

Below you'll find resources to bring Take Our Daughters and Sons to Work Day to your home office. We've included fun arts and crafts, learning resources and more for grades K-12.

VIRTUAL TAKE OUR DAUGHTERS AND SONS TO WORK DAY



MAKE LEARNING FUN

- Check out a variety of children's STEM classes.
- Complete a computer science robotics course.
- Take an internet safety course.
- Learn music through hands-on fun in the Chrome Music Lab.
- Join NASA in a STEM-at-home activity.
- Tour museums from around the world.
- Conduct live science experiments with household items.
- Explore the Kforce STEM apps eBook.

[Download our STEM apps eBook](#)

[Click Here!](#)



GET MOVING

- Stretch out and join a children's yoga class.
- Dance Disney style with a Disney Zumba class.
- Point your toes and take a ballet class with Nova Center for Dance.
- Grab the whole family and do a cardio class.
- Dance like no one is watching and join a live dance party.





ADVENTURE INTO STORY TIME

- Listen to a story read from space.
- Join story time with *Frozen's* famous Olaf.
- Hear *Reading Rainbow's* Levar Burton read a storybook.
- Join the Verona Public Library's virtual story time.
- Hear stories read by celebrities on Instagram.



GET CREATIVE

- Create Sharpie tie-dye t-shirts.
- DIY your own play dough.
- Upcycle egg cartons into flowers.
- Create an I Spy discovery bottle.
- Send secret messages with crayons and watercolors.
- Learn how to use recycled t-shirts to create bracelets.

BRING THE OUTSIDE IN

- See the wild side of the San Diego Zoo.
- Trek through a tour of a National Park.
- Tune into SEA-SPAN with the Florida Aquarium.
- Hike through San Diego's recreational parks.
- Board your rocket ship and soar to Mars.
- Participate in a virtual play date with other local kids.

