

# HEATHER'S TIPS FOR COVID COPING

## PART TWO



### Read aloud

Try your child's favourite book, or check online.

[storylineonline.net](http://storylineonline.net)



### Science fun

Make ice cream or do other fun experiments.

[sciencebuddies.org/stem-activities](http://sciencebuddies.org/stem-activities)



### Exercise

Keep your mind and your body busy.

[family.disney.com/articles/disney-workouts/](http://family.disney.com/articles/disney-workouts/)



### Scavenger hunt

Organize a fun scavenger hunt.

[goodhousekeeping.com/life/parenting/g32050844/scavenger-hunt-ideas-for-kids/](http://goodhousekeeping.com/life/parenting/g32050844/scavenger-hunt-ideas-for-kids/)

**adopt**

Adoptive Families  
Association of BC  
[bcadopt.com](http://bcadopt.com)