

AT-HOME ACTIVITIES FOR KIDS OF MANY AGE GROUPS

Getting Started: Parents & Grandparents might want to gather a few fun items to have on hand in the home for the upcoming activities. You might be surprised how many of these things you already have lying around. Let the kids look for them, when it comes time to gather, like a Scavenger Hunt!!

Craft Box: Kids love to be challenged. So first off – start a box (one from the grocery store) of all kinds of things for crafts like toilet paper rolls, multi-types of ribbon, kid scissors, glue, crayons, paper clips & metal brads, paper (could be oops paper from your printer), Styrofoam from everywhere, plastic bottles &/or cups & spoons, egg crates, paper plates of varying sizes, colored tissue paper, googlie eyes are fun, felt, yarn, several boxes from the store of varying sizes (kids can make the darndest things!), magazines, etc. If you have it lying around or are about to recycle it, think twice – it might be great for a craft!! Ask your children to help keep the CRAFT BOX full!! Ask Grandma for things from her house! Kids will see things you don't, that are great for a craft project, like a tuna can without sharp edges (do you use that can opener that doesn't make sharp edges?). This is an on-going activity, so keep the Craft Box full!! It will be used for different purposes.

Books: Do you have a favorite book to read right now? What book would /could you read? Did you know that the public library checks out books virtually if you have a library card? You don't even have to go to the library to check out a book!! Just download the book to your cell phone or computer! It can be an eBook or Audio book! So you or anyone can enjoy "reading"!! Call your local library and ask about this service if you don't have the app on your phone or computer!! Your kids can have such fun listening to a book or reading! No excuses for not getting those books read!! (San Diego County Library system <https://www.sdcl.org/> and the San Diego City Library system <https://www.sandiego.gov/public-library>). How many books can you read in a WEEK?? Let's start a book chart at home of the books we are reading!

When You Rise in the Morning Activity: Be sure to make your bed right away! It's always good to keep things neat, like they do onboard a ship. If the ship gets messy, sailors will trip over things, causing hazards and possibly a danger to all. Or they will not be able to find necessary items when needed Not a good idea! So, for the good of the family it is always best to keep "a tight ship!" If you like the idea of earning stars or points, decide with the family what this activity is worth and start the morning with stars or points!

Good Morning Activity: Make Pancakes (with secret ingredients of vanilla & cinnamon!) that look like **bunny rabbits**, the **letter** of your name, a **house**, the **moon**, or whatever clever things you can create with Mom, Dad, Grandma or Caregiver. Now eat them with jelly, peanut butter, syrup, honey, chopped nuts, or raisins!! Yum that sounds great!! Take a picture and send it to a family member who is not there! Take a picture of you eating a big bite!

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Let's be Thankful for each of our Meals! Do you know a blessing to give at the beginning of each meal? Do you say the blessing or sing it? Can you sing the blessing with your family? Try the "Johnny Appleseed" Song, you'll find it online.



Mid-day Activity: (Use the Craft Box.) Choose one: **draw a picture** of what you have done this morning **OR** **create a collage picture** of what you did. What did you do? Eat breakfast, clean up your room, watch tv, brush your teeth, play with your pet, have a discussion with your sibling? Do you know what a collage is? Take paper or any items and fix them on to a large sheet of construction paper as your background. Cut or rip paper to make the items you need to represent your picture. This is a challenge but very fun! You'll need glue to paste down the items onto your construction paper backing. Show the picture to your parent when s/he comes home tonight. Take a picture of it with a cell phone and send it to someone. Explain what the picture is all about.

Create a Self-Portrait! That's a picture of yourself!! FUN! You'll need a mirror & lots of paper.

Collage: Many famous artists have used the collage technique. It's from the French word *coller*, which means "to glue". It's such fun to take all sorts of objects – or just pieces of paper – and glue them on a large sheet of construction paper!

*Image from Wikipedia.

After Breakfast Activity: Brush your teeth with the hand you usually do not use to brush your teeth! Do a great job of brushing the way the dentist tells you to brush. Is this difficult with the opposite hand? Usually it is a challenge to use your non-dominant hand. It lets you know what people need to do who break their arm or have a problem with their dominant hand and need to use their opposite hand have to do. Life can be challenging for them. Rate this challenge for difficulty from 1-10 as 10 being the most difficult.

Lunch Time: Help make your **sandwich** with the ingredients you like best (P, B & J; ham & cheese; tuna with pickle relish & mustard; egg salad; you think of something good) and then cut the sandwich in triangles and put the points facing each other so they look like a **butterfly**!! What else do you have to add to the butterfly to help it look more like a butterfly? Sliced olives, nuts, coconut, Cheerios (or other cereal), look around the kitchen and be creative. Then take a picture and send it to someone you love BEFORE you bite into it!!

Afternoon Craft Project: Remember that Craft Box you put together? Go get it and set it out on a table that you can work on to do craft projects. If you are at the dining room table, be sure to cover it with paper or a plastic cover to protect it before doing crafts. Think about keeping things neat and safe!

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Now here's your challenge! You have 30 minutes (or the allotted time agreed upon) to choose objects from the craft box to create whatever you would like to make. NO TAPE allowed! You get to think of clever ways to hold your pieces together (like maybe tying ribbon together, or brads, or paperclips, or ????) It's up to you to make something you can be proud to show to others! Take a picture of your craft when it is completed – with you in the picture!

Game Time: Play a **game** with someone at your house – or if no one is available to play a game, learn how to play solitaire with a deck of cards or on the computer. It's very challenging. You will have to learn how to think ahead. There are several solitaire games you can learn, like Klondike, Spider and others. Look them up on the Google and teach yourself or someone else.

Game of Categories: Draw 4 lines going down on a sheet of lined paper (for fold paper in half the long way once, then twice – then draw lines on the fold), so that sheet now is divided into 4 sections.

Then draw four lines across on the lines of the paper, so that you now have 4 sections going down.

The number of sections can vary, depending on the attention span of each child.

Down the left side, put some letters of the alphabet (for example, you could spell out a child's name: BRAD).

Across the top, write categories —for example, girls' (boys') names, car makes, animals, colors, capitols, countries, vegetables & fruits, fast foods, etc . You can make this harder or easier by changing the categories.

Players take turns writing in words that fit the category and start with the letter in the left-hand column. (Next to the letter B, in this example, you might have Brianna, Buick, baboon, Bismarck, Belgium, Banana, etc.) Give extra points for words that nobody else thought of if you are playing with more than one person. Or if you are just one, ask your parent to try this when s/he arrives home. It's a good challenge for them, also!!

Setting the table for Dinner: Do you know how to set a proper table? If not, it's time to learn!! On the left of the plate goes the fork. On the right of the plate goes first the knife, then the spoon. Above the knife is located the drinking glass. Look this up on a website to see how a proper table setting looks. It's fun to set the table correctly for each meal and make your table look good. What other things can you do to enhance the table for the family meal?

Idea: <https://www.realsimple.com/holidays-entertaining/entertaining/how-to-set-a-table>

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The Five Food Groups



vegetable, dairy, grain?

Image: Johnlkerd.com

Let's be Thankful for each of our Meals! Do you know a blessing to give at the beginning of each meal? Can you sing it with the family?

Morning Craft Project: Let's make some nice placemats for the table! Make a placemat for each person in your family. You when then put the placemat on the dining room / kitchen table where you all eat. Be creative. You'll need a sheet of paper for each placemat. If you have a roll of paper, that's even better, so you can use larger sheets for the placemats. Use color crayons, marking pens, or cut slits in the paper and weave strips of construction paper in the main mat to create a woven look! Take your time and be creative! Once complete, place on the table for use at each meal.

Mid-day Exercise – Go outside in your yard, in the driveway, on your sidewalk, somewhere safe close to your home and do some jumping jacks. Count how many you do. Have someone video you jumping and send the video to your parent or grandparent. High 5 for

Every Morning –

Rise & Shine in the Morning Activity: Be sure to make your bed each day!! Take on your responsibilities to family and home life! Be proud of yourself!! Take a picture of your freshly made bed! How great that looks!! Stand next to it for your picture.

What's for Breakfast today? Can you assist by setting the table? Now you know how! Also, you can help determine what makes a healthy meal. What is healthy for breakfast?

Protein, fruit, - so what do I need? Milk, egg, apple, bananas, orange, hmmm? What's the best way to eat something fun and stay healthy?

How about a scrambled egg taco, or oatmeal with all kinds of fun things for toppings (nuts, blueberries, strawberries, cinnamon, almond butter, chocolate chips – are we allowed? Raisins, jam, honey, etc.), or pancakes created in fun shapes like your initials or a house or a moon, or a car!

Be sure that whatever you eat is well-balanced. Talk to the adult in the room and look over what you are eating. What is the protein, fruit,

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doing a great job!! Now touch your toes 10 times. Whew. Next, stand up tall, spread your hands out wide, then up to sky. Can you do that 10 times – or more?? Who can be the leader in your group? Do you know how to play Simon Says? Try that now.

According to Education Space:

How to Play Simon Says:

1. Choose someone to be “Simon.”
2. Have “Simon” give a command to the other players.
3. If the command starts with “Simon says...” the players have to do it.
4. If the command doesn’t start with “Simon says...” and a player does it, they’re “out.”

Simon might say – “Simon says, Jump” - Simon might say, “Simon says, Take one step forward” etc. Everyone needs to do these commands. If he says, “Jump” and someone jumps – they are now out of the game!!

Mid-day Math – Go inside and work on Math! Now that you have oxygen to your brain, you are ready to do some serious thinking! Let’s do MATH! YEH!! Depending on your age/grade, you should have math work sheets or books to pull out and work on. Math is fun and always an important skill to keep sharp. You may already have school work to do from your math teacher, OR your parent or caregiver can go online and find all kinds of math activities for you to do at your grade level. Everyday you will want to do math. It’s fun to stay challenged with your skills. Addition, Subtraction, Multiplication, and Division; but also fractions. Can assist the younger children in your family with their math? Can you create 4 math problems? Write down 4 math problems now and see who can solve them. Did you give enough information? Can your parent solve your problem?

Math Problem Example: Four people in a family eat at McDonald’s and the bill is \$4.49 for two Happy Meals, Dad’s Big Mac is \$5.99 and the salad for mom was \$4.79, plus her iced coffee was \$1.99. Not counting the tax; how much was the bill? If you know how to do percentages, do the tax at 8.5%. Can your parents figure out if you have it correct? (Total times .085; then add whatever that figure is to the total!) Wow, even eating at McDonald’s is pricey these days for a family of four!!

What if this same meal had been at walk-in restaurant with a waitress who deserves a tip? Now you not only have tax to add to the total, but you need to add a tip! Have someone help you figure that out and the total!

Can you come up with a Math Story Problem about kids and pizza and sodas? Yikes, what if it involved your whole class at school? How many kids would that be? You might need to know multiplication for that math problem!

Mid-day Activity: (Use the Craft Box.) Remember that Collage you started yesterday? If it is not finished, let’s work on it today. GREAT Art was never completed in one setting, so don’t ever feel rushed when doing an art project. If you need time – take it. We can come back to your project the following day, or days. Let’s save it and work on it later.

OR:

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Create a **PICTURE POSTER** of YOUR ACTIVITIES! When you take pictures of yourself having fun at home, doing projects or activities or working with others; place the picture on this poster.

OR create a **booklet** that you create from a spiral notebook with your pictures and a storyline of all that you are doing. This can be a **Journal** with pictures!

