SCHOOL-AGE

AWARE, CARE, & SHARE™

Learning Care group

Learning at Home

Week of:

April 13, 2020

Let's Get Started!

Hello, School-Age Families! We're thrilled to share some fun ideas for your school-ager to do at home this week. This week we will be focusing on developing healthy routines and habits to support school-agers being at home learners. Children (and adults) thrive when they have a realistic expectation of what comes next. Establishing daily routines with your school-ager will help them to be more effective, engaged, and set them up for success.

On My Own

Zip Top Plastic Bag Greenhouse

1. Gather a paper towel, zip top plastic bag, water and seeds. Flax seeds and grass seeds work well.

2. Dampen the paper towel and place it in plastic zip top bag along with some seeds.

3. Tape it up in a sunny window watch your seeds sprout.

TIP: Seal the bag fully to ensure the moisture stays inside the bag. This will help your seeds to grow.

With My Family

International Food Tour at Home

1. Choose a country that you enjoy their cuisine. We chose Italy!

2. Work with your family to create and prepare a menu of foods from that country. We made Pizza and Ravioli.

3. Celebrate your meal together.

TIP: To extend the experience you could learn a couple of words in that language, make decorations, or even create an online playlist of music to accompany your meal.

Moving My Body

3 Minute Dance Break

Taking a 3 minute dance break a few times a day can help you stay healthy and motivated.

1. Find some upbeat music to dance to. We like the songs available at WWW.GoNoodle.com.

2. Encourage your family to dance with you!

3. You can even try to learn some basic dance moves like the Macarena or the Floss.

Helping at Home

De-Clutter Challenge

Having an organized space can help you to feel more focused and productive.

1. Gather a garbage bag for things you want to throw away and a cardboard box for things you want to donate or pass on to friends.

2. Go through your items and sort into the different categories. Be sure to check with an adult before throwing things away.

3. Now that you have decluttered you can organize your space.

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