

# 20 WAYS TO BUILD RESILIENCE AT HOME

## IDEAS FOR KIDS

**#1** Enjoy crafting, like making a DIY Jellyfish!

**#2** Take a quiet moment to eye-spy.

**#3** Meditate!

**#4** Check in with friends & family via video-chat!

**#5** Create a family play.

**#6** LEARN A NEW LANGUAGE, LIKE ASL!

**#7** Tour a children's museum virtually.

**#8** Create a musical instrument

**#9** Play with homemade play-doh

**#10** TAKE A NATURE WALK

**#11** Try out yoga!

**#12** Write letters & mail them

**#13** Bake with a grown-up

**#14** Explore a national park (virtually)

**#15** Go Bowling in your backyard!

**#16** Enjoy a story-time

**#17** CREATE A FAIRY GARDEN

**#18** Start a family book club

**#19** EXERCISE!

**#20** Share using #ResilienceWeekVA to share how your kids are building resilience at home!