WARNING – if you use tape to put pictures on your poster or into your notebook/booklet – NEVER, NEVER let the tape show! Instead, roll the tape so that sticky side is out and place tape under the picture and then put the picture on your poster or into your notebook. It looks more professional that way. Having tape across the edges of a picture looks careless and sloppy. You don't want that in your work!! You can also glue the pictures on the pages or on the poster for a more permanent attachment.

Meal Time: Is it time to eat again?!! How about soup that you pour into bowls & heat up in the microwave; what about tortilla with cheese heated in the microwave? Don't forget fruit: sections of apples or oranges. You might want to make a fun jello salad to eat later with blue berries and strawberries! Dessert can be graham crackers with peanut butter & honey! Yum! Or just jam. For fun with those graham crackers after lunch, decorate the crackers after you spread on the peanut butter / or jam by creating faces or designs on your square using raisins, small marshmallows, Cheerios, cut slices of red licorice, etc. Take a picture of your creation!

Remember to clean up after yourself when mealtime is over. NEVER leave a mess in the kitchen when you are finished with the meal!

Literary Activity: Time to make your own Journal! These are interesting times and you want to capture what you and your family are doing. It will be very interesting to read your journal years from now. Imagine what kids 30-40 years from now will think about what you had to do that was quite different from usual. Let's capture all that NOW!

To make your journal – you will need a spiral notebook of your very own. Decorate the outside of the notebook with a collage or drawing of your choice. BUT let everyone in the family understand that NO ONE MAY READ anyone's journal UNLESS the OWNER of the JOURNAL invites that person to read!! We all have to agree that our journals are private and we aren't going to spy on each other. We need to be able to trust all members of our family. But also, it's nice to share your journal entries with each other once in a while – “Hey, Blake, listen to what I wrote here about how hard it was for Mom to buy toilet paper today at Costco! I think I wrote a funny story about this.”

Now take 30 minutes or more to write in your journal about what is going on your family, with your friends, around the neighborhood, how you feel about not going to school right now, about this crazy thing they call Coronavirus, your favorite tv program, the funny thing your friend did the other day, the funny thing your brother/sister did while brushing his/her teeth,

Getting Outside: It's really important to spend time EVERYDAY outside. If you have a dog, s/he needs to be walked a couple of times a day, so that's a great thing for both of you. If not, you might want to put flyers around the neighborhood, if you are willing to walk other people's dogs and see if there is anyone who needs their dog walked. Of course, you know, that means cleaning up the poop, too! You'll have to carry a doggy bag for THAT and dispose of the bag once you return home – and then WASH your HANDS!!

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But if no dogs to get you walking, what about a friend, brother or sister who will play **kickball**.



Go online and learn the REAL rules to Kickball! Then play it in the backyard, the driveway or wherever Mom & Dad say will be safe.

What about a **hacky sack**?

This is a great little item to learn dexterity!



Jump Rope – Get yourself a jump rope and see what activities you can do with a jump rope. If you are only one person, then challenge yourself to jump 50 times in a row without a miss! Then go for 100! Do some tricks! Criss-cross the rope as you jump! Wow, that was fun! Can you do that when Mom or Dad are watching?

Jump rope with others. Swing the rope as someone else jumps in. Say jump rope rhymes – there are many online to look up!

Like this one: <https://www.verywellfamily.com/old-fashioned-jump-rope-rhymes-1696145>

Create an Obstacle Course with Rope(s) - Use ropes to lay out on the ground and jump over like an obstacle course. Rearrange it to fit the age of each child!

Before Dinner Activity: Creating Meal Blessing Cards - This activity can be done anytime during the day. We would like to have a variety of blessings at the table when we are ready to give thanks for each of our meals. Ask your parent to provide 3"x5" cards and sit at a table while you think of 2 or 3-sentence Blessings. Write each of these on one of the cards and place the cards into an envelope that says "Blessings" on it. Keep the Blessings Envelope at or near the table so you can easily reach it before each meal. Then ask someone different to read a blessing before each meal – or everyone can sing the blessing together!

Blessing: Heavenly Father, be with us as we share this meal. Thank you for all that we are about to eat and for the rain for our plants. In Jesus' name we pray, amen.

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Setting the table for Dinner: Remember how you set the table correctly for dinner last night? We need to do it properly each day. Where does the fork go, the knife, the spoon, the napkin? YouTube.com has some great examples for setting a good table, if you want a reminder. It's also nice to have a nice center piece. What do you have in the house that will make a lovely center piece? Tomorrow we will make something.

You are doing an awesome JOB! The family is sooo happy to have your help!!

Visiting Balboa Park: Of course, during regular times – when there is no Coronavirus – Balboa Park is a GREAT place to visit! And they have FREE museums to San Diego County residents every Tuesday. <https://www.balboapark.org/residents-free>

You need to know about this, if you don't already, so that when things are normal again, you can get started visiting.

But for now, we can visit virtually! Here is information about Balboa Park's museums and other fun places to visit – virtually!

Over 30 Virtual Field Trips with Links

(I hope these links work.)

Copy link below & paste in your browser in the address bar. Safe Travels!

https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic?usp=gmail

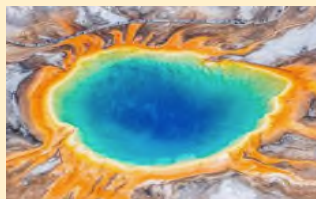
San Diego Zoo



The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!

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Yellowstone National
Park Virtual Field Trip



[Mud Volcano](#), [Mammoth Hot Springs](#), and
so much more.

Tour [Yellowstone National Park!](#)

MARS!!!



[Explore the surface of Mars](#) on the
Curiosity Rover.

They are updating from WEBVR to
WEBXR now, but [360 Mode](#) offers a digital
view!

Animal Cameras



[Live Cams at the San Diego Zoo](#)
[Monterey Bay Aquarium live cams](#)

[Panda Cam at Zoo Atlanta](#)

[6 Animal Cams at Houston Zoo](#)

[Georgia Aquarium](#) has [Jellyfish](#), [Beluga Whales](#),
and [more](#)

Virtual Farm
Tour



This Canadian site [FarmFood 360](#) offers
[11 Virtual Tours](#) of farms from minks,
pigs, and cows, to apples and eggs.

U.S. Space and
Rocket Museum in
Huntsville, AL



See the [Saturn 5 Rocket](#) on [YouTube](#)
and more on this tour thanks to a real
father/son outing.

Discovery
Education Virtual Field
Trips



A few of the field trip topics include

[Polar Bears and the Tundra](#)

[Social Emotional Skills](#)

[STEM](#)

[manufacturing](#)

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The Louvre		Travel to Paris, France to see amazing works of art at <u>The Louvre</u> with this virtual field trip.
The Great Wall of China		This <u>Virtual Tour</u> of the <u>Great Wall of China</u> is beautiful and makes history come to life.
Boston Children's Museum		Walk through the <u>Boston Children's Museum</u> thanks to Google Maps! <u>This</u> virtual tour allows kids to explore 3 floors of fun.

https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic?usp=gmail

New York City Museums:

The Metropolitan Museum 360 Project – don't miss this one!

<https://www.metmuseum.org/art/online-features/met-360-project>

The Met: <https://www.metmuseum.org/>

The Frick Museum in New York City: https://www.frick.org/visit/virtual_tour/living_hall

Guggenheim Museum, NYC, Here's what's happening - <https://www.guggenheim.org/video/see-countryside-the-future-at-the-guggenheim>

Tenement Museum in Lower East Side of NYC <https://www.tenement.org/>

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DON'T miss this very important museum visit!! You'll learn about people who came to America from other countries – mostly on boats from Europe Maybe your ancestors came to America this way. But if not, find out how your family came to America and write about it in your Journal!!

Virtual Museum Visits – BUT Find your favorite painting and DRAW a picture of it!!

<https://www.simplenest.com/museums-visit-online-virtual-tours/>

*What else is in a museum that is NOT a painting? Draw a picture of something in a museum that is NOT a painting!!

On your paper tell who the artist is, who created this object.

Write on the back of the paper WHY you like it.

*Find a piece of art that you DON'T like. Draw a picture and tell why you DON'T like it!

*Is there a type of art that you like best – painting, sculpture, architecture, decorative art (or clothing?), performance art?

What about oils, watercolors, pastels, pen & ink, pencils, crayon?

You be the artist and create your own piece of art after you see something you like – copy the one you like.

Journal Entry – Imagine if you worked in a museum!! What FUN!! Where in the museum would you work? What education do need to have the job that you are interested in having? Research the job description and then write about it in your journal.

Curator – Probably the boss of a section of the museum, like the art, zoology and history. Or boss of the Whole museum! They are in charge of setting up the exhibits and finding all the items that go into the exhibits. Fun!!

Exhibit Designer – It might depend on the size of the museum, but if the museum is large enough, the Curator will have help creating each exhibit.

Museum Volunteer or Intern – While in high school or college a young person can often volunteer at a museum to help out where needed at a museum and learn many aspects of museum life. This is helpful on your resume.

Archivist – is like a librarian who keeps records of the museum collection that is easy for the museum staff, educators and the public to access. Most museums use a digital format to keep these records and they can be accessed online.

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Docent – a volunteer who walks visitors through a museum, explaining artwork, displays, and so on so that the general public will have a good understanding of the collection. The docent has studied much about the collection and is ready to answer all questions.

Guard – a person who watches the art and artifacts in the museum to be sure they are safe. Guards also help visitors with information about the museum. They are very helpful.

In the past when you visited museums do you remember seeing any of these people on their job?

JOURNAL – Don't forget to write in your journal each day. These are amazing times and years from now it will be interesting to read your Journal about what you did during this interesting year.

Morning Activities:



Bible Verse for today: Paul wrote to the Romans (Romans 5:1-8) Therefore, since we have been justified by faith, we have peace with God, through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us. For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die—but God shows his love for us in that while we were still sinners, Christ died for us.

Painting: *Saint Paul*, by Bartolomeo Montagna, 1482.

Journal Entry – Write about Paul's life during Roman times. What is Paul's background? Where did Paul travel? Did Paul ever meet Jesus?

Rise & Shine in the Morning Activity: After you jump out of bed, or slide out of bed, or slowly roll out of bed; however you get up; let's do some stretching exercises AND **sing "Rise and Shine and Give God the Glory"** while you stretch!

Here's a fun site where I found a great rendition of this song that will get your blood circulating, but you might find another one!

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<https://www.bing.com/videos/search?q=song+rise+and+shine+and+give+god+the+glory&cid=e4dcc2becafa41f3ab926c0c7b0fe861&PC=U531&ru=%2fsearch%3fq%3dsong%2brise%2band%2bshine%2band%2bgive%2bgod%2bthe%2bglory%26cid%3de4dcc2becafa41f3ab926c0c7b0fe861%26FORM%3dANAB01%26PC%3dU531&view=detail&mmscn=vwrc&mid=3DE6E5920FCA86673E763DE6E5920FCA86673E76&FORM=WRVORC>

Morning Exercises: Just raise your hands up and down, kick your legs out to the music; jump up and down; older people in your family can sit in their chairs and swing their feet out and swing their hands, too. It will make you feel so good each morning. Get dressed to your fun music. The whole family can sing the Rise & Shine Song!!

What other songs do you know that are PERKY that you can sing while you are dressing in the morning, or while you are exercising?

Organization Activity: After breakfast let's GET ORGANIZED!! Today we are going to clean out at least ONE drawer in your dresser! This is a good chance to go through all your clothes in that drawer (socks, under things, shirts, etc,) and see what you don't wear any longer and can now give to someone else. Have boxes or bags in your room labeled "Toss," "Give Away," and the items you are keeping pile neatly on your bed so that those items can go back into your drawer once it is cleared out. Once the drawer is empty and you have decided what you no longer need/want, replace ONLY what you will now wear.

