

Dream It & Do it

Activity Book

100+ Activities to teach your child
about possible career paths.



Holly Sharp

www.dreamitandoit.com

Dear Parents,

Thank you for downloading Dream it & Do it Activity guide. As a new, first time Mom, I was exploring books to register for as I prepared to build a library for my new baby girl and discovered that there were very few books that covered the range of career options that kids have to consider. There are individual books about specific people and careers, but nothing that covers the full spectrum of options.

From this, the idea for Dream it & Do it was born. This fall, I will be publishing a children's book for 7-10 year olds that highlights 100 of the most popular careers today and tells the stories of people that children can look up to, who have done them. The earlier a child can get excited about something, the more likely they are to develop that talent through activities and play.

This guide was designed as a teaser for this book and a way to help begin inspiring conversations and play between you and your child around interests of all sorts tied directly to the types of careers they inspire.

You will see that I have divided career interests into 4 categories: creator, business skills, discoverers and helpers. I did my best to cover a range of careers, but I fully acknowledge that there are lots of subsets and even missing ones. If you have ideas for careers that are not covered here, but would like to see covered by the book, I would love to hear from you on my Facebook page.

Within each career area, I have outlined 2 types of activities. The first are things that should be easy to do at home without a ton of materials needed or simple things to pick up from a corner store. The second is for either kids that show an interest in the topic and you want to invest further in their engagement OR as a gift idea for kids in your life that may already be showing an interest. I am NOT paid by any of the toy makers that I recommend.

Finally, it goes without saying that, while this activity book is created with 7-10 year olds in mind that some may skew a little younger and there are suggested activities that will require parental supervision. This guide was written for parents to guide parents in ideas to bring into the home, not to hand to a child and have them do on their own.

I hope that this guide will inspire something great in your child and encourage meaningful play and quality time in your family.

Holly

Creators

1. Product Developers and Designers
2. Photographer
3. Illustrator
4. Artist
5. Director
6. Landscape Artist
7. Museum Conservator
8. Beautician
9. Set Developer
10. Interior Decorator
11. Musician/Singer
12. Voice Actor
13. Puppeteer
14. Actor
15. Dancer
16. Host
17. Comedian
18. Athlete
19. Electrical Engineer
20. Mechanical Engineer
21. Chemical Engineer/Chemist
22. Civil Engineer
23. Architect
24. Builder/Construction
25. Writer/Editor/Publisher
26. Journalist
27. Coder/Programmer
/Software Developer
28. Farmer/Agriculture
29. Chef
30. Baker

Business Skills

1. Project Manager
2. Purchasing and Logistics
3. Finance
4. Research
5. Marketing
6. Sales

Discoverers

1. Astronomer
2. Astronaut
3. Physicist
4. Archeologist
5. Marine Biologist
6. Biologist
7. Genetic Researcher
8. Historian

Helpers

1. Service People
2. Fireman
3. Activist/Politician/Lawyer
4. Detective/CIA/FBI
5. Teacher/Caregiver/Coach
6. Veterinarian/Zoo Keeper/Trainer
7. Doctor/Nurse/Paramedic
/Dentist/Optometrlist
8. Psychologist/Therapist
9. Physical Therapist/Teacher
10. Nutritionist
11. National Park/Parks and
Recreation Management
12. Tour Guide/Travel Specialist
13. Hospitality Management
14. Handy Men and Women
15. Event Planner
16. Transportation
17. Translator/Ambassador
/Language Teacher

Creators

Product Developers and Designers

Product Developers are focused on what the idea is and designers help to bring it to life.

Easy at home:

kidsthinkdesgin.com

Posts weekly challenges that invite kids to solve a real world problem by generating a new idea, designing it and uploading it to their website.

Further exploration:

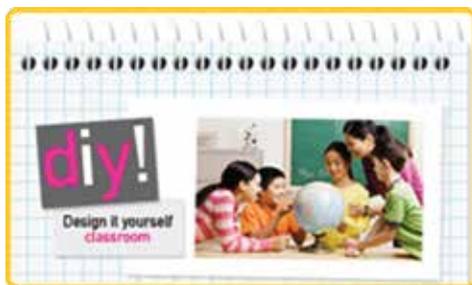
Fashion Plates/Kits

Allows kids to make countless combinations of fashion design options that they can design based on their own imagination.

Further exploration:

Inventors creative challenge box

Kids are given innovation challenges and a box full of tools to help solve them.



Photographer

Capture and edit images that bring meaning and enjoyment to others.

Easy at home:

Photo scavenger hunt

Create a list of objects to find and send your child out with a camera or phone to find them. Encourage them to use light, filters and angles to create cool images.

Further Exploration:

Typic for kids **\$2.99** app that allows kids to add stickers, text and filters to their pictures to learn about early editing skills.

