

Kid-Friendly Quaran-tivities

from Catawba Valley Health System



**CATAWBA VALLEY
HEALTH SYSTEM**

Kid-Friendly **Quaran-tivities**

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Move!

Set up a treasure hunt.

Hide 10 to 20 items around the house or outside.

Create a sidewalk obstacle course.

All you need is chalk and a sidewalk.

Go for a walk.

Set up indoor hopscotch. With painters tape!

Learn popular dances on TikTok.

Go on a family bike ride.

Toss a Frisbee or play catch.

Try Yoga. Check out "Cosmic Kids Yoga" on Youtube.

Have a Dance Party.



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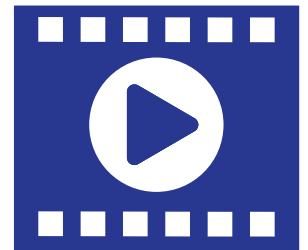
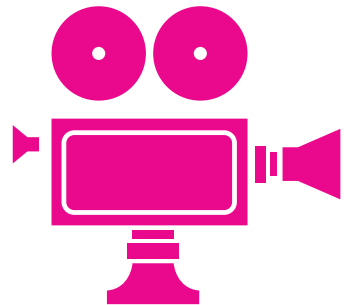


Watch!

Stream Family-Friendly Movies.

Now on Netflix:

Incredibles 2, Hook, Hugo,
Space Jam, A Wrinkle in Time, Richie Rich,
The Adventures of Tintin, Ralph Breaks the
Internet, Ant-Man and the Wasp, The Secret
Life of Pets 2



Take a virtual tour.

National parks, zoos and museums are offering tours
and glimpses into their locations for free online.

Bill Nye the Science Guy.

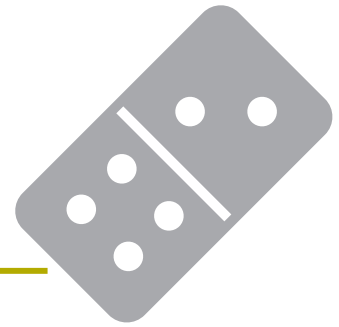
You can even do a science experiment along with him!



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Play!

Card Games.

Rummy, War, Go Fish, Solitaire, Uno, Old Maid...

Any game you can think of!

Board Games.

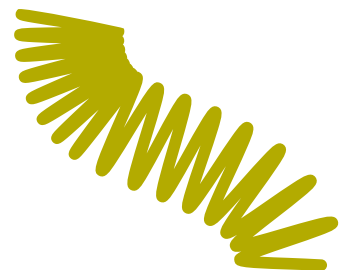
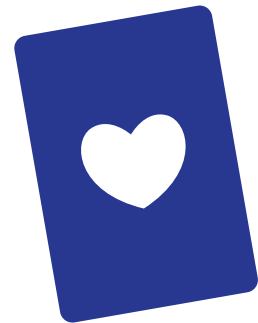
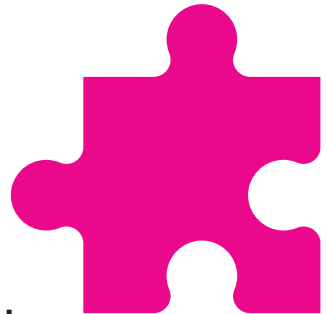
Scrabble, Monopoly, Candy Land, Chutes and Ladders...

Get silly.

Play “The Floor is Lava”, “Hide and Seek”, Flashlight Tag, Simon Says or Limbo.

Charades

No talking. Just you and your family acting something out.



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Do!

FaceTime family members.

Connect with family and friends while practicing “social distancing.”

Break Out A puzzle.

Offer each person something to work on until the final result is achieved by all.

Have a Picnic.

Backyard picnics are another great way to get outside for some Vitamin D while never leaving the yard.

Bake something.

