

14 ACTIVITIES from Rethink to Keep Your Family Busy Right Now

While we continue to navigate life with stay-home policies in place, many families are searching for new ways to spend time together. At Rethink Benefits, we are dedicated to providing family support when you need it.

We compiled this list of 14 activities, along with links to some of our tools and resources, to support your family during this time. Rethink specializes in helping care for children with learning, social or behavioral challenges, and many of these activities will support educational efforts at home.

- 1 Plan an indoor picnic or have a tea party.** [This activity sheet](#) will guide you through helping your child set up a tea party.
- 2 Go on a neighborhood scavenger hunt while social distancing.** Make your afternoon walks more interactive with these downloadable scavenger hunt checklists [List 1](#) [List 2](#)
- 3 Host a campout in your living room.** Get creative with snacks, string some lights and drape blankets to create a large tent for gathering as you would outdoors.
- 4 Make a springtime art project.** Rethink has dozens of art sheets available in our participant portal, including this [spring art sheet](#).
- 5 Have a family fireside chat.** Take turns telling stories or read from a favorite book. Use this [tip sheet](#) to help your child learn to sit and look at books.
- 6 Teach organization and make it fun.** Get your child involved in helping categorize items — toys, clothing, food — at home with [this helpful guide](#).
- 7 Play a game of balloon ball.** All you need is a balloon to play a “hot potato” style game where you keep the balloon in the air for as long as you can.
- 8 Have a freeze dance.** Choose your favorite music and [teach your child how to play freeze dance](#). This can be a fun activity for the entire family to get involved.
- 9 Set up an obstacle course.** Make playtime active with an obstacle course in the back yard or throughout the house.
- 10 Play Simon Says.** Use [this activity sheet](#) as a teaching opportunity for how to play Simon Says.
- 11 Make your windows the art palette.** Give your child dry erase markers or window clings to create an easy-to-remove masterpiece on your windows. This is a great way to share a message of inspiration with your neighbors.
- 12 Play Follow the Leader.** Get the entire family involved for a game of follow the leader. Set expectations and [teach the game](#) to everyone
- 13 Make mealtime educational.** [Teach your child to follow a recipe](#), learning kitchen utensils and make [pancakes or omelets](#) for the family.
- 14 Set up a game of indoor bowling.** Use toilet paper rolls or other found objects for the pins and a soft ball to “bowl” in an open space.

Rethink is an employee benefit that gives your family 24/7 access to tools and resources to help you and your care team in understanding, teaching and better communicating with your child.

The program is provided at no cost to you.

Get started at sysco.rethinkbenefits.com

Use code to enroll: **sysco**

Need help? Contact us at 800-714-9285, or email support@rethinkbenefits.com