Illustrator

Draw pictures that go into books, magazines and cartoons.

Easy at home:

This is something that kids are pretty good at doing on their own already. Up the game by putting multiple pieces of paper on the wall (or back of door) to allow them to make a large picture or stapling pieces of paper together to create their own book. More advanced ages can grab their favorite book and do their best to mimic the illustrations that they see.



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Further exploration:

For kids that want to explore this talent further, a tablet with a drawing pen is compatible with many free software programs that will allow your child to start exploring how to illustrate their ideas digitally.

Artist

Artists work with paints and other materials to make beautiful things for us to enjoy in our homes, buildings and museums. Artists make paintings, ceramics, pottery and sculptures. There are even make-up artists that focus their whole job on “painting” peoples faces for beauty or for movies and television.

Easy field trip:

Take a field trip to a local art store (like Hobby Lobby or Michaels) and let your child pick out a project. This goes beyond taking out paint and paper at home and helps introduce all the different types of crafts and art that is possible.

Further Exploration:

50+ paint based projects that teach kids about different techniques and artists while leaving room for their own imagination.

Extra Tip: If all your personal and school art is starting to pile up- ArtKive is a service that will take all your art pieces and turn them into a book that preserves your child's work for years to come.



Director

Is in charge of making movies and tv shows.

Easy at home:

Download a kid friendly video editing app (like Magisto) and use videos that you have already taken or create a new video and let them add various editing elements. For the really ambitious, give them a few videos to work on, pop some popcorn and gather around to watch the final products.

Further Exploration:

Lego Movie Maker

This kit allows kids to create movie-like scenes using a “movie-making” app, Lego characters and scenery. Kids experience the different roles that a director plays.



Landscape Architect

Designs the plants around homes and parks. What types of plants should be used? Where should they go? How should it all look when it comes together? These are the types of questions a landscape architect would ask.

Easy at home:

Plat Picture Book

Walk around your yard, neighborhood or local greenhouse and take pictures of your favorite plants and flowers. Print them off and make a book identifying what you found.

Further Exploration

Terrarium Kits

It can be hard to time the season to plant a garden outside (as that is an easy way to further explore). You may also not have the room. However, Terrariums are easy gardens that you can plant inside during any season and designing how they look is half of the fun. You can find these kits at your local home and garden store or there are dozens of them on Amazon. The adult kits are just as easy as the kid kits (and allow for a little more creativity), but you can opt for either.



Museum Conservator

Restores old relics and paintings for display in museums

Easy at home:

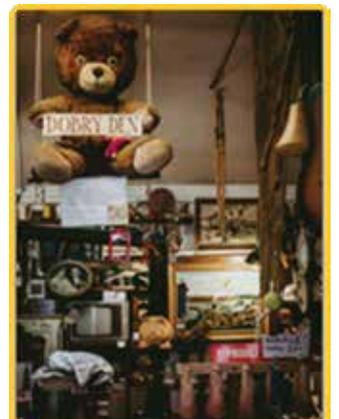
DIY restoration

Teach the value of restoration by finding an old object around the home or in thrift store and brainstorm (or use Pinterest) to turn it into something new.

Further Exploration:

Paint by number

This type of work requires the ability to paint and work very precisely. Find a paint by number appropriate for your child's age.



Beautician

Create beauty through helping people with their outward appearance

Easy at home

Pretend Play

Gather age appropriate hair bows, ribbons, water bottles, curlers and make up and let your child's imagination run wild. Or, do a beauty treatment together. Dads can play too. As a kid, my dad would let us put bows in his hair (and then pull them out one by one) .

Further Exploration:

Hair Models

These are fairly inexpensive and super fun for kids to experiment with. They can practice doing different hair styles, washing and blow-drying and some are even cheap enough that older kids can practice giving hair cuts.



Set Developer

Designs sets for plays and tv/movies.

Easy at home:

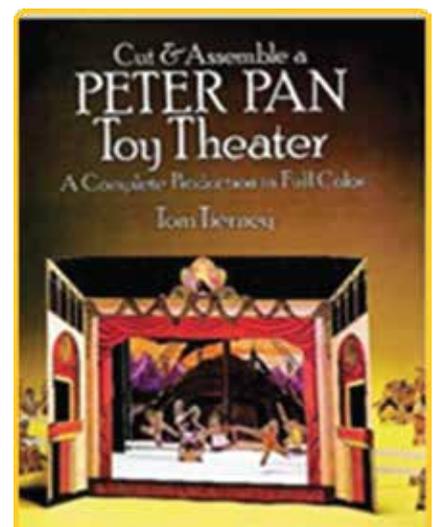
Puppet Theater

Grab a box (as simple as a cereal box), cut out the top and make a puppet theater- there are a ton of examples on Pinterest - spend time on the background and the 3D foreground construction. Great how to: <https://www.youtube.com/watch?v=XcPcF6glT6M>

Further Exploration:

Cut and Assemble Toy Theaters

Build a miniature theater from scratch includes story and characters.



