/kayak/SUP | - Sliding |
| - Help with shoveling | - Make a snowfort/snowman | - Gardening |

Activities that are **ACTIVE/PHYSICAL**

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|------------------------|---------------------------------|---------------------------|
| - Mini-putt | - Capture the Flag (use socks) | - Go for a walk/jog |
| - Bike riding | - Swimming at a lake | - Badminton (inside/out) |
| - Basketball | - Target Shooting | - Play catch with ball |
| - Soccer | - Go Bowling | - Walk the dog |
| - Trampoline | - Have a race | - YOGA |
| - Workout at home | - Workout at a Gym | - Skipping |
| - Skateboard/Scooter | - Rollerblade/skate | - Volleyball (beach ball) |
| - Public swimming pool | - Hopscotch | - Nature Trail |
| - Tennis | - Playground | - Waterpark |
| - Water sprinkler | - Make an obstacle course | - Go skating |
| - Help with shoveling | - Participate in community walk | - Snowshoe/Ski |
| - Build a snowfort/man | - Snowmobile | - Sliding |

Activities that are **PASSIVE**

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| - Hoola Hoop | - Sidewalk Chalk | - Reading |
| - Word Search puzzles | - Write a Play/Story | - Play Name that Tune |
| - Board/Card games | - Cross Word puzzles | - Listen to music |
| - Scrapbook/Journal | - YOGA | - Make Puppets |
| - Invent a game | - Trivia – Fun Facts | - Paint finger/toe nails |
| - Cooking/Baking | - Learn to sew/knit | - Make Paper Airplanes |
| - Play Dress-Up | - Listen to nature sounds | - Plant Flowers |
| - LEGO | - Learn a musical instrument | - Window Art/Paint |
| - Bocce Ball | - Make your own Flash Cards | - Bird Watching |
| - Play Tic-Tac-Toe | - Deep Breathing/Meditate | - Make Snow Angels |



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| - Paint Birdhouse/Canvas | - Build something (recycling) | - Play with Balloons |
| - "Would you Rather" game | - "Guess What's in the Box" game | - Video games |
| - Sensory Crafts | - YouTube Funny/Animal Videos | - Watch a Movie |

Activities I can do **ALONE**

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| - Drawing/Colouring | - Puzzles | - Paint finger/toe nails |
| - Brush the dog | - Blow Bubbles | - Write a Story/Play |
| - Reading | - Imaginary Play (cars, dolls) | - Word Search Book |
| - Cut & Paste magazine pictures | - YOGA | - Hoola Hoop |
| - Photo-shoot | - Fashion Show (dress-up) | - Exercise (workout) |
| - Paint a canvas | - Decorate your bedroom | - Play Dough |
| - Scrapbook/Journal | - Make a funny video | - Trampoline |
| - Take a Virtual Tour (online) | - Make a Paper Airplane | - LEGO |
| - Create a Scavenger Hunt | - Watch TV/Movie | - Use an iPad |
| - Skipping | - Sit on a swing | - Learn about an animal |
| - Play a musical instrument | - Use a scooter | - Make a vision board |
| - Face-Time Family/Friend | - Look through a photo album | - Listen to music |

Activities I can do with **FAMILY/FRIENDS**

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| - Bike riding | - Camping/Cottage | - Game Night |
| - Have a picnic | - Go Bowling | - Cooking/Baking |
| - Play BINGO | - Play Pictionary | - Have a Scavenger Hunt |
| - Make a Science Experiment | - Visit other family members | - Play Charades |
| - Movie Night | - Bocce Ball | - Mini-Putt |
| - Wash the car | - Karaoke | - Dance Party |
| - Find & Paint Rocks | - Go Fishing | - Get some ice cream |
| - Have a Puppet Show | - Painting Social (canvas) | - Play different sports |
| - Take a mini-road trip | - Sand castle competition | - Gardening |



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| - Make crafts | - Look through photo albums | - Have a campfire |
| - Walk the dog | - Create a Tik Tok video | - Window Art/Paint |
| - Rent a canoe/kayak/SUP | - Nature Trail | - Waterpark |
| - Play street hockey | - Act out a play/story | - Ski/Snowshoe |
| - Skating | - Snowmobile | - Play catch |
| - Volleyball (beach ball) | - Have Snow Sculpture Competition | - Playground/beach |

Activities I can do in the **COMMUNITY**

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| - Horseback Riding | - Martial Arts | - Go Bowling |
| - Go hide painted rocks | - Mini-Putt | - Go to Church |
| - Public Library | - Local Gym | - Dog Park |
| - Volunteer in community | - Fundraising walk/run event | - Play Tennis |
| - Head to the Shopping Mall | - Check out local Museum | - YMCA |
| - Community Scavenger Hunt | - Play pool (billiards) | - Bike Ride |
| - Provincial Park (camp/beach) | - Movie Theatre | - Art Clubs |
| - Visit a Farm | - High Falls Hiking | - Waterpark |
| - Cedar Meadows Animal Tour | - Waterfront | - Science Village |
| - Eat at Restaurant (on patio) | - Rent canoe/kayak/SUP | - Skating |
| - Snowshoe | - Downhill skiing | - X-country Skiing |
| - Watch a Hockey Game | - Special Events in community | - Playground |



Activities I can do **VIRTUALLY/ONLINE**

Ontario Special Olympics	https://www1.specialolympicsontario.com/
Timmins Public Library	http://tpl.timmins.ca/
Brush Stroke Timmins (painting)	https://www.brushstrokes-timmins.com/
Skill Share (video lessons & classes)	https://www.skillshare.com/
Ultimate Camp Resource	https://www.ultimatecampresource.com/
Michael's Craft Store (arts & crafts)	https://www.michaelskids.com/
Science Kids (Astronomy for Kids)	https://www.sciencekids.co.nz/astronomy.html
Kids National Geographic	https://kids.nationalgeographic.com/explore/pet-central/
LEGO Life	https://www.lego.com/en-us/life
Zumba Timmins	http://zumbatimmins.com/classes/
Martial Arts – YOGA – Mindfulness	https://www.timminsgij.com/yoga