



Entertaining & Educating Children While Quarantined

If you are a parent, there is a good chance that you have found yourself in a tough position since the beginning of the COVID-19 pandemic. You are now expected to take on the role of educator, entertainer, and daily caregiver, all while fulfilling your standard employment duties remotely. This may seem like an impossible task to manage. Fear not! We at Financial Fitness for Life have a solution so that you can be a quarantine champion for your kids.

Most school districts have adapted to our new way of life. They are offering online education to ensure that children are still receiving adequate attention to continue their development. For children who are not receiving online education, or for parents who want additional resources, here is a brief outline on how you can keep your children productive and stimulated during this time.

How Much Education is Necessary?

This depends on their age. Typically, the average school day is around seven hours long. It is important to note that this time is not necessarily always spent learning. Teachers frequently have to manage classrooms of 20 or more students at a time. When teaching your child individually, keep in mind that one-on-one instruction is quicker and typically more efficient than teaching in a group setting. Based on our readings, we see that around four hours a day is a sufficient amount of time to spend on education.

Again, this varies with age groups. Younger children will require less focused instruction, whereas older children will need a more focused direction. Education is a fluid practice. It is not always going to be focus-driven; we are still learning by interacting with the environment around us. Think of breaking time up into focused instruction, independent work, free periods, reading, and elective education that is centered on your children's decisions. The key is to make sure that you are guiding them while also allowing them to explore the things that interest them most.

Lastly, socialization is imperative during development. Make a personal goal to spend time interacting with your kids or allowing them to interact with one another since they are missing the community aspect of traditional school.

For additional information, check out <https://california.epiccharterschools.org/how-many-hours-typical-homeschool-day/>.

What Resources Are Available?

You may be thinking that this information is great, but where do you start? Luckily for you, we have compiled a list of resources that we think are great ways to keep your children entertained while on this journey.



1. Educational Podcasts

Most children have access to technology in the modern era. One way to allow them to explore new topics, while you are working from home, is to let them listen to podcasts they may find interesting. There are many to choose from on a variety of platforms. We recommend:

- What If World
- Greeking Out
- Tumble Science Podcast for Kids
- Brains on!

Check out your preferred application to see what podcasts may interest your family!

2. Create a Learning Schedule

Traditional schools have the benefit of structure. Students move from one class period to another and form a routine. Try to recreate that at home by scheduling out what subjects they will work on and when. Here are some great resources specific to each subject:

Reading & Writing:

- [OverDrive](#) - create a profile and gain access to library books on all personal devices
- [Audible](#) - listen to your favorite audiobook (monthly subscription required)
- [PBS & RoomRecess](#) - interactive reading games available for free
- [Squiggle Park](#) - interactive writing games to aid in development
- Ask your kids to write a play or short story and then perform scenes for the family
- Recap your week by having them write a summary over their favorite topics and what they have learned

Math:

- [Khan Academy](#) - academic resources for many age groups
(*provide learning schedules K-12 as well!*)
- [Cool Math Games](#) - interactive math games appropriate for younger individuals
- [Saxon](#) - free placement tests to gauge your child's mathematical development

Science & History:

- [YouTube](#) - explore informative and entertaining science-based channels
(*Check out [TED-Ed](#), [Scientific American](#), [Sick Science!](#), and [Minute Physics](#)*)
- Experiment together outside with plants or in your garden
- Virtually visit a [zoo](#), [aquarium](#), or [museum](#)
- [NatGeo Kids](#) - Watch historical documentaries and learn more about historical events

3. Teach Them About You & Get Active

Remember, this is an adjustment for them too. Allow your children to see what you do for work. Ask them to help you in maintaining structure. Give them small office tasks like organizing your workspace or let them “tag-along” on home projects so they can learn practical skills. Ask them to help in cooking dinner and show them different techniques you use to prepare meals.

Most importantly, keep in mind that kids are active individuals. If you have a yard or a driveway where they can actively expend energy, allow them to do so while following CDC Guidelines for safe social distancing. At the beginning of this article, we mentioned that they have lost their personal community during the quarantine. Take an active role in establishing your home community together, as a family, and nurture a new era of bonding!

4. Write a Letter to Check in on Someone

As recommended by the author Ryan Holiday, as the COVID-19 pandemic sweeps across the globe with no real timeline for when things will return to normal, we can make it our business to check in on people. We ask you to consider sending a physical letter.

Directions are easy for the family. Get a piece of paper or greeting card. Write a thoughtful letter, checking in, updating loved ones on how you are doing and letting them know you are thinking about them.

It may feel like a small gesture, but we assure you, this will be powerful. Take your time. Think. Reflect. Be vulnerable. Have an impact.

Additional Resources:

How to Write Letters: A 19th-Century Guide to the Lost Art of Epistolary Etiquette by Maria Popova

Eight or Nine Wise Words About Letter-Writing by Lewis Carroll

The Forever Letter: Writing What We Believe for Those We Love by Elana Zaiman



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