Interior Decorator

Designs the look and feel of the inside of homes and businesses

Easy at home:

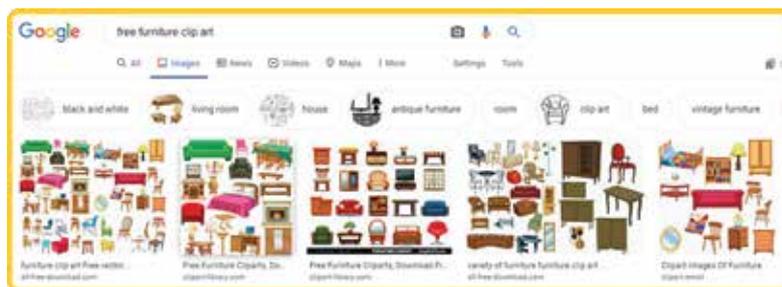
Design a home craft

Google “free furniture clip art” and print off various furniture clip art pictures. Draw the frame of a house With lots of rooms and d and have your child cut out the furniture and glue and arrange it in the houses in the home

Further Exploration

Fashion Angels interior design sketch portfolio

Use stencils, stickers and drawing/coloring to outfit various rooms of a house. Includes 40 rooms, 100 different stencils and 100 stickers



Voice Actor

The voices behind your favorite cartoons and video games.

Easy at home:

Draw or choose a range of characters and and then use your phone to record the voices that each character might make. Play them back for your child or an audience to enjoy.

Further Exploration:

There are a number of apps that allow you to choose a character and then add voices to them. At the time of writing VoiceTooner seems to be a popular choice.



Puppeteer

Entertains with puppets – like on Sesame Street.

Easy at home:

DIY Puppet Show

If you have already done the set developer activity, this is a great compliment. If not, you can still make a quick puppet theater out of a box. Pinterest is full of examples of puppets you can make out of socks, paper, paper plates, brown paper bags and spoons. You can also make a simple shadow

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puppet box by cutting out shapes and placing them behind a piece of paper with a light behind it. (Ty Ana DIY crafts on YouTube).

Further Exploration:

More sophisticated puppets are easy to buy and not that expensive. We own this exact one (right) and we have had hours of fun having conversations and singing songs with her. You can also buy easy to assemble puppet show sets.



Actor

The person who bring theater, TV and movies to life.

Easy at home:

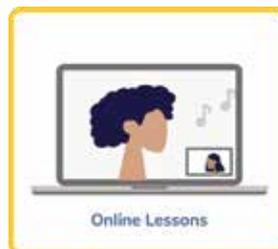
Find costumes you already have (or make some - think paper crowns) and create your own story to act out, or find a favorite book and have someone read the parts while the kid(s) acts out what they hear.

Charades- Create a pile cards with animals, objects and actions and have your kid(s) choose a card and act it out. This requires that they can read the card themselves or a different parent can tell them while the other guesses. You can take the work out of it and buy a kids charades game like "kids on stage".

You can introduce your kids to the theater without braving the ticket prices and short attention spans by finding theater movies or looking up "theater shows for kids" on YouTube.

Further Exploration:

If your child is serious about wanting to act, obviously you can always look for local lessons, but many studios are now offering on-line lessons as well (<https://takelessons.com/online/acting-lessons>)



Dancer

Entertains through movement.

Easy at home:

YouTube Dance Lessons

YouTube is full of easy dance lessons for kids. Use your tablet or smart TV to put on some lessons and let your kids take a dance class right in the comfort of your home.

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Further Exploration

Buy your child a pair of ballet slippers or tap shoes to inspire them. It's amazing how just having the right pair of shoes can inspire hours of self-directed dancing.



TV Show/Radio/Podcast/YouTube host

The most desired profession of kids today!

Easy at home

While a bit controversial, the fact of the matter is that in 2019 more kids wanted to be YouTube video stars over any other profession. You can set up a private YouTube channel using your email and set all settings to private, so that only those you send the link to can view. For an extra level of security, you can have your child make up a pretend stage name to use in videos. Work with them to figure out what types of videos they will make and help them film and maybe even edit their videos.

Further Exploration:

If you have any intention of making your child's channel public, you should do the research to understand the privacy laws and risks.



Comedian

A good sense of humor and ability to think on feet improves confidence and lowers chances of depression..