How great that you have items to GIVE AWAY! Put the Give Away bag in the garage or near the front door, so that Mom or Dad can take it to the second-hand store or church so that someone else will be able to get some use out of those items (or maybe your younger brother or sister wants it???).

You did a good job on that drawer – are you ready to start on the next drawer? Or save it for tomorrow? Let's do a drawer each day this week!

Outdoor Activity: Time to get outside and breathe in some fresh air!! Kick that kickball or hacky sack. Walk the dog or the neighbor's dog, or just see how fast you can walk to the corner and back again!! OR just walk along the block and record on a chart how many minutes you walk each day. Monday -7 minutes; Tuesday 12 minutes; Wednesday 14 minutes; and so on. Let's see if you can work yourself up to 30 minutes a day! That would be super for Grandma, too!!

Writing in your Journal: These are different times that you will want to record in your Journal! Keep several pages of words that describe the times and give a definition for the word or phrase you write down. The more you understand, the less scary things are! Be sure that your journal has a DATE on it.

Words and Phrases for My Journal:

Coronavirus	Flu	Shelter in place
Infection	prediction	Containment
Contagious	mitigation	Social distance

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You may be able to add many more words and phrases to your pages over the next few weeks or more. Listen carefully to strange words, write them down and write the definition. Much of this is confusing to adults as much as to children. But the more we learn, the better. And more fun is when we keep a history and read about it all in later years and say to ourselves, “My goodness, I actually lived through those crazy times. But here I am, just doing fine!”

Also in My Journal: Let’s have a **FUN section** in your journal – jokes, funny stories that are happening daily, a poem (the ones you write or copy from a book or the internet), write a one-paragraph story!

Fun short jokes from internet:

The first computer dates back to Adam and Eve. It was an Apple with limited memory, just one byte. And then everything crashed.

Moses had the first tablet that could connect to the cloud.

Let’s Play a Game: What board games do you enjoy? Monopoly, Scrabble, Checkers, Trouble, Backgammon, Chess, or maybe card games? What do you find in your game closet at your home? Time to teach the younger children at your home how to play these games. It’s a great way for the older children to learn patience and the youngers to learn numbers, rules, and strategy. Games are FUN, Fun, fun! Hours of fun! It’s a great thing for the whole family after dinner. Turn off all electronics and try it!!

Mental Agility! Let’s memorize a poem, a Bible verse, a part of a famous speech, a part of a play, anything that is meaningful to you, or even some of those jokes in your journal. Memory is important to being a good learner, so the more you do the better learner you become!

Here’s an article by Dr. William Klemm that your parent might find interesting to explain this:

<https://www.psychologytoday.com/us/blog/memory-medic/201305/memorization-is-not-dirty-word-2>

Reading Fun! Here’s a suggestion of a book to read online, but frankly, I think it’s a great book for EVERYONE!

<https://bushelandpeckbooks.com/pages/read-50-real-heroes-for-boys-online>

Google Library:

Did you know that Google has 1,000’s maybe millions of books copied and on their online library? You can find books *like Little Women* in different languages (English, Hindi, Spanish, Italian, etc). You might want to give the Google Library a try, since you can read (or possibly listen to) a book from your computer!!

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Educational Resource! Here's an online resource that is free, Khan's Kids. Mr. Khan is suggesting kids read an hour a day, and as a teacher and former reading teacher, I highly agree. And it's important for the adults in the house to model the reading! Then I recommend you all share / discuss what you are reading over a meal each day.

I would add to the reading – have kids WRITE! They can write about their reading, write stories, write reports about what each member of the family is doing, write definitions of words, just keep writing!!

The Khan Kids online materials are free. Pre K - HS Different subjects.

<https://khankids.zendesk.com/hc/en-us/articles/360004559231-Welcome-to-Khan-Academy-Kids>

School is FUN! Here are some teacher links for different subjects:

You cubed- www.youcubed.org Online math classes by grade level and math concepts.

[Code.org](http://www.code.org)- www.code.org Free computer science coding activities.

Mystery Science- Offers free online science activities (only up to grade 5, but well worth checking out).

mysteryscience.com/school-closure-planning

Go to 5th grade – see how Hand Sanitizer works!! Learn even more from this website!!

Choose an article, read it, and write about it: News ELA Science, Math, etc. Articles. You can click on school level for the type of article you want in this website (left side) and just those article will come up, including lower elementary!!).

<https://newsela.com/categories/science>

<https://newsela.com/categories/math>

CLICKING on web addresses in these activities: you may have to cut and paste the website addresses, then paste the address into your browser. Sorry that you can't just point and click. But you are getting so internet savvy, it doesn't seem to be a problem! Good for you!!

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Writing in your Journal: These might be challenging times, but good people come to the fore front and prove they have the RIGHT STUFF! Here's your assignment for today – Look up **Franklin D. Roosevelt's inaugural address in 1933** when the United States had many problems including suffering from the Great Depression (what was that? Look it up.)

“The only thing we have to fear is fear itself.” – Read FDR’s inaugural address and write about the times and what his address did to help the nation. How do those times compare with what is happening today? (People out of work, homeless, standing in soup lines, etc.)

Writing Idea: Have you heard of the **Polio Epidemic of the 1940's and 1950's**? My cousin Diane contracted Polio when she was about five. Parents were extremely nervous at that time for their children. Read about those times and write about it.

Which of our US Presidents had Polio?

[illegible]

Writing Activity: Here's a fun writing idea! Create your own Family Newspaper! It could come out daily, weekly, or whenever it comes out. You and your siblings or even friends online are the journalist who will write the journalistic reports that go into the newspaper that you are creating. Go to a word document and find a template you like. You'll probably have to modify it work for you. Or just start with a plain word document and create as you go. You can always DRAW with marking pens after you print from the printer – or guess what?!! You can even handwrite your newspaper! That's how they had to do things in difficult times in the past, then hand the papers out. You do what you have to do to get the job done!!

What should you write about? NOT gossip!! That's unkind. Write about little brother's lost tooth and how it happened, Dog Spot learned a new trick and how you taught him, Grandma loves to dance and has been since

she was in high school – here's a picture of her! And so on.

Research Idea: We have time now with so much of the family – it's time to find out who our grandparents and great grandparents are. Create a Family Tree. Write down Family Stories that your parents and grandparents tell. These are VERY interesting. You will have many hours of fun stories. You just have to ASK!!

Start a Family History Book WITH Favorite Recipes! Then cook the recipes with family members.

Be sure to include family pictures in the Family History/Recipe Book! What a fun, ongoing project.



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The United States Census 2020 – Every ten years our government takes a census or count of the people in our city, state and country. Find out what this is and why we do it.

What is a census? Why do governments do this?

Why do we need to know how many people live in our community?

Is it in the Constitution that we take a census?

Some people say a census helps our state receive money. How can that be?

The United States Taxes – Imagine you earn \$50,000 per year and have 2 children and a spouse. Your spouse works in the home helping to raise the young children. Look at this chart just as an example:

Married Filing Jointly or Qualifying Widow (Widower)

If taxable income is over— but not over— the tax is:

\$0	\$19,400	10% of the amount over \$0
\$19,400	\$78,950	\$1,940 plus 12% of the amount over \$19,400
\$78,950	\$168,400	\$9,086 plus 22% of the amount over \$78,950
\$168,400	\$321,450	\$28,765 plus 24% of the amount over \$168,400
\$321,450	\$408,200	\$65,497 plus 32% of the amount over \$321,450
\$408,200	\$612,350	\$93,257 plus 35% of the amount over \$408,200
\$612,350	no limit	\$164,709 plus 37 % of the amount over \$612,350

Hmmmm, maybe we need to call our CPA! (Certified Public Account) That's a tax person who does many people's taxes when things get just too confusing. If you are good at math, you might want to consider this as a great career!!

A FUN Project:

Rube Goldberg – Who was he, and what did he do???

Try creating YOUR Own fun Rube Goldberg Game/ Trick/ Machine!! It will be such fun. And you can use items at home. Hopefully, you have a few marbles, balls, or round objects (like toilet paper rolls, pens, etc.).

Samples of Rube Goldberg machines:

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This Too Shall Pass: <https://www.youtube.com/watch?v=YcOo8GA6sno>

https://www.youtube.com/watch?v=0lz8_aaKNXA

A FUN Idea with the Family:

Write your own play (or find one in a book or online) and pull together costumes from what you have around the house. Put on a play for your family, or record your play and send the Award-winning play to your grandparents and friends.



Let's ALL Learn to SEW! Knowing how to sew on a button is important for everyone. Let's learn how to sew on a button!!

Here's a great YouTube video I found that will teach you how to thread the needle, tie the thread in a knot at the end, then sew on 3 kinds of buttons! Can you find flat buttons with 2 holes, 4 holes and a shank button with the loop in the back?

<https://www.youtube.com/watch?v=Du6gg3ks0SQ>

If you already have a button collection for this next project – that's GREAT!!

I gave each of my grandchildren an old fruit jar like this to collect buttons in. Each has his/her own jar.

Making a **Special HEART** out of a loved-one's clothing!!

Take one of Dad's or Grandpa's OLD shirts – be sure he won't want to ever wear it again because we are going to cut it up! Cut off the buttons and save the fabric.

You'll need to pull or cut the threads out of the buttons. If you have a "Seam Ripper," which is a tool that people who sew use all the time, the Seam Ripper will be very helpful getting into the thread that is wrapped into the button and ripping the thread out! Your Grandma might have one with her sewing items.

- 1) Cut from paper a heart pattern the size you want for your HEART pen – see picture here for idea.
- 2) Use the paper pattern to cut many layers of Dad's shirt.
- 3) Cut a couple of layers of an old towel OR blanket OR something that will be good for a quilting.



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- 4) Now hold all the layers together with safety pins while you sew your buttons on the heart.
- 5) If you think you can finish off the edges, like the hearts on the right in the picture, that is a blanket stitch with embroidery thread. Your grandmother might have embroidery thread. Or check with an older neighbor!
- 6) On the back of the heart you can sew a PIN Brooch Clasp.



Sewing a Pillowcase – Here's a fun project that I did with my granddaughters when they were 5 and 7. Then we continued to sew pillowcases for many people beyond that first time because it is so much fun.

You can order fabric online and have it delivered to your home, if necessary.

However, your Grandmother or neighbor probably has a LOT to share.

She'll put some out on her porch for you to pick up!! If someone shares fabric with you, be sure to make that person a pillowcase!

This is a **great first sewing project!!** But it's fun for all seamstresses. Depending on the fabric you use, you'll be able to make a pillowcase for each individual that fits his/her personality and likes.

Here is the YouTube video we like to watch to remind us how to sew a pillowcase, but there are many out there:

<https://www.youtube.com/watch?v=MrYWCma9wgM>

Great Articles out there right NOW:

Here's one:

https://www.washingtonpost.com/opinions/how-social-distancing-could-ultimately-teach-us-how-to-be-less-lonely/2020/03/20/ca459804-694e-11ea-9923-57073adce27c_story.html

Write Paper Letters (snail mail) to someone you care about:

Learn how to write a letter in the correct format.

Just write a letter or card to anyone you like

NAME _____ DATE _____

Friendly-Letter Organizer

TEK

(Your school name)

(Your school address)

(Today's date)

Dear _____, (Person you are writing to)

Introduction: Tell who you are and why you are writing this letter.

Paragraph: Include the information that you would like to tell your reader.

Ending: Finish by thanking the person for reading your letter.