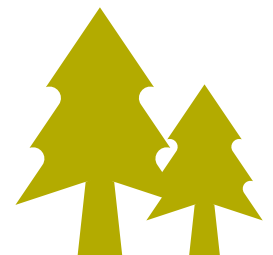
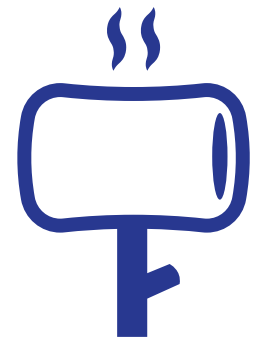
Getting creative with toppings or invent new concoctions to taste.

Camp indoors.

Clear out the family room, build a tent with blankets, make popcorn and watch movies.

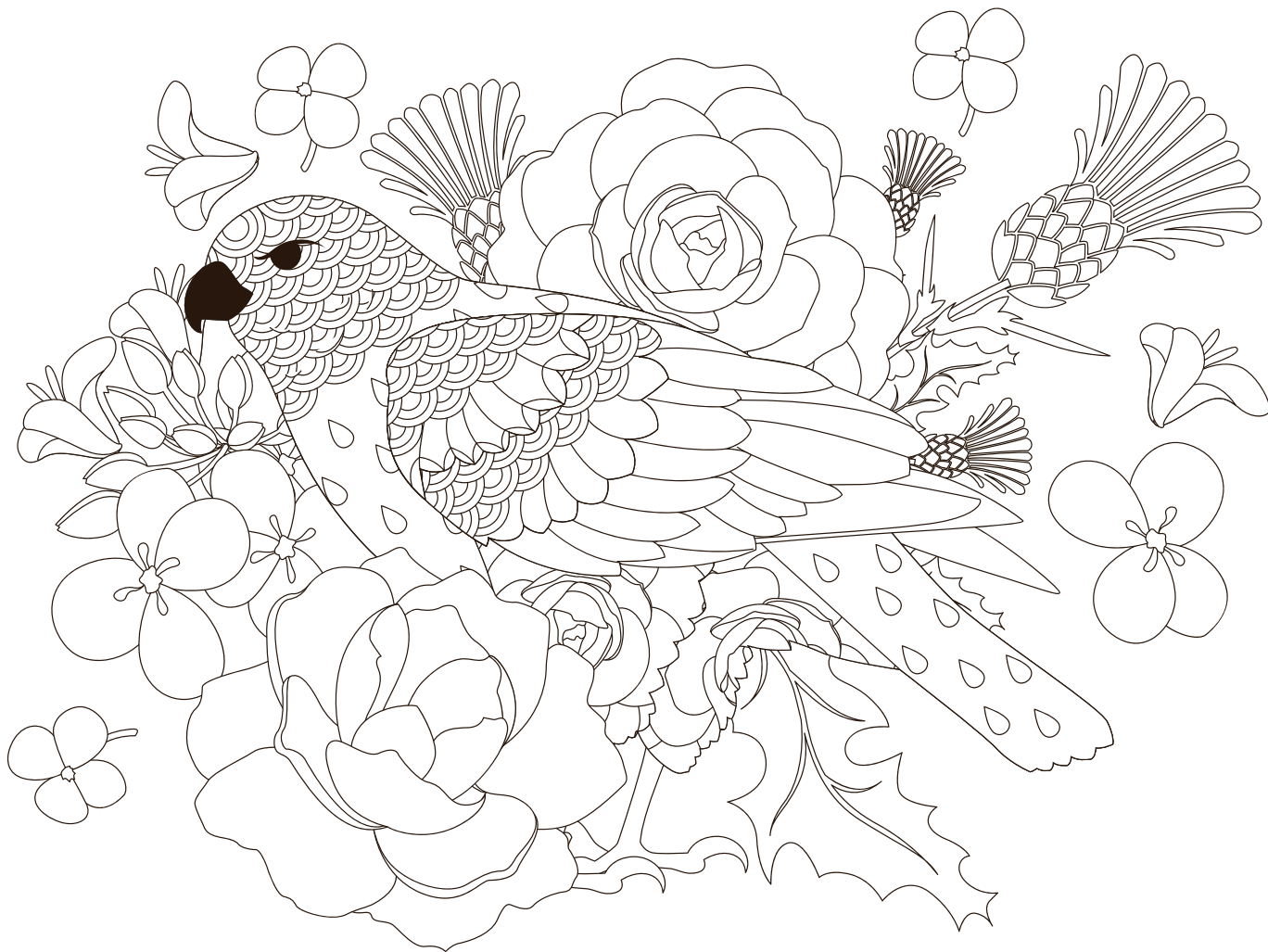
Make healthy snacks with kids.