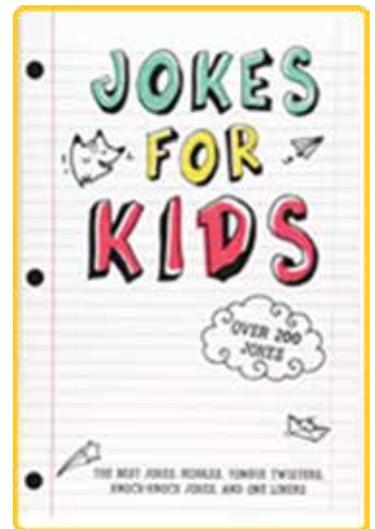
Easy at home

Early improv-

In this game, you work together to tell a story. When playing in a group setting, children sit in a circle and in turn, they add a few sentences to fit into the narrative after repeating the story that came before. When played quickly, this game is great for encouraging free-flow thinking.

Further Exploration:

Get a book of jokes appropriate for your age of kid(s) and have them read them to you. This is a great activity as well for longer car rides.



Athlete

Get your kids moving!

Easy at home:

Obviously, you can encourage your child to play any sport that you have the equipment for at home, however, if you don't have easy access to equipment, there are a number of games that can just be played with a ball. Check out <https://www.gamingweekender.com/games-play-with-ball/> for ideas.

Further Exploration:

Many YMCA and local sports programs offer sport 'sampler' programs where kids get to try out lots of different sports before committing to a full season of a single sport



Electrical Engineer

Designs product that rely on electricity to run

Easy at home:

DIY Robot

Teach kids to appreciate that all the machines that use electricity started with an electrical engineer. All you need to have on hand is a battery pack with AA batteries and a DC motor (both can be purchased for under \$10). Then the imagination is the limit. When you connect these two things together you can attach the motor to anything you want to make move. Get creative with the items in your recycling bin or Google "homemade robot with DC motor" for ideas/instructions

Further Exploration:

You can also buy kits that have everything you need to make a fully functional robot, from \$10 to \$500 depending on the sophistication. I like the Makeblock brand as it incorporates coding into the learning, but a quick "robot kit" search on Amazon will bring up plenty of options.



Mechanical Engineer

The design and building of machines.

Easy at home:

Gears are the heart of how most machines and how all the parts move together. Cut gear shapes (Google "gear templates if you need help). Use a thumbtack to tack the gears to a larger piece of cardboard and connect them to each other and watch them turn.

Further Exploration:

Lego Technic Building Kit

There are cheaper options, but Lego has an exceptional line of building kits that allow kids to put all the parts together of a working car, tractor etc.



Chemical Engineer

Uses chemistry to create all sorts of products from new foods to drugs.

Easy at home

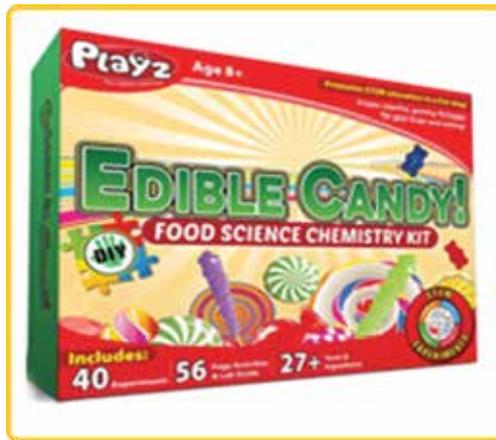
Crystals in a jar

Combine ½ cup table salt and enough boiling water for a mason jar together until dissolved. Pour solution into a mason jar. Suspend a spoon across the top of the jar with a string tied to the spoon and hanging into the water. Wait 2-3 days for growth.

Further Exploration:

Candy Making Science Kit

There are a ton of these types of kits. Use candy making to learning about chemistry fun.



Civil Engineer

Serves the public by designing structures that serve society. Like tunnels, bridges, roads and other structures.

Easy at home:

Gumdrop Tower

Whether it is gum drops, other candy or putty, use these sticky objects to build a structure out of toothpicks. This game helps teach kids the skill of thinking through structure design that is strong and stable.

Further Exploration:

“Discovering STEM” toys- Structures buildings and bridges

Kit includes everything needed to create 9 different structures while teaching kids about the basic principals of civil engineering.



Architect

Designs the structure and look of buildings

Easy at home:

Lego/Blocks Free Play

Get out the Legos or blocks and challenge your child to make a structure or city. If feeling ambitious you can take pictures of each of the structures they make and print them off, cut them out and glue them together to make a city scape picture.

Further Exploration:

Lego Architecture Studio

This is an investment of a toy, but for the kid who has a serious interest in the subject, it is an incredible toy. Over 1,000 white pieces with an instruction booklet on how to replicate famous structures around the world.



Builder/Construction

Make something tangible using your "hands".

Easy at home:

Popsicle Birdhouse

There are a ton of projects that you can make with glue and popsicle sticks. This is an easy way to introduce the idea of building something from scratch without a ton of needed tools.

