

Holmdel Township Recreation

Ideas to stay active indoors during COVID-19

If you are stuck at home and want to keep the kids busy there are plenty of online resources to keep them going. Whether you are looking to sharpen their minds or have them blow off some steam, there is something for everyone! You can even take them on a virtual field trip!

Check out these free and informative sites for a daily dose of healthy screen time!



Educational

- [Khan Academy](#)- Khan Academy Kids is a fun and educational program designed to inspire young children to become learners for life. Designed for children ages 2-7.
- [Scholastic - Learn at Home](#) - Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Just find your grade level and let the learning begin!
- [Mystery Science](#) – The most popular science lessons with fun topics including: who invented pizza, why do we get hiccups, what’s the biggest tree in the world and so much more!
- [Fun Brain](#) – Fun and educational games, videos and online books that help kids evolve their math, reading and problem-solving muscles.
- [National Geographic Kids](#) – Interactive games and videos and the cutest animals on the planet!



Arts & Crafts

- [Lunch Doodles with Mo Willems](#) – New cartooning classes posted on his YouTube channel every day!
- [Draw Every Day with JJK](#) - Author and illustrator Jarrett J. Krosoczka is teaching children how to tell stories through words and pictures. His easy to follow tutorials are posted on his YouTube channel.
- [Kinder Art](#) – Find thousands of art projects and lessons for every grade level!
- [First Palette Crafts](#) – Be inspired by thousands of fun craft ideas and access to free printables!



Fitness

- [Cosmic Kids Yoga](#) – Yoga, mindfulness and relaxation with a playful twist! Moana, Harry Potter and Frozen-themed yoga included on this cheerful YouTube channel!
- [Fitness Blender - Kids 25 Minute Workout](#) – A quick and easy 25 minute workout for kids. This site also has hundreds of free workouts for adults!
- [Go Noodle! Get Moving YouTube Channel](#) – Pick from a variety of fun and exciting dance videos to get kids moving and grooving!

Virtual Field Trips

- [Google Arts & Culture](#)
- [San Diego Zoo](#)
- [The Great Wall of China](#)
- [The Louvre](#)
- [Smithsonian National Museum of Natural History](#)
- [Air Pano - A Virtual Tour Around the World](#)

For additional information or questions,
please call the Recreation Department at: 732-946-2820, ext. 1225 or email
recreation@holmdeltownship.com

Have fun and stay safe!