Closing, (examples: Sincerely, Yours truly)
(Your name)

FROM:
Address _____
City, state, zip code _____

TO:
Address _____
City and state _____
Zip code _____

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Grandparent, friend, next door neighbor, your teacher, the President of the United States!
Then be sure to mail it. You can put a stamp on it then put it in your mailbox with the red flag up for the mailman to take.
I wonder if that person will write back to you?

There are all kinds of Friendly Letter examples online!

If you are writing your letter to a relative, they will LOVE to receive a drawing.
That's our next activity!

Drawing – Take a drawing pad, spiral notebook, or any form or paper outside (when it's not raining or snowing!) and draw something. It might be a tree, some bushes, your house or apartment building, the neighbor walking his dog (draw that FAST!), a flower, the street with cars along the curb, whatever seems interesting to you. If you want to stay inside to draw, draw things in the house, a doll, books on a shelf, the living room, a chair, or go near a mirror and draw your face (or parts of your face). You are your own best model because you will sit still longer!!

Hold up your drawing and have someone take a picture of you and your drawing! GREAT JOB!!

Let's sing together – Go on YouTube.com and find music you all enjoy and sing along.
Here are a couple of my happy favorites:

https://www.youtube.com/watch?v=ZbZSe6N_BXs

<https://www.youtube.com/watch?v=cmSbXsFE3I8>

READING – Double checking to be sure everyone in the family is reading at least one hour a day. That means you can read in 15 minute increments or one hour in a lump sum. Of course, it also means you can read MORE time in a day. The more you read, the better your vocabulary will be and the broader your horizons will become. Reading is good for all subjects because it involves all subjects.

Challenge of the Day – Would you like to try to read in another language? Or if that seems too challenging, how about watching a few minutes of a movie in another language? French, Spanish, German, Farsi? What about turning on a Spanish Soap Opera for a few minutes and seeing if you can follow the program? It's a fun challenge.

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For 8th Graders Who Were Going to Washington, D.C. this Spring – Here is a website to see pictures of the beautiful cherry blossoms. I know this is small compensation, but you will get there soon. This city is an incredible place to visit and you will want to go as soon as you can.

<https://cherryblossomwatch.com/cherry-blossom-watch-march-18-2020/>



Watch Musicals Together!!: There are MANY great musicals you can find to watch, like

The Lion King	Music Man
Chitty, Chitty Bang Bang	My Fair Lady
The Sound of Music	Hello, Dolly
The Newsies	Joseph & the Amazing Technicolor Dream Coat
Oliver	Frozen
Wizard of Oz	Mulan
Charlie & the Chocolate Factory	High School Musical

And so many more! **Afterward, the family could put on their own musical** – or at least their own play!! Fun, fun!! OR just sing along with the musical!! Or serve popcorn, so NO one sings!! 😊

Craft Project: Get out the Craft Box you put together at the beginning of this online project. Remember you need to keep the Craft Box full of recycle items each week. Using a paper plate, preferably a large one, create a collage in that paper plate from colored paper, ribbon pieces and anything else the kids like. Use glue to attach.

Daily Devotional: During difficult times, it is always a good idea to turn to the Psalms section of our **Bible** and see what King David wrote. He has many Psalms that cover difficult times or that praise God's goodness. Here's a small sample:

- Psalms 21 – Characteristics of a Righteous Person
- Psalms 23 – The Lord as a Protective Shepherd
- Psalms 24 – The Earth Belongs to the King of Glory

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Psalms 91 – The Personal Protection of One Who Trusts in God

Psalms 122 – The Lord Watches Over His People

Psalms 144 – A Prayer for God's Power

With 150 Psalms to give us delight and to calm us when needed, we can read one every day for several months! David meant his psalms as songs and this was important to him, as made clear when he appoints singers to administer through song and prophecy at the temple, which his son Solomon built after David's death.

OUTDOOR FUN TIME!!: Get outside in your yard or where ever it is safe to go outdoors and try a couple of your own made-up games. Here are a few sample ideas:

Tic Tac Toe – Make your own by painting 2 sets of rocks (you'll need 4 rocks one design and 4 rocks another design/color). Then create a Tic Tac Toe "board" on the sidewalk with colored chalk or on the grass with string or yarn; or paint one on a board! Now play!

Lawn Bowling – Set up the Lawn Bowling pins, which can be 10 plastic water bottles (probably ones with water still in them will work best, but try out empty ones too and see). Then get a couple of balls and see which ones work the best to roll down the way and strike the pins down! Learn to keep score the RIGHT way, like you were really at a Bowling Alley!

Bean Bag Toss – Maybe you have someone in the family who can sew up some bean bags (or rice bags from old socks – hey you might not even have sew if you use socks without holes! Just put in beans or rice and tie a knot in the end!!) Well, if no bean bags, then find something you can toss that will land with a thud like a bean bag. Now you need to round up items to toss the bean bag into, round, square, etc. Use your great imagination. Set up the items you have to catch the bean bags. Now stand about 6 feet back, it depends on how old each child is, how far back they should stand. Now toss the bean bags and keep score. Just remember this is FUN! So make it fun!

What will you create? – ??? Maybe create your backyard carnival!!

READING – It is always time to read! Hopefully, everyone in the family has a book to read or listen to! Remember you can have an app on your laptop, computer or cell phone from the public library and download books in ebook or audio book format. You only need a library card! If you go to the public library online, you can also access Mayor Kevin (San Diego's Mayor!) reading books! What could be more fun.

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<https://www.sandiego.gov/sdplstorytime>

Live Well San Diego @ Home: Here's an online resource that appears to have many good resources for activities for all of us.

LiveWell@Home 30-Day Challenge: With stay at home orders keeping many of us at home, we're ready to help you stay fit and socially connected.

<https://www.livewellsd.org/content/livewell/home/live-well-every-day/LiveWellatHome.html>

Exercise – Go outside and walk but keep a diary of how far you are walking each day. Can you walk $\frac{1}{2}$ a mile, 1 or 2 miles per day? How many days will it take to walk 10 miles? Mark your miles on the calendar. When I was a Girl Scout many years ago I spent a summer working for the Hiker's Badge. One item on the list for that badge was to walk a total of 100 miles. Can you do that?

Get out a map or look at one on the computer. How far is it to your friend's house? 2 or 3 miles?

- How far to Grandmother's house? 5 miles? Or does she live many states away – 2,500 miles?
- See how many days it will take you to walk around the house or the block, keeping track of your mileage as you walk, and then figuring out when you FINALLY made it to that person's house (friend or grandparent's house)!
 - o Imagine centuries past that walking was the transportation people used to get from place to place!
 - o If someone back in the days of Jesus wanted to go to another town, they would walk. It might take a week! Where as today, that same trip may only take an two or three hours by car, with a stop at a fast-food place on the way!

From Home Depot: This looks like a lot of fun, so I had to show it here:

How to Create a Deluxe Cardboard Playhouse

https://www.homedepot.com/c/ah/how-to-create-a-deluxe-cardboard-playhouse/9ba683603be9fa5395fab90117920c22?sfalias=VA_Hero&cm_mmc=hd_email_-HD_CV19_CONSUMER_-20200423_orangeinsider_20200423_PROMO_FW12_MAIN_3602366_-VA_Hero&et rid=93219123



Of Course, you can make all kinds of fun Playhouses out of cardboard, chairs pushed together, sheets, blankets, . . . just be creative!!

ART – Time to look online at famous museums again and find art work that has prominent (what does that word mean?) animals in the picture like your pet at home. Do



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you have a dog, cat, turtle, rabbit, -- or maybe you are just thinking about getting a pet! Well, even if you don't have a pet – yet, think of the pet you would have, if you had one, and find a piece of art that has a picture of that animal. Then draw the same picture, too. Use colored pencils, regular pencil, colored chalk, paint, finger paints, ripped paper and glue (a collage), or whatever you feel is just right to show your “pet”!

I always wanted an elephant for a pet! But guess what? My mom said, “NO!”

You may find a painting that is JUST to your liking! Here's a pet dog from the Metropolitan Museum of Art in NYC. You could make yours in clay or play dough!!



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Here's a Tabby Cat – do you know what that means?

Maybe you have a pet **UNICORN**!? This is created on a tapestry. Perhaps you would like to create your art on a square of cloth! That would be very cool!! Draw with a Sharpie (be sure that the cloth is on top of paper and/or cardboard as it will bleed through). After you create your beautiful piece of art, have Mom or Dad iron the cotton piece to set the colors. When ironing, place plain paper on both sides to protect the iron and the ironing board.



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Creating a FUN T-Shirt, Pillowcase, or anything Cotton item with Permanent Marking Pens!

Go to this website to see HOW to Use Sharpies on Fabric and what materials you will need to do this project.

https://www.ehow.com/how_8443743_prevent-sharpie-bleed-fabric.html

We had a fun time with our Vacation Bible School kids putting designs onto pillowcases. Since we had so many pillowcases, we put them out in the sun to set the colors! But ironing is best. I have washed my pillowcases with other clothes, but only dark clothes, so BE CAREFUL when putting these items into the wash!! Just in case! The pillowcases had prayers and sweet things to think just before going to sleep.

This is a VERY fun project. Go online to get ideas for pictures & designs. Some of the most creative ideas came from our youngest!

Daily Mealtime Blessing: Many families have their traditional family blessing during mealtimes. WHAT if you all get together (each child on his/her own) write a blessing for mealtime. If each child has his/her own blessing, then s/he can read (eventually learn by heart) at different meals. It is fun to have something different so that the blessing is REALLY listened to.

Ideas of traditional ones:



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FUN Science: Science has SO many different areas of fun! Here's a fun experiment that you may not have tried. Make your own GRAMAPHONE with paper, pin, pencil!! WHAT's a gramophone??? It's a record player! What's a record player, you say? Ask your mom or dad – because they probably listened to one for hours when they were a kid!!

Create your own Rock Music with this:

<https://www.youtube.com/watch?v=GaqmdcaF87w>

There are several ideas on this topic:

<https://www.youtube.com/watch?v=yKRgeyEF0mo>

KIDS! Whatever you do – don't try these fun experiments without your parents helping, as you may grab the WRONG record! We don't want to use one of our parent's favorite recordings of the Beattles, The Back Street Boys, Spice Girls, Nirvana or someone and accidentally scraaatch it! Yikes!!

FUN Activities Online: Here are great ideas I just love, like the **Costume Night**. Take that idea – get everyone to dress up, then Zoom the rest of your family or friends in costume and have a fun conversation. Discuss your costume and why you have that costume. GRRRR! Are you and animal, a cartoon character, a real person, etc.?

An Indoor Picnic – I love to do this with my granddaughters and alllllll the stuffed toys and dolls. We lay out several blankets in the house, put out paper plates and plastic utensils. We tell fun stories, some days my granddaughters put on a play or pretend they are interviewing us, including the dolls and toys. We have taken pictures of these activities and created our own book(s)phot!

International Dinner – let the kids help with decorating the table and cooking. What are the recipes. Create an interesting Recipe Book of all the recipes you are using during these interesting times. In the book put recipes, what funny thing happened while in the kitchen, during the meal, and who like the food. "This was grandma's favorite dessert!"

Scavenger Hunt – That sounds like fun! All over the house – in or out?!

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Plant Seedlings – Watching seeds grow is a great activity. I always get clippings of geraniums or other easy-to-propagate plants for my yard. Friends and neighbors are very willing to share. Since geraniums have no dormant period, you can do this any time of the year! Important to water them often when you first put clippings into the ground or pot. 😊

Everyone in your family read the same book & have a Book Talk! – No matter the age of the kids, choose a book that is appropriate for the youngest and have everyone read that book, then discuss why you liked or didn't like the book or certain parts of the book. Is it fiction or nonfiction, where does it take place, who is the author, have you read other books by the same author, etc?