Further Exploration:

Young Woodworkers kit Club

A new project comes each month with a new project and all the pieces that you need to make it come together.



Writer/Editor/Publisher

Entertain with the written word .

Easy at home

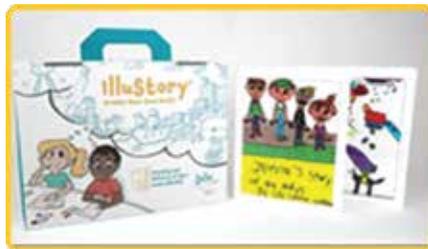
Make a homemade book

All it takes is some paper tied together with string, staples or binder rings and poof- instant book. If helpful, give your child a starting theme like "jungle book". Picture and inspiration from funlearninglife.com

Further Exploration:

Illustory

Each kit contains everything needed to write and illustrate a 20 page book. Cost includes mailing in contents and turning into a real hardcover book.



Journalist

Inform with the written/spoken word

Easy at home:

Interview an adult about a topic (give them a topic if helpful- like their job, how they met their spouse, their favorite hobby) and then have them write, draw or verbally report a story about what they learned. Make it even more fun by giving them a journal to keep their interviews in. If verbal, tape and play back for them.

Further Exploration:

The Newspaper Club Books

Learn what it means to be a journalist through this book series about kid journalists.



Coder/Programmer/Software Developer

These are all people who can create interfacing computer programs; coders being the least experienced up through the more experienced software developer. This is not only a fun skill to learn, but one of the most valuable for this generation.

Easy at home:

Crack the code scavenger hunt

Create a code aligned with letters (or find one on the internet) and create a series of clues. Provide the first one and hide the rest ending with a prize of some sort

Further Exploration:

Wonder Workshop (Dash and Dot)

While coding toys are popping up all over, and giving the need for this skill – rightfully so, the Wonder Workshop brand is endorsed by the Bill and Melinda Gates favorite.



Farmer/Agriculture

There is actually an expansive number of careers in farming beyond the traditional “grower” job: biofuel development, forestry, aquaculture, inspector general, genetic farming, USDA certifier, wineries and many other biology or specialty farming roles.

Easy at home:

Trip to home and garden store

This is one for the warmer months, but if the season is right, take your child to a home and garden store and let the pick out seeds to plant their own plot of things to garden and tend to. Seedlings for a “butterfly garden” (plants that attract butterfly) or easy to grow vegetables are a good choice.

Further Exploration:

Indoor garden

This website has a nice list of options for indoor gardens that kids can tend to regularly. <https://indoorgardening.com/8-indoor-garden-kits-for-kids/>



Whether cooking or baking, YouTube is a great resource to get into the kitchen with kids. Videos made specific for kids make it easy to break recipes down. Here are two channels to get you started: The Bow Girls and Charli's Crafty Kitchen.

Chef

Cooking is more of an art and can be adjusted as you go and turn out a little different each time. It's about learning the skills that allow you to be nimble.

Easy at home

Homemade Pizza

This is a great meal to start with as it teaches a number of skills and is a food that most kids love. The Bow girls have an easy to follow video. Add a bit more complexity by making the crust from scratch.

Further Exploration:

Radish Kids

Cooking kits for kids that come once per month. Each kit contains everything you need, videos and lesson plans that go with each meal.



Baker

Baking is much more of a science. Most baking starts with the same basic ingredients, but it's the precision of how it all comes together that separates a muffin from a cookie.

Easy at home:

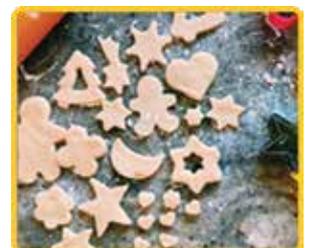
Cookies

This is a super easy way to start baking and the internet is full of recipes. You probably already have one that you love. Let the kids do all the measuring and mixing so that they can see how it comes together.

Further Exploration:

Easy Bake Oven

It may have been given a makeover, but this toy has stood the test of time in teaching young kids to love to bake.



Business Skills

One way to teach lots of these skills at once is through encouraging your child to start their own “business”. Bake sales are a low cost way to get started, but lemonade stands, craft sales or anything else that matches your child's interests will do a well.



Project Manager:

Sit down with them when starting the project and talk through all the various steps needed. Write them down or create a checklist for them to follow.

Purchasing and Logistics:

What supplies will you need? Where will you get them?

Finance:

Give your child a starting budget for supplies. Help them create a profits and loss statement. What will their costs be? What will they sell their products for? What will their profits be?

Research:

What products will be the most popular (brownies vs. cookies)? Are people willing to pick up or do they need to be delivered or sold as a “retail” location? What flavors should you make? How many of each?

