



How to Keep Kids Active During School Break

While kids are home from school for spring break — or an extended spring break due to recent nationwide safety mandates — it's easy to spend a day caught up in video games, Netflix binges or simply Facetiming with friends in lieu of hangouts. However, while students are not in school, they still can benefit from some structure to keep their bodies — and their minds — active! Apex Leadership Company offers the following tips to help kids stay active while they are home from school.

Most people are saying “hands off!” to stay healthy, but there are some great “hands-on” activities that keep families engaged and busy (while also learning!) during break. From kinetic sand to board games, there are so many ways to stay hands on during the “hands off” pandemic. Check out this link for more ideas: [Best Hands-on Activities for Families](#).

Sure, lots of jump zones and even parks may be closed, but that can't stop kids from being physically active! Taking the dog for a walk, riding bikes, swimming in a heated pool (or not heated for those Polar Bear clubbers!), jumping rope, hop scotch or playing tag — there are endless physical games that kids (and parents!) can do to keep active (and get those wiggles out) during this break from school. Apex even has some quick Brain Break Videos to keep kids' bodies moving and their energy up, including:

[Dance Fit: Cardio](#)

[Dance Fit: SlowFast](#)

[Dance Fit: Hero](#)

[Dance Fit: FitSquad](#)

While museums and entertainment facilities are closed down during this time, many have opened up new ways to explore! Forget boarding a plane to Paris, families can simply log on to www.louvre.fr/en/visites-en-ligne for an online tour. Many other museums and educational outlets have free virtual tours and educational resources for families free of charge on their websites. For a list of virtual field trips, click [here](#).

Why not use Netflix and learn — while taking the guilt out of an occasional binge in front of the tube! For a learning day that disguises itself as a relaxing lounge session, check out these [30 educational shows on Netflix](#). Don't forget the popcorn!

When all else fails, get creative! Hide some items around the house and/or backyard and do a timed scavenger hunt; pull out a puzzle or a crossword; start a family book club; or create a quick “at home” PE class that is both fun and physical. During this time as families are encouraged to stay home to stay safe, they may find that there are lots of things to do at home that are educational, active and entertaining all at the same time! See our complete list of resources following this article and for more active learning ideas, visit Apex Leadership Company on [Pinterest](#).



Resources to Keep Students Learning and Engaged during Distance Learning

[Activities for Kids at Home After School Closure](#)

[Education Companies Offering Free Resources](#)

[22 Active Math Games and Activities for Kids](#)

[Educational Games & Activities Using Alexa](#)

[75+ Free Online Learning Resources for School](#)

[Closures](#)

[20 Screen-Free Things To Do with Your Kids](#)

[Indoors](#)

[Math Card Games That Will Help Students Practice](#)

[Their Skills](#)

[Math Game Time - Free Math Games &](#)

[Worksheets for Kids & Teachers](#)

[Coloring Pages - Free online coloring for kids on](#)

[Hellokids.com](#)

[SplashLearn - Fun Math Practice Games for](#)

[Kindergarten to Grade 5](#)

[Smithsonian Fun Stuff for Kids Online](#)

[23 of Our Favorite Educational Shows on Amazon](#)

[Prime](#)

[30 Educational Netflix Shows](#)

[Best Hands-on Activities for Families](#)

[Virtual Field Trips](#)

[18 Best Podcasts for Kids](#)

[NASA Kids' Club](#)

[Continued Learning Resources](#)

[Best Math Websites for the Classroom](#)

[Scholastic Learn at Home](#)

[PBS KIDS](#)

[ABC mouse](#)

[National Geographic Kids](#)

[BrainPOP](#)

Brain Break Videos:

[Dance Fit: Cardio](#)

[Dance Fit: SlowFast](#)

[Dance Fit: Hero](#)

[Dance Fit: FitSquad](#)

School Culture Videos:

[Others First Video](#)

[The Future is Strong](#)



Other Resources for Parents

[Talking with children about Coronavirus Disease 2019](#)

[COVID-19: Resources for Households](#)

[Home | Creating Structure | Essentials | Parenting Information](#)

[Homeschooling: When 'regular school' parents must homeschool their kids](#)

Click on our Social Media icons to keep in touch and see more great ideas!

Apex Blog:



Twitter:



Instagram:



Facebook:



Pinterest:

