

## COVID-19 Safe Ways to Celebrate Halloween

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Blog Post

2020 has been quite an adventure with COVID-19 causing families to change their plans and the way they celebrate holidays. Halloween traditions often include kids dressing up as their favorite characters and going trick-or-treating in their neighborhood with family and friends and collecting candy at all the houses. Halloween this year might look different but there are many ways to keep it fun for the family.

- **Trick-or -Treat to different rooms of your house:** have your kids dress up in their costume and go to each room of the house and trick-or-treat for candy. Parents you may have to move between each room.
- **Create a fort and tell spooky stories:** use blankets and furniture to create a fort inside and create and tell spooky stories.
- **Make a Halloween treat:** making themed treats is a fun activity for the entire family and as a bonus it works on following directions, memory, and provides sensory input. For some good ideas, check out the following links with recipes.

- Decorate Halloween themed cookie



- <https://www.mommymusings.com/halloween-peanut-butter-spider-cookies-recipe/>
- <https://www.familyfreshmeals.com/2011/10/soft-sugar-cookie-recipe-halloween-style.html>
- <https://www.countryliving.com/food-drinks/g2651/halloween-cookies/?slide=1>

- Worms in Dirt with Tombstone Cookies

- <https://prettyprovidence.com/halloween-dirt-cups/>

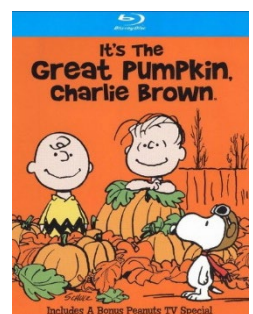
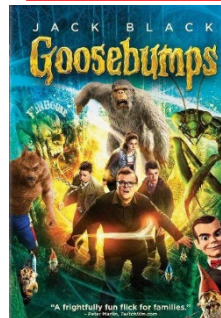
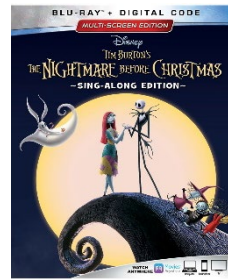


- **Create a Haunted house inside:** decorate a room in your house and make it haunted with various Halloween decorations.
- **Make Jack -O-Lanterns:** after picking out a pumpkin, as a family you can carve the pumpkins and make funny or spooky faces on them. Here is a link to learn how to carve a pumpkin. As a bonus this activity provides lots of sensory input.
  - <https://www.pumpkinpatchesandmore.org/makeajackolantern.php>



- **Make a Scarecrow:** build a scarecrow as a family and place outside your home.
- **Make shadow puppets:** turn the lights off and use a flashlight along a blank wall and create shadow puppets. If you are not sure how, check out this link. As a bonus this activity works on fine motor skills and motor planning.
  - <https://offspring.lifehacker.com/how-to-make-great-shadow-puppets-1836043810>
- **Hide and Seek Candy:** hide candy all around the house and have your child seek and find them. Just remember where you hide them, so you find them all 😊
- **Scavenger Hunt:** find things that start with each letter of H-A-L-L-O-W-E-E-N around the house. As a bonus, this activity can work on letter recognition, speech sounds, and memory.
- **Watch a Halloween themed movie:** have a movie night and watch a spooky movie. Here is a list of some but there are many more out there.

- The Nightmare Before Christmas
  - 7+
- Hocus Pocus
  - 10+
- Scoob!
  - 7+
- The Adam's Family (2019)
  - 7+
- Toy Story of Terror
  - 6+
- Curious George: A Halloween Boo Fest
  - 3+
- The House with a Clock in Its Walls
  - 11+
- Goosebumps
  - 9+
- Pooh's Heffalump Halloween Movie
  - 3+
- It's the Great Pumpkin Charlie Brown
  - 6+



From all of us at SunnyDays Therapy, have a safe and fun Halloween!

References:

Images from Google

<https://www.goodhousekeeping.com/holidays/halloween-ideas/g2661/halloween-movies/>