Get out your cookie cutter collection and create fun watermelon shapes for a tasty, nutritious treat.



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Free Coloring Pages



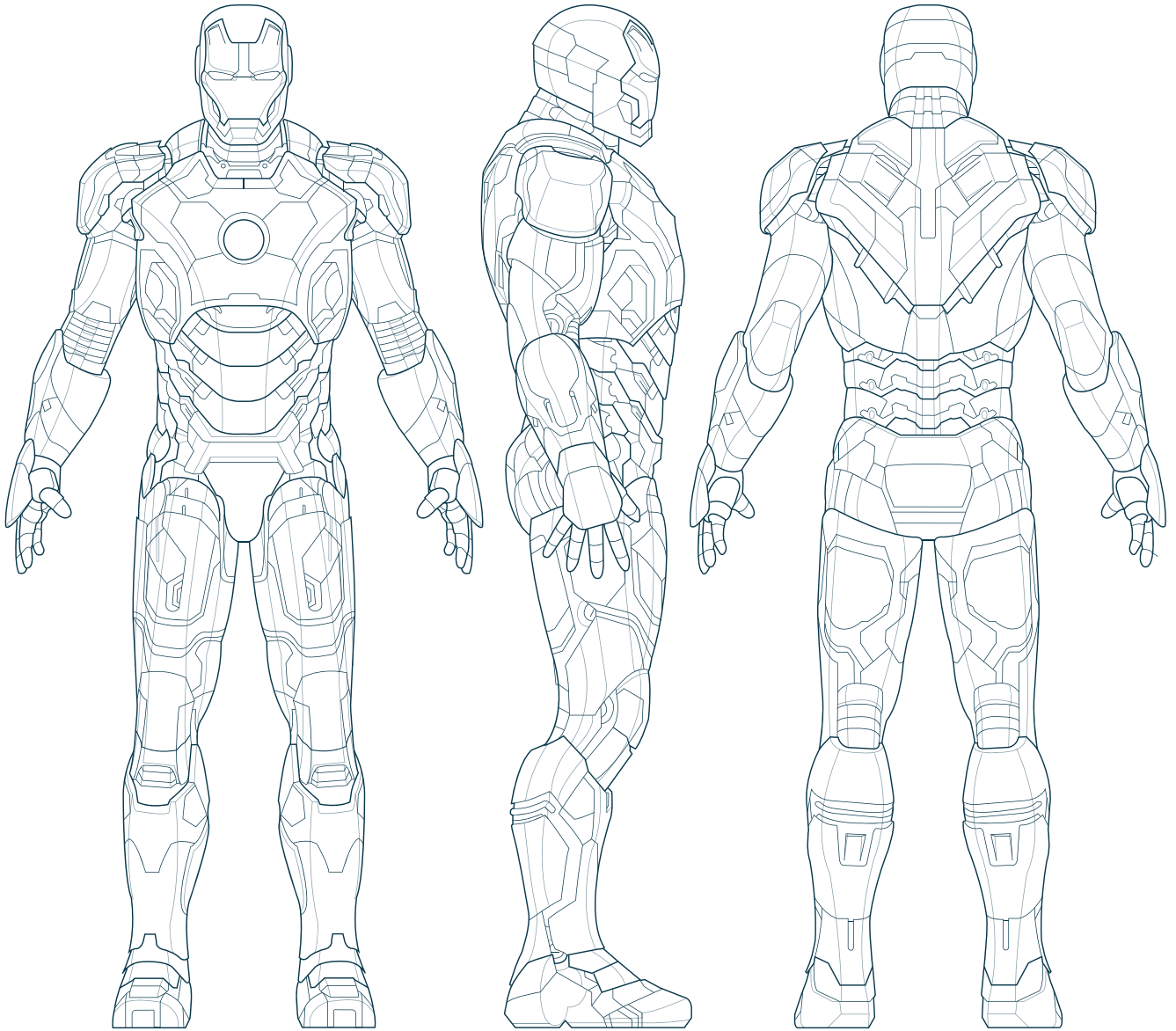
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