20 Ways to Build Resilience at Home

Ideas for Kids

#1 Enjoy crafting, like making a DIY Jellyfish!

#2 Take a quiet moment to eye-spy

#3 Meditate!

#4 Check in with friends & family via video-chat!

#5 Create a family play.

#6 Learn a new language, like ASL!

#7 Tour a children's museum virtually.

#8 Create a musical instrument

#9 Play with homemade play-doh

#10 Take a nature walk

#11 Try out yoga!

#12 Write letters & mail them

#13 Bake with a grown-up

#14 Explore a national park (virtually)

#15 Go Bowling in your backyard!

#16 Enjoy a story-time

#17 Create a fairy garden

#18 Start a family book club

#19 Exercise!

#20 Share using #ResilienceWeekVA to share how your kids are building resilience at home!

Created by:

Greater Richmond SCAN
Stop Child Abuse Now