Or someone in the family can read a book to the whole family over several nights – that's really a fun family activity. If it's **Lassie Come Home**, have your towel ready for tears!! But it's a great family story!! At meal time discuss what happened the last time you read and what do you think MIGHT happen next? **Anticipating the story is what good readers do!!**

Here is the website for these many great ideas:

<https://www.lifehack.org/articles/lifestyle/30-fun-things-home.html>



For **Movie Night**: Have you all watched the more current edition of "The Little Prince" movie?

In a review by Brian Tallerico, he said, "Becoming an adult doesn't mean giving up on dreams, whimsy, imagination or love. It's a lesson that children's fiction has been teaching us since long before Saint-Exupéry published his hit novella. And yet in a world that seems increasingly dominated by hate speech and stories of violence, it's one that we could stand to learn again." Enjoy this charming movie!!

Let's go on a SAFARI!!! – You'll need a very large box or more, depending on how many children will need a jeep to drive/ride on this Safari Trip! The box(es) need to be large enough to sit inside. Decorate the box(es) to look like a safari jeep.

Now put the jeep(s) in front of the computer or tv (if you can put your internet pictures onto the tv) and get ready for a fun safari trip by logging into one of these websites! Keep your hands and feet inside the JEEP! Get your cameras ready!

<https://wildearth.tv/kids/>

<https://www.thesouthafrican.com/lifestyle/wild-earth-safari-lockdown-video/>

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Type in “National Geographic African safari kids” if you want something different:

<https://www.bing.com/videos/search?q=national+geographic+african+safari+videos&qpv=national+geographic+african+safari+videos&view=detail&mid=D59E685C9190FD543A9CD59E685C9190FD543A9C&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dnational%2Bgeographic%2Bafrican%2Bsafari%2Bvideos%26qpv%3Dnational%2Bgeographic%2Bafrican%2Bsafari%2Bvideos%26FORM%3DVDRE>

National Geographic is a great source for fabulous photos of animals and people. If you want to learn by viewing the professionals in actions, just observe what the National Geographic professional photographers are doing!

Now Let's go to the San Diego SAFARI Park!!!

The San Diego Zoo Safari Park was originally named the San Diego Wild Animal Park until it was changed in 2010.

<https://www.sdzsafaripark.org/safari/caravan-safari>

These videos of scenes at the park are rather short but fun. The pig one is very cute and who doesn't like the elephants??!! I remember when our 2 sons were young and we met other family members with picnic dinner (cooler in summer to go later in the day when animals are out and about). We would tote the baskets of food out to the safari area and eat while watching the animals eat! VERY FUN!! Hopefully, we will soon be able to do that in person again. But in the meantime, it's fun to see these videos. And by the way, all zoos and museums still need our contributions! 😊

As I'm typing this – the SD Zoo & Safari Park website says they are open “with limited experiences.”

Time to EAT!!

Everyone makes their OWN sandwich today!!

In the middle of the table place ingredients everyone can eat on their sandwich, such as

Slices of bread, Mayo, mustard, slices of various meat & cheese,

Peanut or Almond butter, jelly,

Cinnamon

Olives – green &/or black

Pickles – sweet or dill

?????

Now tell everyone at the lunch table that they are to CREATE a work art for their **Open Face Sandwich** – BUT it has to be something they WILL EAT afterward for lunch! This is very important because we NEVER waste food!

Take pictures of their creations and send to the ones we love who are not at our house!!

Have FUN!! 😊

Time to WRITE LETTERS again to Family Members &/or Friends!

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We are talking about REAL paper/pen/or pencil/or crayon letters to Grandma and Grandpa or Aunt Sally, or Neighbor Bill, or Best Friend Joe! Everyone LOVES to receive REAL mail. And if you send mail, you might receive mail! Wouldn't that be fun.

1) Write a real letter – What does it look like? Then mail it.

Parts of a Friendly Letter

Greeting: > This usually begins with Dear _____. The blank is for the name of the person you are writing. After you write the person's name you put a comma (,) .

Heading: < Date you write the letter.

Body: < This is where you write the message. Always indent the first line.

Closing: < A way to say goodbye. Put a comma after.

Signature: < Sign your name.

October 25, 2011

Dear Friend,

How are you doing? I am learning how to write a friendly letter.

Your friend,
Ollie

1 of 13
Screencast-O-Matic.com

2) Create a Post Card or purchase one and write on the back. Then mail it to your friend or relative.

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October 5, 2017

Hi Dave!

Bonjour from Marseille! Today I tried my very first authentic bouillabaisse. That's French for "fish soup." It was really delicious! Had it at a small shop near the port while I was out tooling around on my Vespa. I think I might have to get one when I get home. Hope you approve. :) Bisous! (That means kisses, I think.)

Love,
Natalie

Frank Reynolds
23 San Benito Rd.
Brisbane,
CA 94005
USA

A FUN Craft for the youngers but I find that older kids can enjoy these activities also.

I came across this on the internet. She can explain it better than I, so go to her Powrful Mothering website, which I have attached here. This activity is making pompoms with magnets attached to put on a white board or the refrigerator door to let your children

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rearrange according to color, the rainbow, or whatever their creative minds can decide. The activity will keep them busy while you are preparing the family meal! 😊

<http://www.powerfulmothering.com/using-pom-poms-on-the-fridge/>

NEWS: When you hear local or national news – as long as it's not too grim for children – do you have your children research aspects of the story so they can learn to be intelligent humans on this planet.

But how do we know if we are leaning from the correct sources?

Well, if you are on an internet website – just look at the website address. That will give you much information about where it comes from.

Perhaps your family is impacted by the sad fire on the USS Bonhomme Richard, based here in San Diego and which has been sending toxic smoke into our San Diego neighbors for days! Your family might want to learn

- What type of Naval ship is this?
- What actually happened and how many sailors were injured? Will they be okay?
- Was anyone else injured who is not in the Navy?
- What type of fire is this?
- Why are they having so much trouble putting the fire out?
- What is happening to our San Diego air quality because of this fire?
- When we ask our own questions and answer the questions, we can feel satisfied that we know what is going on!
- Look at different news sources and see what information you receive.
- Whenever someone is having a problem -anywhere – don't forget to pray for their safety and a good outcome! God cares and wants us to be safe.



Maybe you want information of good shoes and arch support for your feet. You see that one web site comes from

- Mayo Clinic
- WebMD
- Adidas Shoes with great arch support
- And many, many more sites

Choose current topics and see how many questions your child can create on that topic, then begin the research!

JOURNAL – Don't forget to write in your journal each day. Each day may seem similar to yesterday, and yet so many things are happening. New science will be happening, and you will want to write about it in your journal. Years from now when you are an adult, you

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can read your journal to your own children and tell them all about these strange times. But your journal will be your report of you as the journalist on the spot! Drawing some pictures in your Journal also helps.

- Tell what your family members are doing. Do your parents have to go to work or do they work at home?
- Did you have to “do” school at home? Are you getting ready for school to begin in the fall? Now what?
- What are your grandparents doing? What is difficult or easy for them?
- What about your pet(s)? Do your pet(s) understand that anything has changed? What makes them happy?
- Do your friends stay in contact with you by phone, by Zoom? Do you see any of them online? Will anyone know what Zoom is in 10-20 years? Be sure to explain these things.



The FAMILY Recipe Book & Family Stories – Are you keeping up on this activity??

This is a fun project for everyone in your family. Call your grandparents and ask for their favorite recipe! What waffle or French Toast recipe does Aunt Anne like? Get everyone in the act and put that recipe in your book. Write a short story about why the family likes to get together and eat that fun food! Add pictures to your pages with the whole group together eating. Or put in some pictures showing you all in the kitchen preparing the food. How about a picture of the helpers cleaning up!!

Time to go on a Camping Trip – AT HOME!! – Welcome to _____ Family Camp! We can stay at home and have as much fun as going to a National Park!

Grab your sleeping bags or blankets and pillows. Create a “fort” or “tent” in your bedroom or in the dining room or wherever Mom or Dad says is a good place for your at-home Campout! Have the whole family get involved in creating a camp site with tent, sleeping spaces, and a FAKE fire pit! Remember NO FIRES in the house – unless your house has a real fireplace!!

Bring the makings for Some-Mores (you can always cheat and use the microwave!). 😊

Plan to sing songs and tell stories around the FAKE Fire Pit. Does anyone know scary stories? Don’t make them too scary, if there are very young children. Maybe some funny stories! Have Mom or Dad tell stories about when they were young. What happened when the lights went out? What did their parents do during tough times? How did they get to school each day? What was the funniest thing that they remember when they were young??

Go outside together and look up at the stars. Which ones do you see? What shape is the moon?

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When you wake up in the morning – tell your family how glad you are they are all here with you!

The next morning have a **memorable breakfast** with **pancakes** that look like something you remember from last night!! Yum!!!

Have you tried . . . – The Gutenberg Project yet?

According to Wikipedia: **Project Gutenberg (PG)** is a volunteer effort to digitize and archive cultural works, and to "encourage the creation and distribution of eBooks."^[2] It was founded in 1971 by American writer Michael S. Hart and is the oldest digital library.^[3] Most of the items in its collection are the full texts of books in the public domain. The Project tries to make these as free as possible, in long-lasting, open formats that can be used on almost any computer. As of 20 May 2020, Project Gutenberg had reached 62,108 items in its collection of free eBooks.

To access The Gutenberg Project, go to

<http://gutenberg.org/>



You can type in “children’s books” and they will have a variety of books for kids!

Also Google is committed to downloading 100,000s of books online for free. If you are ever stuck needing a book for school that you forgot to buy/check out of the library, or just left at home and now you are on a trip with family (this happened to friends of mine) and you need that book the class is reading, go to google and see if they have it. Or go to Gutenberg.org. Two good possibilities.

The Getty Museum Challenge – Have you heard of this challenge? It’s really fun to try! Go to their website – just look up “Getty Museum Challenge” online and you will see famous paintings with regular people making up their rendition of a painting. Like these:

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Come up with YOUR picture of a famous piece of art!! It can be really fun!!

Daily Reading – Has the family read some of the classics? How about *The Wizard of Oz*? Did you know that Frank Baum was in San Diego to write some of his famous Oz books? His early life was quite poor and interesting to read about but once the Oz books became famous, so did Frank Baum.

For those living in San Diego: You may want to visit Coronado, where Frank Baum visited while writing some of his famous books:

<https://www.sandiegofamily.com/things-to-do/travel/must-see-sites-in-coronado-for-fans-of-wizard-of-oz>

(Mom and all the adults in your family may want to read *Finding Dorothy* by Elizabeth Letts, which tells about the Baums earlier struggles. Maud Baum's mother was an active Suffragette, which gave her the grit she needed for her tough life. However, this did not translate into her sister's life. It's a fictionalized true story. There are probably many books about Frank and Maud and their struggles, which began in the Midwest.)

Fun Science Activities to Do – SCIENCE is always fun!

Make HOT Ice??? Wow! This is REALLY Cool! Watch the video. It takes vinegar (0.5 L = ?) and Baking Soda (440 Grams = almost one box of Baking Soda!) Oh, and water. This can be a great math problem, too – figuring out the equivalency in cups or tablespoons or whatever!

You might NOT want to stick your hand into the jar, like at the end of the video. Not sure if the guy ever got his hand OUT! Yikes!!

[How to make Hot Ice at home - Amazing Science Experiment - Bing video](#)

Is "hot ice" hot or cold?