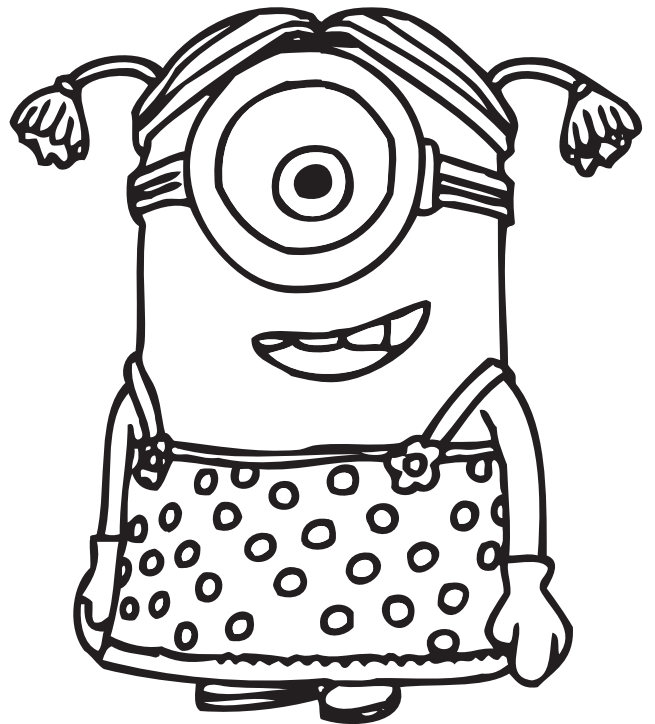
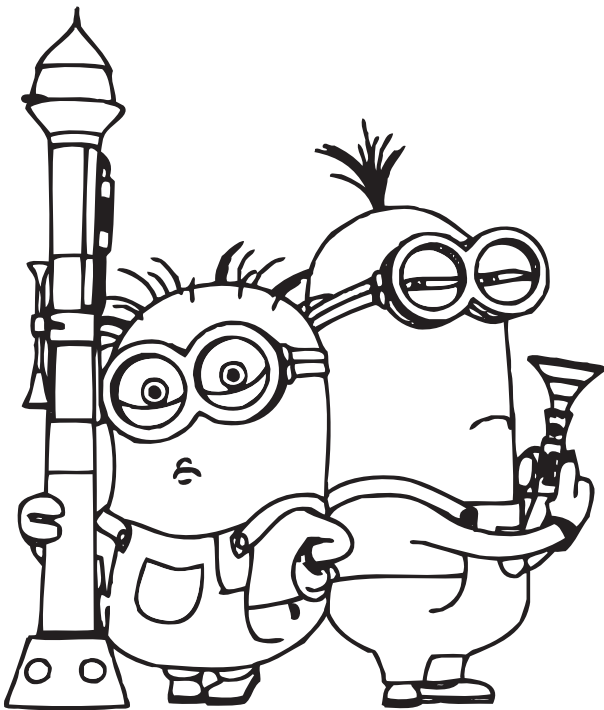
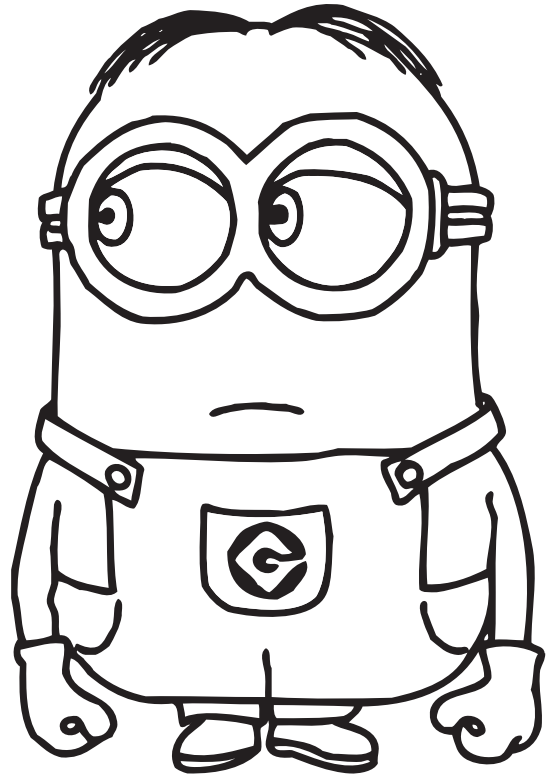
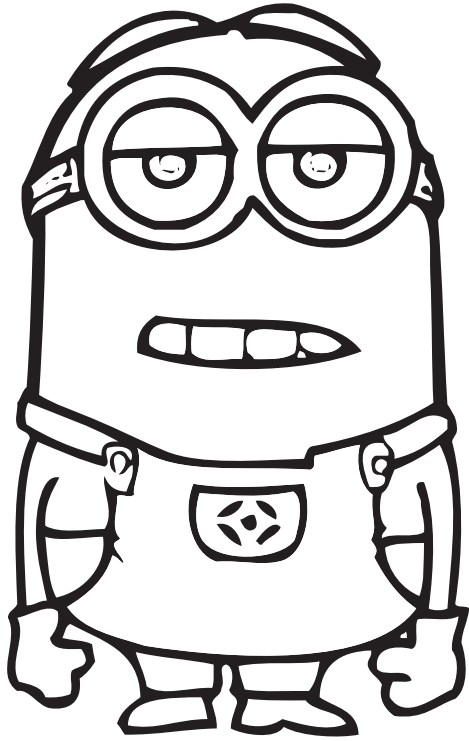
***Cut A Heart Out For Your
Front Door or Mailbox!
#Hearts For Healthcare Workers***



