



**THE GUATEMALAN-MAYA
CENTER**

ParentChild+

Equal Possibilities From The Start

How to Enhance Virtual Sessions

Provided by Guatemalan-Maya Center ParentChild+, Lake Worth, Florida

- Theater of shadows - cut out silhouettes of cardboard and glue them on a stick.
- Ask a parent to hide things around the house and give the child clues to find them.
- Draw faces on your fingers and make a show. Sing songs like Thumbkin, Itsy Bitsy Arana.
- Play with your hands - shake your hands, clap and wiggle. Canción de las manitos.
- Create your own choreography using the child's favorite song of the moment.
- Draw objects or animals on paper and ask the child to guess what it is, then ask a parent to draw something and you guess.
- Guessing game - have an object in your hand and cover it, describe the object, give clues to the child to help them guess what it is, then the parent repeats the action.
- Make up a song - free your sense of rhythm and compose a song with feeling.
- Do yoga - move the table and turn the room into a yoga class!
- Costume parade - anything goes! Open the closet and play with impossible combinations.
- Play "If you were ..." If you were an animal, who would you be? Reproduce the sounds and movements of the animal.
- Assemble a fort - collect blankets and ask a parent to set up a cabin to tell stories and eat a snack.
- Paper planes - build paper planes as streamlined as you can and make them fly.
- Write a poem - release the poet inside you and write nice poetry. It doesn't need to rhyme.
- Play Pictionary - you only need paper and pencil. Try to let others figure out what you have drawn, but remember, you can't speak!
- Superheroes to the rescue! Each person chooses a superpower and the game begins.
- Hairdressing session - not a typical hairdresser, just crazy hairstyles!
- Read a story in the voice of a character in the story.
- Plant a lentil - take a lentil or a chickpea and plant it in wet cotton.
- Have a picnic in the living room!
- Sock puppets - find an old sock, sew on buttons for eyes and create your own puppets.
- Set of statues - one, two, three... Nobody moves!
- Imitate postures - each take turns as the model and you must imitate everything they do. The stranger the postures, the more laughter!
- Spider web - turn the hallway into a spider web using tape or wool ... you must go through it, but without touching them!
- Character exchange - each chooses a character and behaves as if they were them.
- Tell jokes!
- Precious faces - make the silliest faces that you can and the rest cannot laugh.
- Build a catapult - grab a spoon and mount your own catapult with paper balls. Who's goes further?
- Guess the song - words are worthless, hum or choose a single syllable. What song is it?
- Basket - a basket or a bucket ... Baskets are everywhere! Are you the new Gasol?
- Cold and hot - hide an object and find it knowing that cold is far and hot is near.
- Outdoor play - what do you hear.? How far can you see? Look at the sky, what do you see? Look to the ground, what do you see?
- Face tricks - Can you do tricks with your tongue? Can your tongue touch your nose? Can you wink? Can you raise your left eyebrow? Your right eyebrow? Can you move your ears?