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Ice is **neither hot or cold**. Technically, nothing is cold. Everything is based on energy. The more energy something has, the more "heat" it puts off. Ice feels cold against our skin because it has less energy than we do. Transmission of heat takes place from our hand to ice, and thus it "feels" cold. (This is a quote from quora.com.)

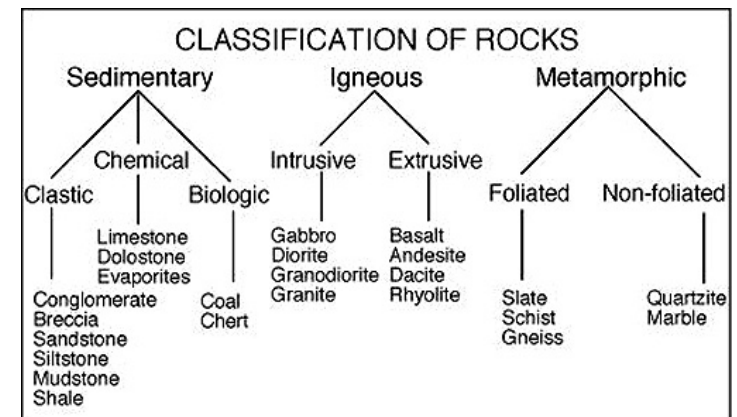
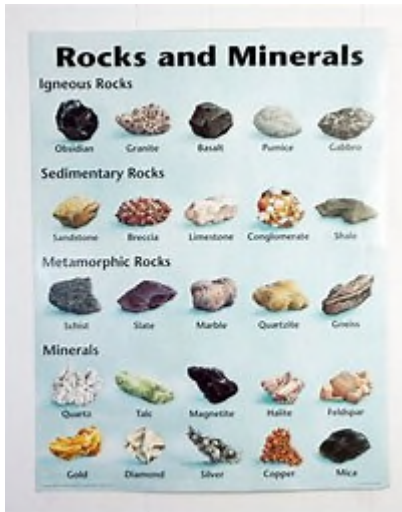
If you haven't already started a **SCIENCE NOTEBOOK**, this is a good time to do so. Write down all your experiments into your notebook, like all the great scientists do! What happened when you did this experiment? Did it work? What were the results. Write down what you think will happen. Write down what happened. If you try it a second time, were your results different?

WHAT about ROCKS? They are all around us! You can go on a walk with you family and dog and pick up some interesting rocks. Don't take those fancy rocks from your neighbor's yard, unless they tell you it's okay!! Bring home a variety of rocks to study. Maybe you already have some interesting rocks in your home or yard from trips you have taken. Instead of purchasing souvenirs, our family always liked to bring home rocks from our travels.

In your **SCIENCE NOTEBOOK** draw pictures of the different rocks and then describe each one. Look up what you think the rock is – like granite, slate, etc. Find a chart, like the ones below and, if you can, copy the chart or draw the ones you are able to draw, and put them into your Science Notebook. Check a rock book out of the library and learn more about rocks, especially rocks in your area. If relatives live far away, ask them to find different rocks for you, like slate or shale and mail them to you, please, to add to your collection! What's the difference between rocks and minerals?

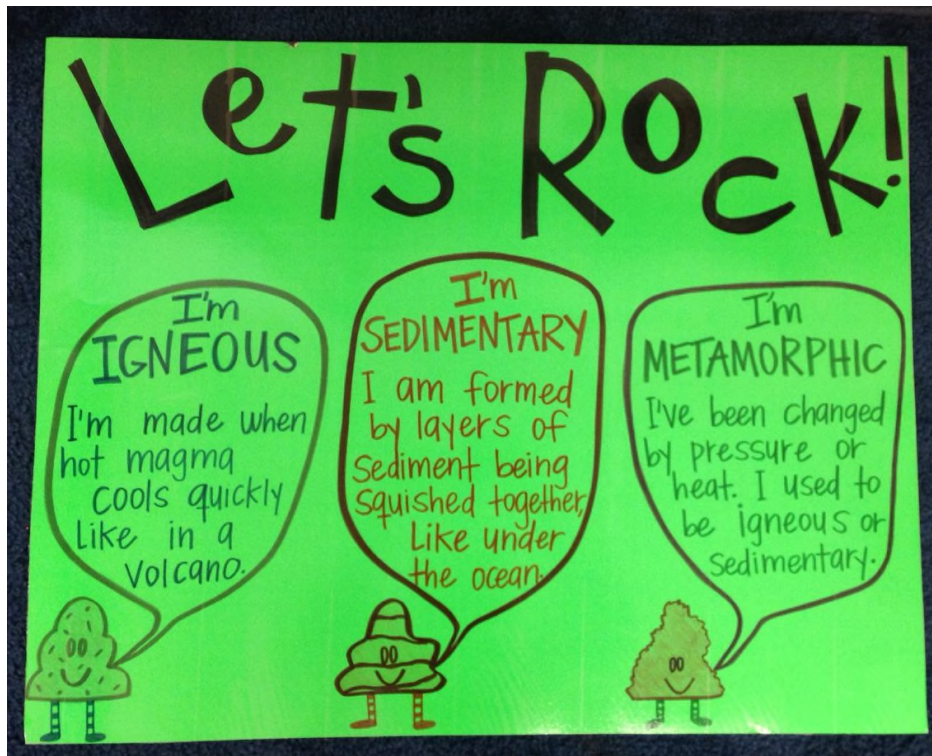
Play **20 Questions** with Rocks and Minerals!! What are certain rocks and minerals used for in our society? Remember in 20 Questions, you can only answer Yes or No!

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This is the type of drawing you can add to your

Science Notebook!



The *National Science Education Standards* (National Research Council 1996) states that, at the K-4 level, “understanding rocks and minerals should not be

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extended to the study of the source of the rocks, such as sedimentary, igneous, and metamorphic, because the origin of rocks and minerals has little meaning to young children.”

The *Benchmarks for Science Literacy* (American Association for the Advancement of Science 1993) provides the following sequence for the study of geology: By the end of the 2nd grade, students should know that:

- Chunks of rock come in many sizes and shapes, from boulders to grains of sand and even smaller.

By the end of the 5th grade, students should know that:

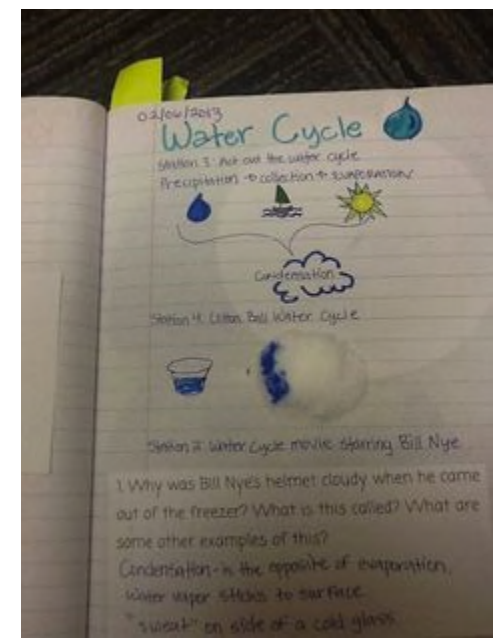
- Rock is composed of different combinations of minerals. Smaller rocks come from the breakage and weathering of bedrock and larger rocks. Soil is made partly from weathered rock, partly from plant remains – and also contains many living organisms.

It is not until the middle school years (grades 6-8) that either the *NSES* or *Benchmarks* discusses the types of rock or the rock cycle and their close relationship to the theory of plate tectonics.

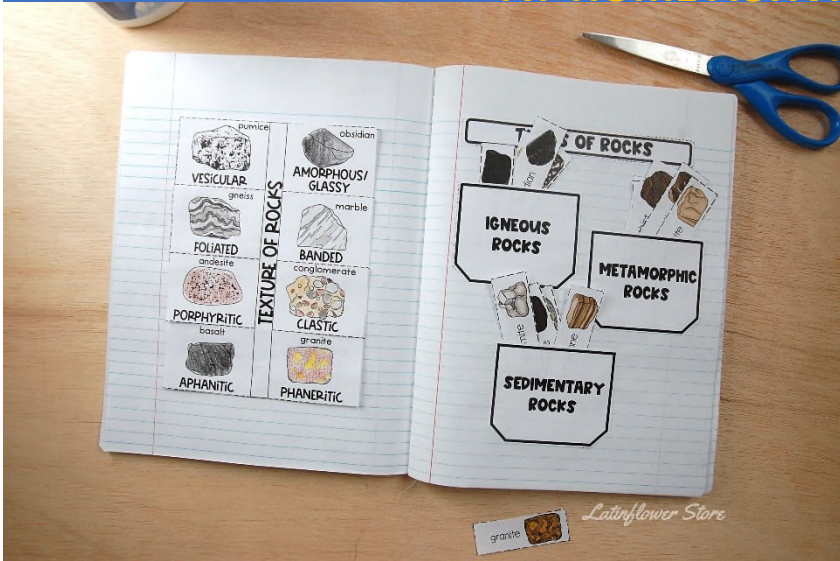
However, the reality is that, despite the recommendations of these documents, teachers and students are still required to follow their local standards and curriculum – which may include higher-level concepts. And a 2007 National Research Council publication, *Taking Science to School*, suggests that we, as educators, may underestimate children’s ability to learn and do science. What, then, should an elementary teacher do?

The best answer, as always, is to consider the abilities and needs of your particular students. As well stated in *Taking Science to School* (National Research Council 2007).

Here are samples of Science Notebooks:

