



KIDZCOMMUNITY WEEKLY UPDATES & ACTIVITIES

How are you all doing? It's been a long 2 months, and while this packet has lots of great info and fun activities to support you and your family at home, we want you to know that what you're doing IS enough. It's ok if the laundry doesn't get done, it's ok if you have breakfast for dinner, it's ok if the homeschooling with your school-age children doesn't quite get done, it's ok if your toddler or preschooler (or school-ager) are "just playing." It IS ENOUGH. You are ENOUGH.

Take this opportunity to embrace this time together. Take a walk together and get some fresh air (while physically distancing, of course). In fact, "just playing" might just be the right thing to help you if you're feeling stressed.

We are here to support you. Your teacher, home visitor, advocate or site supervisor are reaching out and available to help. Our central office staff, while not physically in the office are all working for you. Give us a call if you need to.

All that being said, if your children are bored and you need some ideas, here's a little info on what we call "process art," another form of play. Like true play, which is open-ended and self-selected by a child, process art allows the child (or adult) to freely express themselves with the materials at hand. It's often calming, and has no right or wrong way. Process art allows us to express emotions and ideas simply through smearing, squishing, drawing, or placing materials. The experience is an exploration of the materials and tools, and whatever you do with it, or "make" is all your own.

Children playing or exploring through process art are always learning. They are learning about cause and effect, planning and predicting, and problem solving, all skills needed for later "math and science." Exploring art materials often involves lots of rich language and expressing of stories, feelings and emotions, all important for building confidence in later reading, and managing of life situations. And the simple act of squishing playdoh, clay or mud, or those broad strokes of a paintbrush prepare them for later writing.

Take some time to enjoy some of these process art activities with your child (you can always use an old sheet or shower curtain, or newspaper to protect things you don't want messy), and see if it helps calm, and brings joy to your day.

<https://www.naeyc.org/resources/pubs/tyc/feb2014/process-art-experiences>





Paper Tube *process art* Sculpture



<<< Paper Tube Sculpture

- Cut papertowel tubes
- Small Glue (can be poured into small container and spread with Q-tip, or squeezed from bottle)
- Plastic lid or flat cardboard

Create!

<https://www.schooltimesnipets.com/2015/10/paper-tubes->

Incline Painting >>>

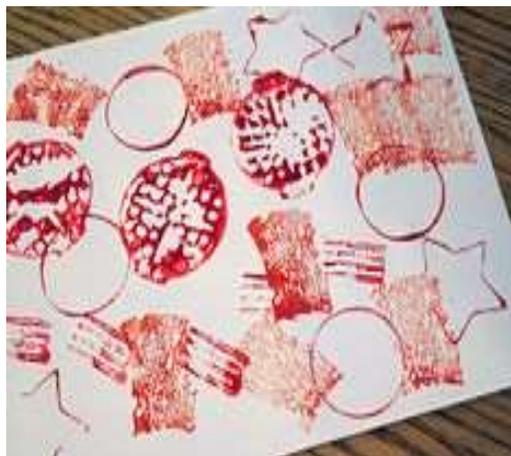
- Paint (in shallow tray)
- Paper
- Variety of balls
- Tape
- Incline (slide, board)

Roll ball in paint tray, and place on incline! Watch the different prints, or how the balls roll!

<https://www.growingajeweledrose.com/>



Look for paint, glue and brushes at Dollar Tree, a local craft store, or use one of our previous homemade paint recipes. And a simple glue/paste recipe is flour and water.



<<< Gadget Prints

- Shallow tray of paint
- Gadgets (comb, potato masher, papertowel tube, cookie cutters)
- Paper

Explore cause and effect and the different prints different gadgets make.



<https://lalymom.com/process-art-challenge-painting-for-kids/>



https://nurturestore.co.uk/wp-content/uploads/2014/04/IMG_7772.jpg

Painting on Foil

Sometimes you need a quick rescue remedy - something that's easy to set up, will engage a group of children, and hopefully perk up a gloomy day or grumpy kiddos. This simple set up of painting on foil is one of those activities. All you need is a roll of kitchen foil, some paint, and either brushes or hands to create some art.

Roll out a sheet of aluminum foil on a table or wrap around a piece of cardboard or a painting canvas.

