

## Ideas & Suggestions for CASAs & Child Activities

**Note: Check the CASA Website/Feebies for possible discounts for activities listed below.**

### After School

- Local Park. Play equipment/feed ducks/explore nature
- Local Library. Good place to do homework or just read books
- Lafayette Reservoir ([www.edmud.com/services/recreation/east\\_bay/lafayette](http://www.edmud.com/services/recreation/east_bay/lafayette)) – walking, fishing, boating
- Animal Rescue Foundation ([www.arf.net](http://www.arf.net)) – call first
- Contra Costa County Animal Shelters – call first ([www.co.contra.costa.ca.us/depart/animal/](http://www.co.contra.costa.ca.us/depart/animal/))
- Visit a local Farmer's Market (<http://www.co.contra-costa.ca.us/depart/agriculture/market.html>) healthy tasty treats and an education
- Bike Riding
- Heather Farms Off-leash Dog Park
- Shopping, but make sure they prioritize their needs & wants. Teaches them what is important and the use of a budget.
- Bowling
- Ice Skating at local area rinks in the winter.

### Day or Weekend

- Train Ride ([www.amtrak.com](http://www.amtrak.com)) to Old Sacramento ([www.oldsacramento.com](http://www.oldsacramento.com)) – riverboats, train museum, steam train museum, shops & restaurants
- Safari West, The Spirit of Africa in the Wine Country ([www.safarivest.com](http://www.safarivest.com)) – huge reserve of African animals
- East Bay Regional Park ([www.ebparks.org](http://www.ebparks.org)) – kids section lists rides, museum, play areas, etc. And, click on this page ... <http://www.ebparks.org/activities> and you will find Kids Challenge Guidebooks, an annual event.
- DLOC's Stars 2000 Teen Theatre ([www.dloc.org/youththeatre/stars2000.html](http://www.dloc.org/youththeatre/stars2000.html)) summertime only
- Bay Model - replicates the flow of the water and tides in the bay and the delta ([www.spn.usace.army.mil/bmvc/bmjourney/the\\_model/walk\\_through/main\\_page.html](http://www.spn.usace.army.mil/bmvc/bmjourney/the_model/walk_through/main_page.html))

- Miniature Golf
- Guitar Lessons. Contact Frank Darling [findarling@aol.com](mailto:findarling@aol.com) who runs Guitars not Guns.
- Mt. Diablo State Park ([www.parks.ca.gov/?page\\_id=517](http://www.parks.ca.gov/?page_id=517)). Walk the loop at the top, have a picnic, great 360 view
- Lawrence Hall of Science ([www.lhs.berkeley.edu](http://www.lhs.berkeley.edu))
- Take a nostalgic ride, drive by former foster homes, schools. It may give your child an opening to give you some insight on their past
- Color Me Mine ([www.colormemine.com](http://www.colormemine.com)). Paint a piece of pottery for keeps
- All In The Kiln – Walnut Creek, [www.allinthekiln.com](http://www.allinthekiln.com)
- Visit Diablo Valley College ([www.dvc.edu](http://www.dvc.edu)). How will they want to go if they don't know what it is?
- Tilden Park ([www.ebparks.org/parks/tilden](http://www.ebparks.org/parks/tilden)). One CASA and child like to go Newt Hunting – “just the silliness of the word made it attractive to her (child)”. Done during the rainy season, take a bucket or two and some boots, slosh around in the mud near the streams ... then catch and release the newts, take pictures, search for information on newts & turn it into a mini-science class.
- Virarium Exotic Pet Shop ([www.eastbayvivarium.com](http://www.eastbayvivarium.com))
- Hike a trail, pack a lunch or take a snack. Contra Costa County Hiking Trails <http://www.mountaintravelguide.com/California/ContraCosta/Hiking/ContraCostaHikingTrails.htm>
- Cook a meal! This requires coordination with/permission of the parent, foster parent or group home but, one CASA has found it to work well. The kids enjoy the activity - cooking, baking, including the shopping for the ingredients.
- Help organize the child's room. Together you can figure out what is comfortable and efficient.
- Take BART somewhere ... just getting there is an experience.
- Chabot Space & Science Center, [www.chabotspace.org](http://www.chabotspace.org)
- USS Hornet Museum, [www.uss-hornet.org](http://www.uss-hornet.org)
- Palace of Fine Arts / Exploratorium, [www.exploratorium.edu](http://www.exploratorium.edu)
- Oakland Zoo, [www.oaklandzoo.com](http://www.oaklandzoo.com)
- California Academy of Science, [www.calacademy.org](http://www.calacademy.org)

- Michael's Arts & Crafts, <http://www.michaels.com/kids-crafts-and-activities>

There is a great Saturday morning program for kids at the Pleasant Hill location. For store locations check, <http://www.michaels.com/kids-crafts-and-activities>

- Pixie Playland, <http://www.pixieland.com/Home.html>