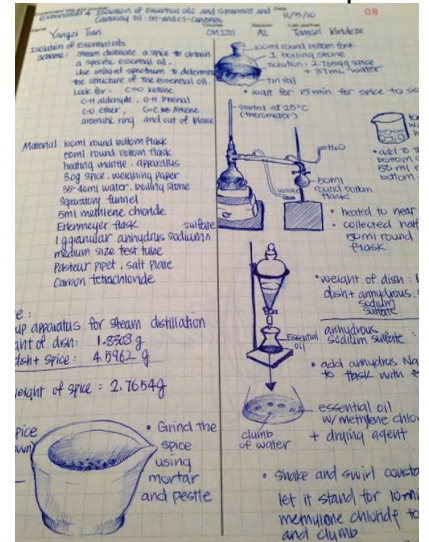


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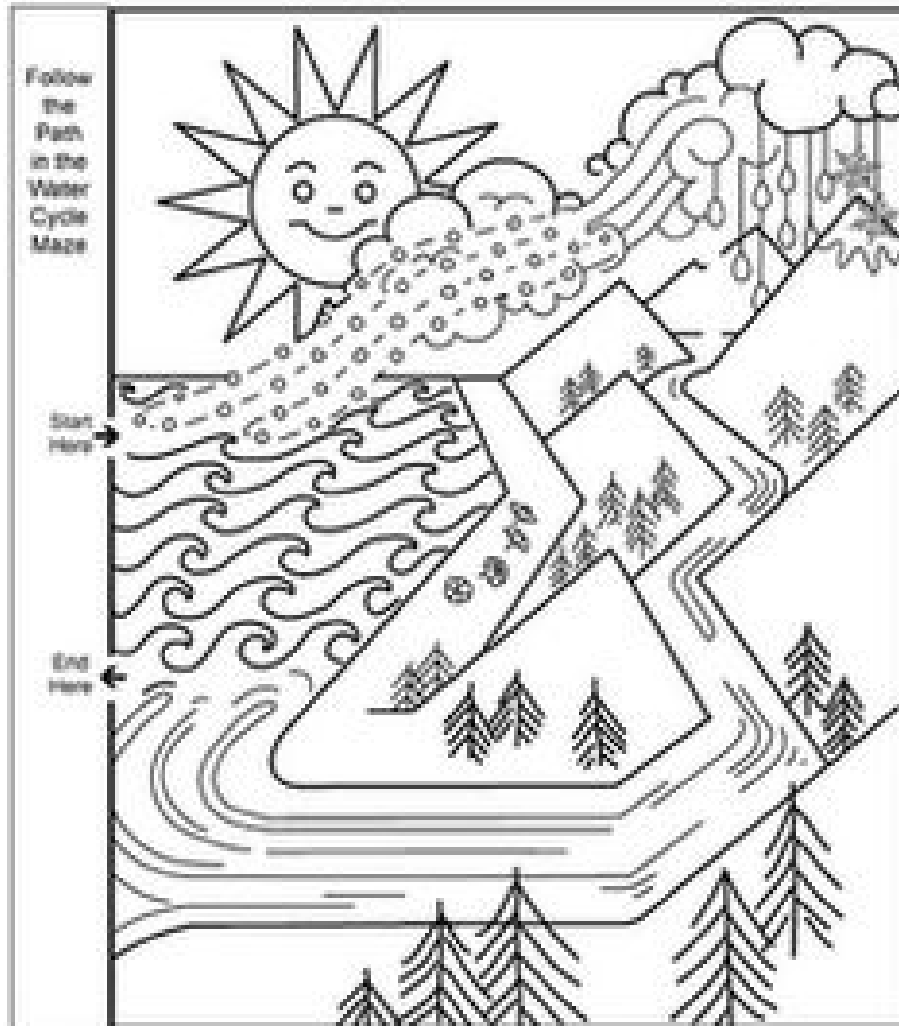
At the high school from which I retired, the science teachers would have students keep a science notebook. On the left-facing pages, students wrote down information from book or teacher notes. On the right-facing pages, they drew pictures or put in whatever would help them remember the information that was on the left. When they studied for a test, they really only needed to look at the right-side pages, if they had done a good job on those pages. The pictures would trigger memories on what information was on the left-side pages and they were good for the test!! (Right/Left brain activity.)

Neat notes in a Science Notebook, just like a good recipe card, help us when we go back to read what we did during that experiment and want to re-create the experiment again. If the scientist is sloppy about his/her notebook, he/she will not be able to read the notes and not be able to do the experiment again the same way. Perhaps a famous discovery will be lost because of sloppy bookkeeping!!



When keeping a notebook of any kind, it's not only FUN to change color BUT COLOR actually triggers memory! These pages in a Science Notebook have color or pictures. What is even more fun for your brain than color, is the use of pictures to trigger an even greater part of the brain memory! You want to do whatever it takes to activate those brain waves. 🧠

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This Water Cycle picture and maze shows how water moves in a cycle from the ocean and back to the ocean again. If you start with a drop of water in the ocean, you can see that it is warmed by the sun, starts as vapor to form clouds. When the clouds move and become colder, the vapor becomes heavy and drops as rain or snow. The moisture forms into lakes and rivers which flow back into the ocean. Begin where the arrow is labeled, Start Here. Follow the path of the Water Cycle through the maze to the arrow which is labeled, End Here. You can draw the water path in red and then color the picture.

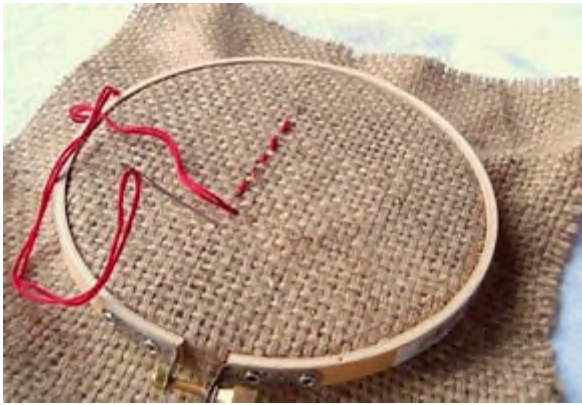
© 2004 www.funlessonplans.com - Science Lesson Plans and Demonstrations K-12



Embroidery FUN! Has anyone in the family taken time to learn how to embroider? It's a fun activity.

Of course, you'll need the proper tools and someone – or youtube to teach you!

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Here's an easy way to begin. Use burlap and learn the in and out stitch first.

Next try the cross stitch.

Soon you all will be ready for something a little more challenging.

You can purchase a kit or just make it up yourself.



You will need to learn a few stitches. Go online to learn the stitches you see here. It's fun for the whole family!! Be sure to use the stretcher hoop for your project. It will not come out well if you do not keep the fabric stretched as you work.



There are probably 1000 things or more to make with embroidery plastic. This is available at craft stores, like Michael's. My two sons were introduced to this when they were 5 and 7 on a



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camping summer and they made dozens of items during that summer. They didn't want to Stop!!

Fun to make gifts for everyone!!



Go online to see what you can make.

There is no end to the number of things your family can make.



Daily Reading – What book titles are you choosing to read?

Remember that Librarians are very happy to help you choose just the right book for you – no matter your age or reading ability, So call and ask what would be good, what are the popular books for your age range?

BUT, most old classics are still good titles to choose. These may no longer be available in the library – or they may. You'll have to check. Librarians have to keep the shelves available for current titles, so they are always discarding books. However, that doesn't mean the books that I'm about to mention are none the less valuable. You know how much you love to return to favorite movies each year at Christmas. Many older titles can be found for sale online -- or even on google for FREE if you don't mind reading on the computer!

Let's return to favorite books from the past.

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Many of these have won book awards, such Newbery Medals or others, which make them worthy to be dusted off and read over and over!! (Newbery Medal web page: [Welcome to the Newbery Medal Home Page! | Association for Library Service to Children \(ALSC\) \(ala.org\)](http://www.ala.org/ALSC/newbery)) But look for other children's awards as a stamp of approval for books to read over and over – like your own child's approval!

Look up each title before choosing it for your family to see if it is appropriate for the age of your child/children.

Soup – Robert Newton Peck (All the Soup books are fun reading for whole family!)

Lassie Come Home – Eric Knight (I remember my mother reading this book to my brother and me each night before bedtime!)

The Black Stallion – Walter Farley (There is a movie – but read the book First! Then discuss the differences and which you like best.)

Charlott's Webb – E.B. White (Everyone's favorite! You haven't read the book???)

Dr. Seuss – (Depending of your children's ages, anything by him is fun. Try writing your own book like Dr. Seuss with pictures!)

Curious George – H.A. Rey (He gets into mischief but manages to right the situation.)

Mrs. Piggle Wiggles – Peggy MacDonald (This is a series about learning and problem solving.)

Eloise in Paris – Kay Thompson (I enjoyed the videos of these stories with my granddaughters. And the books are GREAT, too!)

Henry Huggins – Beverly Cleary (And all Cleary books! And all Henry Huggins! Down home fun and charming. Take place in Portland, OR.)

Robert McCloskey – (ALL of his picture books! He's fabulous. Then make your own book like his!)

Homer Price – Robert McCloskey (I'm not sure how a kid could grow up without this book!! Or all McCloskey books, for that matter!)

"B" is for Betsy – Carolyn Haywood (Series. I read ALL the Betsy-books when I was a girl and loved them!)

Thomas Train books – Rev. W. Awdry – (From Great Britain and by a minister with a moral message in each story. Yes, videos, too.)

Secret Garden - Frances Hodgson Burnett (Another English story and a wonderful one. I read this to my 5th graders every year.)

Island of the Blue Dolphins – Scott O'Dell (Survival. Today, a commemorative plaque about her life is on display at the **Santa Barbara Mission**.)

And Now Miguel – Joseph Krumgold (Newberry Medal Winner! Coming-of-Age story)

Onion John – Joseph Krumgold (Newberry Medal Winner! Few win this award even once!)

The House of 60 Fathers – Meindert DeJong (Won MANY book awards! Illustrations were provided by Maurice Sendak.)

Call It Courage – Armstrong Perry (Survival story. (Son of the chief is afraid of the sea and has to overcome this fear.)

Hatchet – Gary Paulsen (Survival story. City boy crash lands in small plane in Canadian wilderness with only a hatchet!)

Gary Paulsen – any of his books are good for reluctant readers. They are exciting, keep their interest and reading level is average.

Read about Gary Paulsen. He didn't become a great writer for kids by accident!!

Holes – Louis Sachar (Camp Green Lake detention center for wayward boys, located in the desert turns out to be more than first glance! Disney movie, too)

My Side of the Mountain – Jean Craighead George (Survival story. Read reviews. Still a popular book.)

The Wolves of Willoughby Chase – Joan Aiken (If you want a great book that will have everyone biting the sheets each night, here it is!)

The Boys in the Boat (Young Readers Adaptation): The True Story of an American Team's Epic Journey to Win Gold at the 1936 Olympics – Daniel James Brown (There is an adult version to this book also, which is terrific!)

Shiloh – Phyllis Reynolds Naylor (Newbery Winning book about a boy who rescues an abused beagle only to learn that morality has consequences.)

A Wrinkle in Time - Madeleine L'Engle (The book has won the Newbery Medal, among other awards! This is children's adventure.

The Giver – Lois Lowry (This book was recently, 2019, made into a graphic novel, for those who may prefer that format!)

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The Westing Game – Ellen Raskin (A mystery, ranked number one among children's novels in a survey published by [School Library Journal](#) in 2012.)

Where the Sidewalk Ends – Shel Silverstein (Don't forget poetry! All of Shel Silverstein poetry! Nothing like a good poem to end the day.)

A Child's Garden of Verses – Robert Louis Stevenson (This book is a collection of poetry for children by the Scottish author Stevenson, 1885.)

Joyful Noise – Paul Fleischman (This is a group of poems designed for two voices, which should be fun to try out.)

Speaking of Literature! – **California of Education** web site: "*Recommended Literature: Prekindergarten Through Grade Twelve* (Recommended Literature List) is a searchable database of books for children and teens which helps students, teachers, and families find books that entertain, inform, and explore new ideas and experiences." Please read this website page to see what it says about the literature listed on the website and how districts should have selection policies of their own that reflects the district's/school's mission. Reading a WHOLE book through to see the purpose of a book is only fair when choosing a controversial book for your student. If you do choose one, be sure to read the book also and discuss as s/he is reading the book.

[Recommended Literature List - Curriculum and Instruction Resources \(CA Dept of Education\)](#)

Recommended Readings: K – Grade 8 AND on the same page: Recommended Readings: Grade 9 - 12

[Previously Published Literature Lists - Recommended Literature List \(CA Dept of Education\)](#)

You'll see many of the titles I recommended on the previous page of this web site. Great minds, you know!! There are a LOT of fun and really good books out there for kids!! NEVER stop reading!!

There is also a website on the California page for Spanish books for kids. Look at that whole page! It's full of great information!

The California of Education web site – While we are looking at the California of Education Website – what else can you learn about your child's education in California?

Physical Education – Are your children getting enough exercise each day during Covid? What kinds of indoor activities can they do to stay active? Well, there are plenty of exercises to do together as a team – look them up on youtube.com, if necessary. Make it a challenge each to do 2 more than yesterday of the 5 you do.

Go **outdoors** each day, if only to walk the dog or each other!! You can chart these activities and try to increase the length and time of each. Use your calendar, or have the kids create a chart for themselves! 😊



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[PFT Assessment Fact Sheet - PFT \(CA Dept of Education\) \(pftdata.org\)](#) There is a Physical Fitness test in the State of California for grades 5, 7 and 9! How do your children do with the test?