Use beautiful, bright colors and enjoy the visual effects.



Color Collage

<https://teaching2and3yearolds.com/teaching-colors-to-toddlers-and-preschoolers/>



- 6 to 8 pieces of cardboard or paint canvas'
- Paint in 6 to 8 different colors
- Loose Parts collected from around the house
- Glue

Go on a color hunt to collect colorful loose parts from around your house

Paint each piece of cardboard or paint canvas a different color

Use the glue to stick the Loose Parts onto the corresponding colored cardboard or canvas

Notice and talk about the different shades of colors



painting around
H O L E S



<https://artfulparent.com/painting-around-the-hole/>



Use many different art mediums to paint, color, draw...around a circle hole in a large piece of paper. Have children explore and create zigzags, polka dots, swirls,...

Have fun and be creative!



Grab those kitchen tools for a fun process art project!

Rummage through your kitchen drawers to find fun and unique kitchen tools

Large poster board or butcher roll of paper

Fun, and bright paint colors

Squirt paint onto the paper and use the kitchen tools to discover painting techniques and fun affects

<https://busytoddler.com/2016/07/kitchen-tools-as-paint-brushes/>

Raised Salt Painting

Bottle of squeeze glue

Salt

Water Color paints

Thick paper

Have the children squeeze the glue in a fun design onto the paper.

While the glue is still wet, sprinkle the salt onto the glue and let dry.

Shake off excess salt

Use liquid water color paint to paint the salt and let dry.



<http://www.housingaforest.com/raised-salt-painting/>

Activity

ABC Fitness

Materials/Music Needed

None

Description of Activity

Challenge students to perform the following movements:

- **A** is for **Air**. Can you take 5 deep breaths of air?
- **B** is for **Bouncing**. Can you bounce like a ball?
- **C** is for **Curling**. Can you curl your body into a round shape?
- **D** is for **Dodging**. Can you dodge from side to side?
- **E** is for **Exercises**. Can you do your favorite exercise?
- **F** is for **Football**. Can you pass a ball like a quarterback?
- **G** is for **Golf**. Can you swing your golf club and hit the ball hard?
- **H** is for **Helmet**. Can you put yours on and ride your bike?
- **I** is for **Ice Skating**. Can you skate around the room?
- **J** is for **Jump**. Can you jump up high?
- **K** is for **Kick**. Can you kick each foot up high?
- **L** is for **Lean**. Can you lean to the left, then lean to the right? Do it again 5 times.
- **M** is for **Muscles**. Can you pose and show me your muscles?
- **N** is for **Nose**. Can you touch your nose? Sing and do Head, Shoulders Knees & Nose.
- **O** is for **Over**. Can you jump over 3 great big holes?
- **P** is for **Push-ups**. Can you do 18 push-ups?
- **Q** is for **Quietly**. Can you tip toe quietly?
- **R** is for **Run**. Can you run in place very fast?
- **S** is for **Swim**. Can you swim like a fish?
- **T** is for **Throw**. Can you throw the ball really far?
- **U** is for **Under**. Can you get under your desk?
- **V** is for **Vibrate**. Can you shake and vibrate like a washing machine?
- **W** is for **Wiggle**. Can you wiggle like a worm?
- **X** is for **X-ray**. Can you trace the bones in your arms and hands that an x-ray could see?
- **Y** is for **Yo-yo**. Can you go up and down like a yo-yo?
- **Z** is for **Zigzag**. Can you zigzag around the room?

Adaptations for Students with Movement or Health Concerns:

Safety precautions in limited space:

- Be sure chairs are placed under desks and tables to increase movement areas in the room
- Remind students that space is limited.

Reflection for modifications in the future:

POOL SAFETY

If you own a home with a pool – or are visiting a home with a pool – take steps to protect children from drowning.

After birth defects, drowning is the **No. 1** cause of death for children ages 1-4 years. Many of these children drown in pools at people's homes – often during times no one was supposed to be swimming. Children can climb out a window, crawl through a doggy door, or exit an unattended door to get to the pool. Drowning is silent and happens in minutes.



An adult should **constantly watch children** at all times when they are in or by the pool. **Learn CPR.**

Every pool should have a fence that surrounds all four sides, **especially the side that separates the house from the pool.** The fence should be non-climbable, at least 4 feet high, and have a gate that is self-closing and self-latching.