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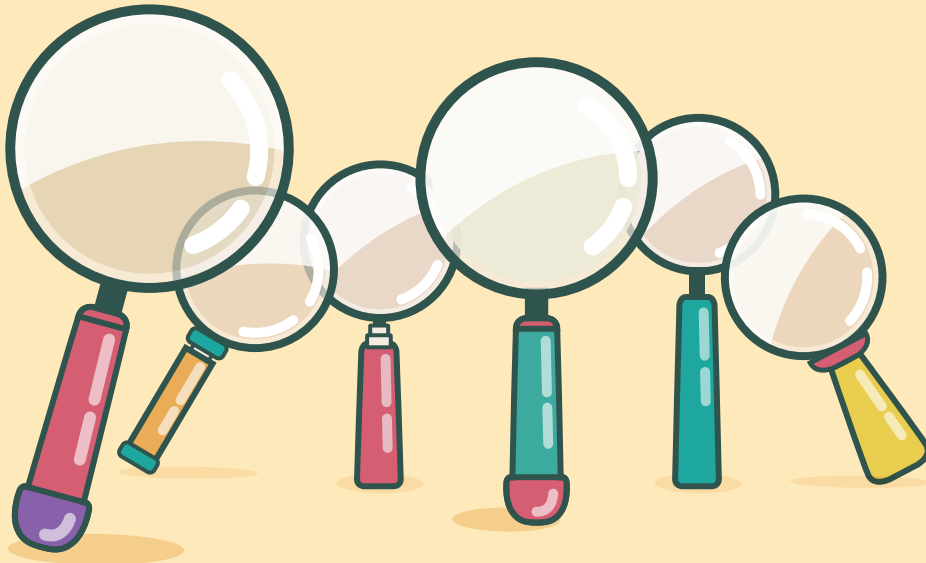


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Can You Find It? SCAVENGER HUNT!