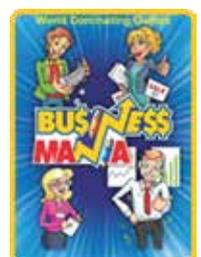
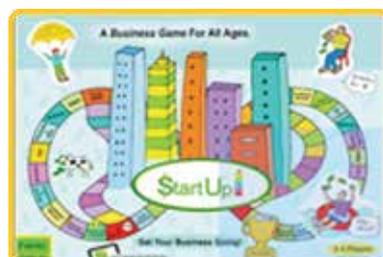
Marketing:

How will you talk about your product in a way that will convince people to buy it?

Sales:

How will people find out about your product? Social media? Phone call? Neighborhood flyers?

There are also board games that can be found easily on Amazon that teach business ownership and business skills.

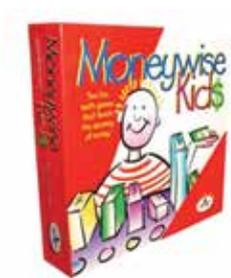


Of all the business skills that kids can and should learn at a younger age, finance is one that parents can do more to teach at home.

For younger kids, Dave Ramsey has a line of books to teach kids about the different aspects of money, spending and saving.



These games teach children about earning and spending money through every day life scenarios.



Discoverers

Astronomer

Kids love learning about space, increase their fascination by teaching them that you can study this for a living.

Easy at home:

Planets and Stars

Learn about planets by cutting out planets using construction paper and hanging them from a hanger.

Learn about planets by downloading constellation patterns at <https://www.greenkidcrafts.com/diy-constellation-projector/> and taping them to the end of toilet paper rolls. Use a flashlight to project them onto a wall.

Further exploration:

Telescope

The best way to appreciate space is to get out and look at it. There are some surprisingly inexpensive telescopes that are kid friendly and even let kids capture pictures of the things they see.



Astronaut

Move beyond studying space and experience what it would be like to go into space.

Easy at home:

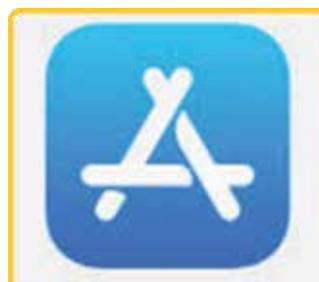
App Play

While trying to avoid too much “screen time” recommendations, in this case, there are a ton of really great Apps that simulate space exploration. Some great examples are NASA and Lego City Explorers (Space).

Further Exploration:

Astroneer

Space exploration video game on Xbox, PlayStation and your computer.



Physicist

Study of how the universe behaves (matter and how it interacts with energy and force).

Easy at home

Balloon inflate

Put a balloon over a water/pop bottle opening and then dip it into warm water. Watch as the balloon inflates. This happens because when the air inside of the bottle is warmed, it needs more space, so it expands and blows up the balloon.

Further Exploration:

Physics Kits

These can be fairly complex topics to teach, so let a kit do the heavy lifting for you! There are a number of great options when you search for physics kits on Amazon.



Archeologist

Someone who studies history through the excavation and analysis of artifacts and remains. Kids who love dinosaurs should definitely learn about and love this type of play.

Easy at home:

Dinosaur Dig

Visit parentingchaos.com to learn how to make your own dinosaur bones at home with salt dough, otherwise, gather some small objects and put them with sand or dirt and see how many you can find using a paint brush.

Further Exploration:

National Geo. Dig Kits

National Geographic has a full line of dig kits for fossils, gems and a half dozen other animal related digs.



Marine Biologist

Study of marine animals.

Easy at home:

Ocean Mural

Use simple paper or a cut out box. Research the plants and animals that you want in your ocean, draw and cut them out and put them at the levels of the ocean where they belong. Plan for both plants and animals.

Further exploration:

National Geographic Ocean-Pedia

Kids who love learning about animals will love this ultimate reference book.



Biologist

These are people who study living things. Study of biology can go onto many different careers like laboratories tech and pharma.

Easy at home:

Colored Flowers

Put a white flower or other plant (like cabbage or celery) into colored water (food coloring) and watch the color of the plant change over 24 hours. Be sure to use a generous amount of food coloring, cut the stems at an angle and shorter than 10 inches, fill the jar/vase ¼ of the way full. This happens because the tiny tubes inside of the plant drink up the water like a straw. This process is called transpiration.

Further Exploration:

Microscope

You can get a child's microscope at a pretty reasonable cost. The National Geographic version comes with filled slides and experiments and blank slides for experimentation.