 **Swimming lessons** can help reduce the risk of drowning for children. Some kids may be ready to start swim lessons after age 1.

 Pool covers, door alarms, window guards and **pool alarms** can be additional layers of protection when used with a fence.



Keep toys **out of the pool** when not in use. 

Can your child swim?



Children need to learn to swim!

infant



crawler



toddler



child



teen



Most children are ready for swim lessons by age 4.

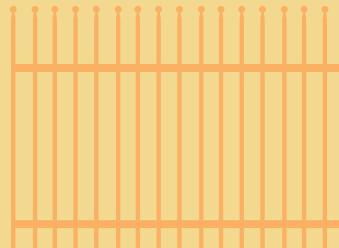
Every year, about **136 children** ages 5-9 drown.
Take steps to protect your child from water hazards
around the home.

Choose safe places to swim, with lifeguards and no rip currents or big surf.



Have a pool?

Be sure you have a **fence around all four sides.**



Assign a **water watcher**

– an adult who will pay constant attention to children in the water.



If you are the water watcher, be sure to:

- Put down your cell phone
- Avoid other activities
- Supervise even if there are lifeguards
- Switch off with another adult for breaks



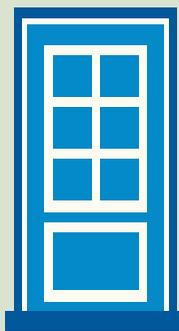
Make sure your child learns to swim from an experienced and qualified instructor.

Check for lessons at local swim schools, recreation centers, park districts or summer camps.

Learn CPR! It may save your child's life.



Avoid 'floaties.' Instead, children should wear **Coast Guard-approved life jackets** when in and around water.



Use safety gates, or **lock the door to the yard or garage**, to keep your child from going outside unnoticed.



healthychildren.org

Powered by pediatricians. Trusted by parents.
from the American Academy of Pediatrics

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



FAMILY

Nearly 5 million people are treated for skin cancer each year in the United States. Skin cancer can be serious, expensive, and sometimes even deadly. Fortunately, most skin cancers can be prevented.



PROTECT YOUR FAMILY FROM SKIN CANCER



Ultraviolet (UV) rays—from the sun or from artificial sources like tanning beds—are known to cause skin cancer.



Damage from exposure to UV rays builds up over time, so sun protection should start at an early age.

PROTECT YOUR FAMILY AND YOURSELF FROM SKIN CANCER

STAY SUN SAFE OUTDOORS



Seek shade, especially during midday hours. This includes 10 am to 4 pm, March through October, and 9 am to 3 pm, November through February. Umbrellas, trees, or other shelters can provide relief from the sun.



Be extra careful around surfaces that reflect the sun's rays, like snow, sand, water, and concrete.



Wear sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes.



Sunglasses protect your eyes from UV rays and reduce the risk of cataracts and other eye problems. Wrap-around sunglasses that block both UVA and UVB rays offer the best protection by blocking UV rays from the side.



Wear a long-sleeved shirt and pants or a long skirt for additional protection when possible. If that's not practical, try wearing a T-shirt or a beach cover-up.



Apply a thick layer of broad spectrum sunscreen with an SPF of 15 or higher at least 15 minutes before going outside, even on cloudy or overcast days. Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

LIMIT UV EXPOSURE

Discourage Indoor Tanning and Sunbathing

Indoor tanning and sunbathing often begin in the teen years and continue into adulthood. Don't wait to teach your children about the dangers of tanning. Children may be more receptive than teens, so start the conversation early, before they start sunbathing or indoor tanning.

For example, you can

- Help preteens and teens understand the dangers of tanning so they can make healthy choices.
- Talk about avoiding tanning, especially before special events like homecoming, prom, or spring break.
- Discourage tanning, even if it's just before one event like prom. UV exposure adds up over time. Every time you tan, you increase your risk of getting skin cancer.



UV rays are strongest

- During midday.
- Near the equator.
- During summer months.
- At high altitudes.



Remember that sunburns and skin damage can occur even on cloudy or overcast days. If you're unsure about the sun's intensity in your area, check the daily [UV Index](#) for your zip code on the US Environmental Protection Agency's website.