SOMETHING THAT STARTS WITH THE LETTER H

SOMETHING YOU CAN USE ONLY OUTDOORS

SOMETHING ROUND

SOMETHING RED

SOMETHING OLD

SOMETHING TALLER THAN YOU

SOMETHING YOU CAN PLAY WITH

SOMETHING YOU THROW AWAY

SOMETHING THAT STRETCHES

SOMETHING THAT CAN OPEN & CLOSE

SOMETHING THAT ROLLS

SOMETHING SQUARE

SOMETHING SHINY



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Virtual Zoos & Animals!

GO VISIT THESE ANIMALS

1

San Diego Zoo

<https://zoo.sandiegozoo.org/live-cams>

2

Cincinnati Zoo

<http://cincinnati zoo.org/home-safari-resources/>

3

Atlanta Zoo - Panda Cam!

<https://www.zooatlanta.org/panda-cam/>



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No Bake Cheerio Snack Bars

1/4 cup creamy unsalted butter (half of one stick)

1/4 cup honey

1/4 cup light brown sugar, packed

1 tablespoon vanilla extract

3 cups honey nut plain Cheerios or similar store brand cereal

1 cup raisins, optional (1 cup honey roasted peanuts, 1 cup chopped almonds, or 1 cup trail mix may be substituted)

About ½ cup chocolate covered sunflower seeds, optional

Pinch of sea salt or kosher salt for sprinkling, optional

1. Lightly coat aluminum foil with cooking spray and line an 8 inch pan leaving an overhang and set aside.
2. Melt butter and add honey and brown sugar until the mixture is melted and becomes bubbly.
3. Stir in the vanilla then the cereal.
4. Stir in raisins (optional) or add nuts.
5. Pack the mixture down firmly in a prepared pan with a spatula.
6. Sprinkle evenly with sunflower seeds and salt.
7. Cover pan with a sheet of foil and allow the bars to set up for at least 2 hours or overnight or until bars are completely set before slicing and serving.
8. Bars will keep airtight in the refrigerator for up to two weeks or in the freezer for up to six months.



Easy Turkey and Cream Cheese Pinwheels

4 ounces whipped cream cheese

Kosher salt and freshly ground black pepper

4, 10 inch flour tortillas

4 leaves of Romaine lettuce

8 slices oven roasted deli turkey, about 8 ounces

1 whole roasted pepper from the jar, sliced into $\frac{1}{4}$ inch strips, about a $\frac{1}{2}$ cup

1 cup shredded carrots

1. Wash and dry 4 Romaine leaves from the outside of the bunch trying not to tear the leaves. Shave the center of each rib with a vegetable peeler so the leaves roll up more easily and set aside.
2. Combine the cream cheese with a $\frac{1}{4}$ teaspoon kosher salt a pinch of pepper.
3. Lay one of the tortillas on a clean surface and add one of the Romaine leaves to fit on top.
4. Place 1 or 2 slices of turkey next to each other to cover the lettuce.
5. Spread 2 tablespoons of cream cheese mixture over the surface of the turkey and line up a quarter of the roasted pepper strips along the edge.
6. Line up $\frac{1}{4}$ cup of the shredded carrot just above the peppers.
7. Roll the wrap tightly starting from the edge with the peppers and carrots, so the wrap holds together nicely.
8. Place the wrap seam-side down and repeat with the remaining tortillas, vegetables, turkey and cream cheese spread.
9. Cut the wraps into 1 inch pieces, piercing each segment with a toothpick or skewer from the outside through the seam on the bottom.