Genetic Researcher

Studies genetics in order to find cures for illnesses

Easy at home

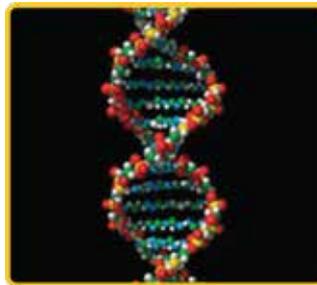
Why Germs Spread

A very simple experiment that teaches kids about a very basic principal when it comes to curing illness- hand washing. In the storm of the Corona Virus- this experiment has become very popular. Have your child put their finger in a bowl of water with a layer of pepper on top. Have your child wash their hands and then put their finger in again- the pepper spreads away from the clean hands!

Further Exploration:

DNA Kit

You should research the kit that is best for you, but this is a wonderful way to teach your child about DNA in the context of where they come from and a bit about their grand parents and great grand parents stories.



Historian

The study of past people and events

Easy at home:

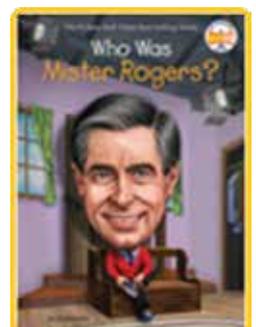
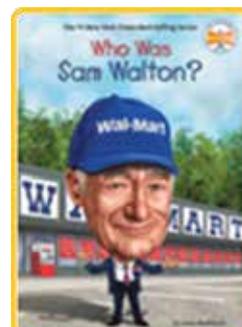
“Who Was” App

Based on the popular book series, this app teaches and quizzes kids about popular historical figures. There is also a show on Netflix in the “Who Was” family as well.

Further Exploration:

“Who Was” Books

With over 200 books, you can dive deeper into the people that your child shows a particular interest in.



Service People (Police/Military/Fundraisers etc.)

People who make a living making sure that our society is safe and protected. They work to make sure that society is better off.

Easy at home:

Donations

Have your child help you pick out the clothing or toys that they have outgrown and donate them to a local charity or shelter. Another option is to bake treats and pass them out at a senior citizen home. Find a way to give back and teach how important this is and how there are careers that do this as well.

Further exploration:

VolunteerMarch.org

Website that allows users to search by zip code for volunteer opportunities throughout the United



Fireman

Keeps people safe from fires and other dangerous situations.

Easy at home:

Obstacle Course

Using streamers (or toilet paper if you stockpiled it!), create an obstacle course to climb through.

Further Exploration:

Nintendo DS- My Hero – Fire Fighter

This is the first of the 3 part “My Hero” series. Rated E for everyone, the reviews seem to indicate that it is meant for an elementary school aged child vs. the Wii and PS2 firefighter games might be for slightly older kids.



Activist/Politician/Lawyer

People who fight for the rights of others

Easy at home

Write a letter to your legislator

A great way to teach your child to care about civics, laws and liberties is to engage them in a topic that impacts their age group. Topics may include climate change, vaccination laws or education. Help them do some online reading and research and plan out their letter. If you search on alphanom.com, you can find post cards that are meant to help letters from kids stand out when they arrive at their final destination

Further Exploration:

Constitution Quest

This game is 10+, so may not be right for all kids yet, but with such great Amazon reviews and recommendations, it is great to see a fun and easy way for young people to learn about such an important topic.



Detective/CIA/FBI

Solve Crimes and track down criminals in your neighborhood and around the world.

Easy at home:

Detective Hunt

Gather a bunch of objects from around their home that would give a clue as to where they came from (spoon from the kitchen, lego from the toy chest etc.). Hide them around the house so that one leads to the next until the end. Start with a story about a missing xyz that needs help and hand off the first clue. Kids will run around the house hunting down clues until they get to the end.

Further Exploration:

Detective Kit

You can find dozens of detective kits on Amazon. Some are more focused on the "tools" and allow for free play, where others, like Melissa and Doug's (featured) Secret Decoder Activity Set – gives a bit more directive play and is good for kids as young as 6.



Doctor/Nurse/Paramedic/Dentist/Optometrlist

People who help care for sick people. There are so many types of doctors, this is a great time to start introducing kids to the general idea of medicine as a profession and some of the most basic types.

Easy at home

Pretend Play

You, your child or a baby doll can be the patient. If you don't have a pretend kit at your house, pull out some items from your medicine cabinet, like a thermometer, gauze, band aids etc.

Further Exploration:

Get deeper into the field with more technology driven learning.



An oldie by a goodie. Learn the parts of the body while having a little fun.



My Hero- Doctor
One of the Nintendo DS "My Hero" games, intended for elementary school aged children.



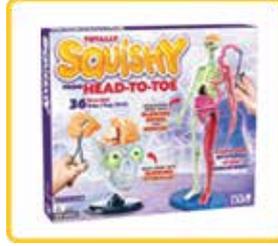
Play-Doh
dentist/ortho kit



Kids First- Human
Body Science Kit



Curiscope Virtuali Tee:
Virtual reality t-shirt
that teaches kids
about anatomy
through an app.



