



Combatting Cabin Fever



As the weather begins to get cooler and the daylight hours shorter, we'll soon find ourselves home, wondering what to do to stay busy. This season will be especially different this year due to the limitations caused by COVID-19. Nevertheless, there are many activities you and your family can do to stay busy—and safe and healthy! **Try some of our ideas to help you combat cabin fever!**

- **Create a book nook for quiet reading.** Set up a small, cozy space in the corner of your child's bedroom or playroom, your family room or even your home office (to keep a close eye on them when you're working) using pillows, blankets, stuffed animals or other favorite toys. Make a small fort with a sheet or use a kids' play tent for added fun. Include your child in the set up so they can make it their own. For more ideas, [click here](#).
- **Pretend to be at-home scientists.** Spark your kids' imagination by conducting experiments. Find some great ideas [here](#).
- **Plan an indoor picnic.** Select a meal, grab a blanket and set up your spot. Choose a place such as the beach, jungle, forest or park and pretend you're there. Pretend to spot animals, vehicles or other things you'd see. For greater effect, play nature sounds such as birds, waves, forest noises, etc.
- **Schedule a family talent show.** Have each member of your family showcase his or her talents. Incorporate costumes and set a "stage" for performances. Make it a virtual event and invite extended family and friends.
- **Cook dinner together.** Select a meal that everyone enjoys and incorporate each family member from start to finish. From setting the table, getting out the equipment, meal prep and cleaning up, make each part of the meal a family affair!
- **Shake out the sillies.** It is easy for younger kids to get antsy when they're unable to get outside often to stretch their legs. Let them expend some of their energy by playing some funny songs and dance silly.
- **Use masking tape or painter's tape to create an indoor hopscotch path,** agility course or balance beam to allow your kids some movement and test their balance.
- **Plan a pretend vacation.** Choose a destination and bring it to life in your home. Find recipes for foods, dress up in clothes you'd wear, pretend your visiting places in imagination destination by reviewing websites or taking virtual tours. For example, if Hawaii has been a place you've always wanted to visit, plan a luau, check out pictures of the Nāpali Coast, the big winter waves from the North Shore of Oahu or humpback whale migration.
- **Have an at-home scavenger hunt.** Create your own or [click here](#) for a scavenger hunt prepared by the Centers for Disease Control and Prevention (CDC).
- **Play games like I Spy ([instructions](#)), Simon Says ([instructions](#)), Mystery Creature ([instructions](#)), Red Light, Green Light ([instructions](#)).**
- **When all else fails, brave the cold.** Bundle up and dress appropriately for the weather to play games outside or take a family walk.

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