



PHYSICAL DISTANCING ACTIVITIES THAT KEEP KIDS SOCIAL

The purpose of this resource is to provide you with suggested activities to promote physical distancing between the children in your program. This resource is intended to support you in setting up an environment to help you be successful with following the ELD/OHA guidance.

➔ Set Up Physical Distancing Spaces

Depending on the size of your group and the age of the children, you can separate their learning environment into individual spaces for each child. Think of these as mini condos for each child where they will have all the supplies they need.

You can lay painter's tape on the ground and have the children name their defined space. The child can choose meaningful items that can go in their space or you can give them an individual bin of materials that you have previously created. (If sensory materials are included the items may only be used by the same child each day.)

You can model physical distancing and demonstrate how children can carry on their activities from a distance. Children should not be required to stay in their spaces all day; rather they are "safe" areas where the kids can play independently.

To help children maintain personal space you could include:

- Baby blankets as mats to sit on
- Hula hoops
- String or yarn
- Pool noodles
- Sidewalk chalk



➔ Group Time/Circle Time

- ⚙ Make this time optional. Give kids a chance to do quiet activities if they don't want to join the larger group. This way they can still attend by listening from a distance.
- ⚙ Do two small group gatherings to bring fewer kids together at one time. You could offer the gatherings at different times of day or do one while another group does a different activity.

Physical Distancing Games

-  Play tag with pool noodles. You've been tagged when the end of the pool noodle touches you.
-  Organize an outdoor scavenger hunt. Encourage children to keep their distance as they search for clues you've given them.
-  Have a dance party where children have to stay inside a hula hoop or marked area.
-  Sock puppets! Invite children to create sock puppets at physically distanced stations and have them tell a story with their puppet until it becomes one big story. 
-  Invite children to play musical instruments from different spaces in the learning environment (while remaining physically distant) and have the others listen to their beautiful sounds. (Just remember to sanitize the ones that go in their mouths!)
-  Art time! While outside, lay down painters tape on the ground and ask the children to color it in. Then pull up the tape and see a beautiful design! 
-  Charades (or guess the animal). One child acts out an animal (staying in their space) the other children all call out what they think it is. Everyone sits in their own spaces, in a way that they can see each other but not have to be in each other's spaces. Due to distance this game works best with a smaller group of children.

Infant and Toddler Care

Infants and toddlers like to be held and comforted. Now, more than ever, it is important to comfort crying, sad or anxious children. To do this safely, child care providers can protect themselves by:

- Wearing a long-sleeved, button down shirt over their clothing and wear long hair tied back.
- Changing outer layers throughout the day, especially if any body fluids get on them.
- Changing child's clothing if body fluid gets on it.
- Having plastic bags ready to put soiled clothes in.
- Having extra clothes on hand for both children and caregivers to change into if clothing gets soiled.
- Washing hands and anywhere else the child has touched a caregiver (ex. arm) after holding a child.