



More Than Modeling

Life Skills to Teach Kids During Quarantine

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Life can be pretty hectic and there is usually not enough hours in the day!

Enter Coronarius and all of a sudden the world is thrown into lockdown and we are spending more time than ever, together as a unit, *ALL* hours of the day, with external distractions impossible to take up time.

Now we have *TOO* much time and some are finding life in quarantine boring and difficult.

A positive frame of mind will help get through these tough times so why not choose to use this time to teach kids some essential life skills they will utilize forever?

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To help, we have compiled a list of essential life skills to teach your kids that will kill time, strengthen your family bond, be useful and even fun!

These activities are meant for various ages and abilities and are only suggestions!

Enjoy - Stay Home - Stay Safe

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1. **Plan meals** - Prepping ahead of time will save money and will be safer during this time of quarantine so plan away and make a shopping list thinking through each meal of the day for a week.

2. **Time management** - Scheduling is important in life so be sure to allocate for school work, play and quiet time. Make up a class-like time table for at home.

3. **Sewing** - get out that emergency sewing kit and let kids practice sewing basics like darning holes in socks and sewing on buttons to repair clothing items. This also teaches about the environment and waste.

4. **How to make a bed** - Have the kids help you strip a bed and re-do with clean sheets. Just make sure pillow fights only occur before clean sheets and pillowcases are put on!

5. **Dining** - Teach your child how to both set a table and dining etiquette. With some kids it is fun to role-play. Pretend you are in a restaurant and enjoy those precious family dinners together.

4. **Cleaning** - teach kids how to clean a kitchen, the bathroom and even mop the floor or clean the windows. Please don't blame us if this turns into a water fight with teens!

5. **Introductions** - a good old handshake and how to introduce yourself go a long way in any business. Teach your children how to do this and have them practice until it becomes second nature.

6. **Cooking** - How to cook basic meals and skills such as boiling an egg, making scrambled eggs, as well as vegetable preparation and food storage are important life skills. Now is a good time to pass on basic knowledge even if you're no MasterChef!

7. **Food Safety** - The above leads onto food safety such as showing how to know when chicken is properly cooked and handling raw meats etc.

8. **Finances** - Teach your child how to balance a checkbook or go over the importance of budgeting. You could create a fun game giving them so much 'money' to spend in a week having to cover groceries, electricity, cleaning supplies etc. Monopoly money could be used if you have the game at home to make it feel more 'real'.
9. **Car** - Show your teen who is keen to start learning to drive soon how to change a tire, add oil, where the windshield fluid goes and even how to wash it!
10. **Laundry** - Learning how to do their own laundry and the settings on a washing machine and dryer will give your child a sense of self-responsibility and an essential skill they will inevitably have to start doing for themselves at some stage. Having them fold and put laundry away is also another great skill to incorporate into this.
11. **Sun Safety** - Soon it will be Summer! Have your child learn about the ways they can be sun smart - make a poster from old magazines.
12. **Pets** - Teach your child how to bathe and groom your pet. Show them how much and what type of food to feed them and when.
13. **Cards** - Thank you cards are thoughtful and show gratitude. They are also an opportunity to connect with others (important at this time) and recognize someone else's efforts. ow to change a tire on a bike
14. **Shoe laces** - It is so easy to tie your child's shoe lace when normally mornings are hectic, dashing to get them to school on time. With schools shut down our days now give us precious time to teach, especially younger children, how to do small but vital tasks such as tying shoelaces for themselves.
15. **Map Reading** - make a treasure hunt in the house using clues and a simple home-drawn map. Older children can write directions on how to get to places from a state map or others you may have lying around home and in the car.

16. **Self Love** - have them list things they are good at and love about themselves. Teach them to be kind to themselves and others.
17. **Public Speaking** - Use story books to practice reading aloud and projecting their voice. Have the whole family sit and listen with lots of applause when they finish. For older children have them write something of their own to practice with.
18. **Plants** - Show your child how to care for plants in the home and garden. Perhaps give them a plant of their own to care for. Use this as conversation starters for how to care for things other than yourself, the importance of nature and how precious the environment is.
19. **Delayed Gratification** - This entire quarantine is about delayed gratification (and safety). Explain this to your child and show them by only giving them a treat or something they want once some time has passed or you have set a time frame and stick to it. They will appreciate it more this way and will learn an essential life skills in the process.
20. **Self Care** - Now is a good time to focus on taking care of body, mind and spirit. Make up a time table to deal with each one and take part with your kids to cover all 3. Have a face mask and TLC hour, play soccer, do some relaxing stretches and breathing exercises.
21. **Lunch** - Let your children pack their own lunch to take on a picnic in the garden. This will help them think ahead, appreciate the time it takes to do basic daily tasks and will also be fun and break up the day! If you want to make it more challenging give them a list of items they can use or rules they must follow such as 1 protein, 2 veggies or fruits etc.
22. **Research** - Give your child a specific topic they may know nothing about (such as a country they may not have heard of) and set a mini assignment to teach your, or their siblings, fun facts about it. Using another country you could ask specific questions such as what language do they speak, what foods do they eat, what traditions do they have and where it is on a map.

Stay Home, Stay Safe, Learn and Enjoy ❤️