INDOOR TANNING

- Exposes users to intense levels of UV rays, a known cause of cancer.
- Does not offer protection against future sunburns. A "base tan" is actually a sign of skin damage.
- Can spread germs that can cause serious skin infections.
- Can lead to serious injury. Indoor tanning accidents and burns send more than 3,000 people to the emergency room each year.

The US Food and Drug Administration states that indoor tanning should not be used by anyone younger than age 18. Many states [restrict the use of indoor tanning by minors](#).

There's no such thing as a safe tan.

Choose Sun-Safety Strategies that Work

Broad spectrum sunscreen with an SPF of 15 or higher is important, but it shouldn't be your only defense against the sun. For the **best protection**, use shade, clothing, a hat with a wide brim, and sunglasses, as well as sunscreen.



FOR MORE INFORMATION, VISIT CDC'S [SUN SAFETY WEBSITE](#).



Lentil Paste/Spread

(Wondering what to do with those lentils??)

Ingredients:

- ½ cup cooked lentils
- Juice ½ lemon
- Salt
- Pepper
- Garlic powder
- Onion powder
- Italian seasoning

Directions:

It is not necessary to soak lentils overnight. Place cleaned lentils in a sauce pan with plenty of water. Bring to a boil and let boil for 20 minutes. Drain water and remove ½ cup for the recipe. Cover and save the other ½ cup for another meal. Blend cooked lentils into a paste and add the other ingredients stirring until well incorporated. Let rest in the refrigerator for about an hour.

Spread the paste on anything for example, toast bread and spread paste then top with avocado, tomatoes and onions for a delicious breakfast or snack. Or slice up some veggies and use the lentil paste as a dip. See video link [Here](#).





Rhubarb Salad with Goat Cheese

Everyday Food, A Martha Stewart Magazine, May 2009, issue 62

Ingredients:

- $\frac{3}{4}$ pound rhubarb, cut into $\frac{3}{4}$ " pieces
- $\frac{1}{4}$ cup honey (not for children under 1 year old)
- $\frac{1}{2}$ cup walnut halves (allergen)
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- Coarse salt and pepper
- 4 bunches arugula, tough ends removed, about 1 lb)
- 1 fennel bulb, cored and thinly sliced crosswise
- $\frac{1}{2}$ cup goat cheese, crumbled

1. Preheat oven to 450°F, with racks in upper and lower thirds. On a rimmed baking sheet lined with parchment paper, toss rhubarb with honey. Roast on upper rack until beginning to soften, about 5 min. Let cool on baking sheet. On another rimmed baking sheet, toast walnuts on lower rack until fragrant, 5 min. Let cool, then chop.
2. In large bowl, whisk together oil and vinegar and season with salt and pepper. Add arugula and fennel and toss to combine. Top with rhubarb, walnuts and goat cheese.

STRESS

Talk Back to Your Unhelpful Thoughts II

Stress comes from our perception of the situation. Technically, the actual situation is not stressful; it is our **PERCEPTION** that makes it stressful. Here are some common unhelpful patterns of thinking that we all have, as well as ways you can challenge these thoughts.

Jumping to Conclusions:

You interpret something negatively even though you don't have all of the facts.

Challenge: Ask yourself, "Do I really know this to be true?" If the answer is no, focus on the things that you do know are true and on what information you still need.

Catastrophizing: You negatively exaggerate the importance of things.

Challenge: Try to take the event for what it is, and do not let your mind go astray.

Emotional Reasoning:

You assume that your negative emotions necessarily reflect the way things really are. "I feel it, therefore it **MUST** be true."

Challenge: Seek out the opinions of trusted friends or family to evaluate whether your thoughts are accurate.

"Should" Statements:

You try to motivate yourself by saying, "I should/shouldn't" do something.

Challenge: Think about the advantages and disadvantages of your thoughts, feelings, and/or

behaviors. Are you gaining anything from your thoughts or feelings? Discuss with a friend or family member to determine the accuracy of your thoughts.

Personalization: You see yourself as the cause of a negative event for which you were not entirely responsible.

Challenge: Carefully evaluate the situation to figure out if you really have any responsibility for the results. Identify outside factors that may be impacting the outcome.