SmartLab – Squishy
Human Anatomy Puzzle



Physiologist/Therapist

People who help others learn to better understand their emotions.

Easy at home:

Managing Emotions

Two great crafts. First, create a “when something is bugging me” sign. Brainstorm with your child language and actions they can take when they are upset. Second, create emotion cards/sticks to help kids recognize and share their emotions.

Further exploration:

The mindfulness game

Connect with kids through questions, self-reflection and actives. Another game worth note is Totem that works on self-esteem.



Physical Trainer/Teacher

People who help others with their fitness goals.

Easy at home:

Cosmic Kids Yoga - YouTube

Yoga instruction designed specifically for kids with stories that surround the movements, animation and Themes that your kids will be excited about like Harry Potter and Frozen.

Further Exploration:

Fitivities Movement Game

Can be played indoors or outdoors. 20 different styles of activities to encourage your kids to get up and moving with a group of people.



Nutritionist

People who help up to eat well and stay healthy

Easy at home

Learn about food groups

Grab one paper plate for each of the food groups. Have your child come up with foods that they enjoy and that fit into the food group. Color pictures of those foods onto each plate. As a bonus you can hang the final artwork on your fridge and come snack/meal time you have an easy menu of healthy foods to choose from!

Further Exploration:

Health Beet Portion Food Plate

Reinforce the importance of healthy eating and food groups with plates and bowls that teach kids about the types of foods they should be eating (and encourage you to make them!). Each set comes with a teaching/activity guide.



National Parks/Parks and Recreation Management

People who help keep our public spaces running and beautiful.

Easy at home:

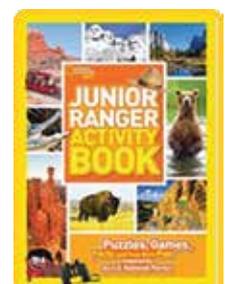
National Parks Adventure- Netflix

Narrated by Robert Redford, this 42 minute movie will take your child on an adventure through the National Parks of America.

Further Exploration:

National Geographic – Junior Ranger Activity Book

A look at all 59 of the National Parks with games and trivia to keep your child engaged and interested. If you are looking for your next vacation idea, send them on a mission to help pick out a few places they would like to visit and why!



Tour Guide/Travel Specialist

People who help us plan our next trip.

Easy at home:

Vacation Submission

Let your child submit an idea for your next family vacation. Give them questions to answer like what would we do? What would we see? How would we get there? Why did you choose this place? What would you be most excited about doing? What historical things have happened in this place? Equip them with a map/globe and access to websites like wikitravel and wikipedia.

Further exploration:

Little Passports – World Explorer Package

Monthly Subscription that introduces your child to a new place in the world every month.



Hospitality Management

People who take care of us at hotels, restaurants and places where we go to have fun.

Easy at home:

Tea Party/Restaurant

Let your child serve you tea/food – either real or pretend. Teach them about taking orders, customer service and clean up. Talk about what tipping is and why we do it.

Further Exploration:

The accessories

Amp up the play experience by adding menus, money and ordering pads. If you are up to the challenge, these are things that you can make yourself or find a kit (Like Melissa and Doug) that includes these extra items.



Handy Men and Women (Carpenters/Plumbers/Electricians)

People who help us build or fix things when they are broken

Easy at home

What needs fixing?

Find a manageable project around the home that your child can help with – repainting the mailbox is a good one that often needs attention but rarely is at the top of our to-do list.

Further Exploration:

Tool Kit

This is a great time to introduce your child to tools. There are tool kits for kids that are real tools and a far better investment than the plastic alternatives. I know a father who lets his child pick out a tool every time they go to the store instead of a toy and is slowly building a tool box that he will be able to use as he grows.



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Transpiration (Pilot, Driver, Capitan, Train Engineer)

People who help us get people or goods from one place to another.

Easy at home:

All you need is a box

With a box you can make a pretend plane, car, boat or train. Add extra elements like control panels, wheels or paint!

Further exploration:

Drive for real

Is there any greater toy than the drivable car? A tractor toy allows for teaching a bit more about the value of transportation and add an extra element of pretend to the play.



Translator/Ambassadors/Language Teachers

People who help us break the barriers of different languages.

Easy at home:

YouTube Videos

There was not a single channel that delivers against all languages, but a search for “xxxxx language children's songs with English subtitles should bring up videos that you can play with your child. Music is a great way to learn new worrds outside of structured lessons.

Further Exploration:

Online Learning

Short of personal lessons, online lessons can be a great tool for actually becoming fluent in a language. MuzzyBBC.com and LittlePim.com are two good options.