California Performance Standards: [hfs-standards.pdf \(pftdata.org\)](#)

Do you know the STANDARDS of your own district in English/Language Arts, Math, History/Social Science, PE, Science, Health, Visual & Performing Arts?

[CCSS for ELA - Content Standards \(CA Dept of Education\)](#) – Here's an example of Content Standards (English/Language Arts)

Learning Support for your Child in the State of California – Hopefully, you are aware of the many areas of assistance in the California's Educational System for any child who has learning challenges. Look on the website [California Department of Education](#) to find the various areas of assistance that might have meaning for your child, such as (Under Specialized Programs) English Learners, Special Education, Title I, and Specialized Programs. If necessary, call your school district for assistance. Your child can always be tested, if you feel s/he has special needs.

NEWS: Let's learn about being AWESOME Reporters!

What type of awards can journalist be awarded for her/his reporting of the news? That includes photography!

Your budding journalist, photo-journalist may be inspired to know that awards are something to strive for in these careers.



In your Journal WRITE:

Who is someone in this field that you admire?

What awards has s/he won? Why does this field look interesting to you?

What awards can you find in these areas of journalism that are given out each year? List a few. Can you draw a picture of what the award looks like?



Crafts – What? We haven't done any Origami yet???!! Well, let's get started. You will need some paper. Ask Mom or Dad for some copier paper but you can purchase special paper for Origami projects.

There are many example of "how to" do origami on YouTube, so check them out there.

Look for Origami for Kids so you will have easier projects to start.



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News Reporting – Time to be **News Reporters** again! Let's set up a TV in your living room that is made from a large box cut out - something like the picture, so that our young reporters can stick their heads in the screen and report the news!

Once the TV has been made, the reporters can get busy writing their news reports.

First of all journalists need to remember to be fair, impartial and accountable for what they report!

Here are some ideas on what they may want to report:

What Happened at School Today?

What's the Latest Neighborhood News?

What's going on in Our Family?

Give a Book Report that Makes People want to READ!

Don't forget the Weather Person! Map!

Libraries – Libraries are opening again with caution due to Covid issues still, so if you can go with face masks or however you visit, I urge you all to continue to be a part of your library, if you can. Books are so important. And reading is such a key part of learning and engaging the brain.

Do you know about the Dr. William C. **Herrick Community Health Care Library**? It's located around the corner from the Grossmont Hospital and is free to use by anyone who lives in the area. The address is:

9001 Wakarusa Street Phone: 619-825-5010 Website: www.herricklibrary.org

La Mesa, CA

If you become a member, you will receive their monthly newsletter in the mail.

They have DVDs & books to inspire your KIDS!!

Library Hours: M, W, F: 9a – 3p

Many great items at this small library!!

T, Th 1p – 7p; Sat 9a – 1p

Types of Learners – What are the types of learners? Well, there could be four or sever or whatever book you are reading or speaker you are listening to! But DO KNOW that your children probably each have a different mode of learning from each other and from YOU! And probably the reason your husband doesn't listen to you is because he's one type of learner and you are another type and you really need to get on his wave length if you want to get something across to him!! Did you know that?? And the same for helping your children with their schoolwork!! So let's learn about how we each learn! It's time to read about learners. It's fun to know how the brain works. I've been studying this since work on the brain first started to be shared with educators 30-40 years ago. It's fascinating.

Books to read: ***Brain-based Learning*** by Eric Jensen (every teacher need to read this book!)
Teaching the Right-Brained Child by Dianne Craft, MA

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Unicorns Are Real by Barbara Meister Vitale

So many more books on this subject. Look up “brain-based;” “right-brained”.

Do you understand what right and left brained mean? Take a minute to google those topics and understand what a right-brained child is. Many children struggle because they are not like “regular” kids (“left-brained” kids) who are ready to listen to the teacher and answer the questions at the end of the chapter. Right brained kids need to DO! But you need to know if your kids (and even your husband or you, are right-brained (or left-brained) and what that means as you all interact with each other.

Good luck!!

While we are on the subject of learning, is anyone in your family Dyslexic? I was a reading teacher and taught Dyslexic kids. It's so sad to have bright kids who are told they are “dumb” because they have difficulty reading (or learning/switching numbers) when in fact they are just Dyslexic. Which is like telling someone they are dumb when they only need glasses!

If you think your child is struggling with reading due to Dyslexia – you have a RIGHT in the Public School system to have your child tested to see why they are struggling!! Ask the teacher, principal, or whomever you trust to have your child tested. There are many assists in the Public Schools to help kids with Dyslexia. And that doesn't mean they have to be pulled out of the regular classroom and put into a Special Education Classroom! Nothing will happen without your approval!! Both of my sons had/have Dyslexia. The great news is that they are both VERY intelligent, and they have learned to live with their situation. The one still has terrible spelling! But both sons went to college and have great careers! So having Dyslexia is not the end of the world. But it's important to learn what to do – like with bad eye sight – and get over that hurdle.

Oh, by the way, some of the smartest and most talented people in the world had/have Dyslexia! Steven Spielberg, Henry Winkler, Cher, Woopi Goldberg, Keira Knightly, Albert Einstein, Nikola Tesla, Leonardo di Vinci, Pablo Picasso, Thomas Edison, John F. Kennedy.

Family Activity TIME – Fun time with the whole family or when your friends are over, or just you and your siblings! You'll need a hoola hoop for this activity and some sheets of paper. Ask Mom or Dad for some used paper, like discarded mail that is going into the recycling bin.

Next you will all need to know how to make a terrific paper airplane!! This might take some practice!! You can always look it up on the internet.

Now hang a hoola hoop from a doorway or window or outside where you can throw a paper airplane through the hole in the hoop!

Next – make it a contest to see who can fly their paper airplane through the Hoola Hoop!! Good Luck!!

CLEANING TIME – When is the last time you REALLY cleaned your room?? I mean under the bed with a vacuum!! Cleared out the drawers and went through the closet to check for clothes that don't even fit any longer?? Let's get started! That means the WHOLE family gets involved with their respective rooms, closets and drawers!! Whew! This could take all weekend! Maybe 2 weekends!

AT-HOME ACTIVITIES FOR KIDS OF MANY AGE GROUPS

You'll need an area in the house with boxes or large sacks designated for GIVE AWAY! TOSS OUT!

The keep items will be kept in your room. Don't plan to put it in the attic! The attic doesn't want it either!! Neither does the garage! Just remember that if you haven't used an item for 6-12 months, someone else probably could use it!!

Put this special **CLEANING TIME** on your **calendar** right now! What date will we all have to do this??!!

NAMES – Do you know about your your **FIRST** name (sometimes called name was chosen by your parents. Did name? Are you named for anyone in the time coming up with a name for you? Is What does your name mean?

Create a **FLAG** for your name. creative than the ones here!!

What about your **LAST** name, which is

Sometimes you can trace your a coat of arms. If you don't have a coat own!!

Start with the letter of your last name might want to include your own fabric



name? Your "Given" name is your "Christian" name). That they tell you why they chose that family? Did they have a difficult there a story behind your name?

Yours can be much more



called your **FAMILY** name?

family name back to distant relatives and actually find of arms, that's great because now you can make your

and go from there. Scotts and Irish have plaids, you design, too. This could be part of your room decor!

Memory Lamp – Find an old lamp at home, grandma's or at the thrift store. For this project you will need a few colors of acrylic paint colors from the hobby store. Have an adult help you with this messy project! You might want to wear one of Dad's or Grandpa's old shirts on backwards, as you will be using the acrylic paints – WHICH DO NOT WASH OUT of your clothes!!

The idea is to paint everyone's hand(s) with a color of acrylic craft paint and put your hand on the base of the lamp! The lamp needs to have a smooth base so this will work. Wait for the paint to dry, then do the next color or next hand(s). If the lamp shade is smooth, you could try to do the same to the shade, but too much of a good thing might be too much!! So look at the base first and see if that is good as it stands.

AT-HOME ACTIVITIES FOR KIDS OF MANY AGE GROUPS

Pillowcase with Handprints!! While you have your hands in the paint, you might want to try putting your prints onto a pillowcase! Let each child in the family print on the same pillowcase. What a great gift for Grandma at Christmas time! She will go to sleep with her grandchildren each night!! 😊

Wash hands as soon as finished with the printing!!

Since the pillowcase is painted in acrylic paint – it should never wash out! Be sure not to make it a heavy paint, so that Grandma gets a good night's rest.

Plant in a POT – Get all ages involved with potting a plant pot for a gift! Choose several kinds of succulents at the garden store, choose a lovely pot to plant all and gather around an outdoor table to plant. You may need an old spoon, a chop stick, rock for the bottom of the pot, and potting soil.

What about creating a **Fairy Garden Pot**? That sounds like lots of fun!! The kids will enjoy creating the garden and helping to water it each week.

Family Activity TIME – Let's make our own fun game!

Muffin Pan Toss –

A. Preparation and Materials: Write a score value on a round paper to fit the bottom of each cup of an old muffin pan, Suit the score value to the ability level of your group, like this:

Grade 2: 3 9 5 4 6 7 1 2

Grade 4: 12 72 38 56 45 83 26 61

Grade 6: 4 1/2 6 1/3 5 3/4 8 1/8 1 1/4 2 1/5 7 1/3 3 1/2

B. Introduction: During Family Activity Time, you and family members may try your hand at Muffin Pan Toss. Stand behind a line and toss an eraser or bean bag into the Muffin Tin that has the above numbers placed into the cups. The cup where your eraser lands tells your score. Keep track of your scores. At the end of the playing time, each child adds his/her totals. The one with the highest total wins.

C. That was FUN! Let's do it AGAIN!!

Planning Family Menus – This can be a fun challenge, especially for busy families. Some of the tips here may help your menu and meal planning. Don't be afraid to change plans after a few months. Remember that variety is the spice of life!!

Planning tips:

- Muffin tin meals – When small children won't eat, fill cups of a muffin tin with small portions of food. It makes eating more fun, and nutritious foods like raw vegetables can look appealing when served in individual compartments.
- Post a calendar with the "menu of the week." It might ease moans and groans that accompany certain meals if everyone sees the bigger picture for the week.

AT-HOME ACTIVITIES FOR KIDS OF MANY AGE GROUPS

- Involve the whole family in mealtime planning, shopping, preparation, and cleanup. Have everyone choose a favorite meal. Schedule each person's meal on a day when they will have time to help prepare it.
- Remind everyone to eat five servings of fruits and vegetables each day—their five fingers can be a reminder.
- Share a meal! Sometimes families with similar schedules trade one night of cooking a week. On a designated night, one family prepares double food portions and takes half to a neighbor; the neighbor returns the favor another night. (Why does food almost always taste better if someone else makes it?)
- Plan ahead. Occasionally make an extra meal to freeze, then heat and serve on a busy night.
- Make a rainbow meal. Brighten up the plates with a variety of colorful foods. The most colorful foods tend to be fresh fruits, vegetables, and whole grains—foods that have the most nutritional value.
- Set a pleasant table. The best dishes and silverware, along with flowers and candles, should not be just for guests! An attractive table makes even a simple meal a feast.
- Learn several family table blessings to share each mealtime. Let everyone take turns choosing a favorite.



Going to Grandma's House – Let's learn more about making a map! How do we get to Grandma's house? Or choose to go to someone else's house – depending on how difficult you want to make this. It could be someone two doors down from your house, or across town or in another state!! Whatever you choose, you will have to create a map of either the neighborhood, the city, or the U.S. and have the child or children show where they are and where Grandma is located and how the family will walk or drive to her house!!

