SCHOOL-AGE

AWARE, CARE, & SHARE™

Learning Care group

Learning at Home

Week of:

May 18, 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

Pen-Pals
Writing and sending a letter is a great way to stay in contact with friends and family.

1. Gather paper, pencil, envelope, and a stamp.

2. Write a letter to a friend. Some ideas for your letter could be how you have been spending your time, telling them about a new game or book you have enjoyed, or describing an activity you participated in.

3. Address the envelope. Be sure to include the stamp and your return address so they can write you back.

4. Place the envelope in the outbound mail.

With My Family

Talent Show
Invite your family members to participate in a talent show.

1. Plan a talent show. Invite others to show their talent, announce performers, help performers get ready or be in the audience.

2. The person who announces the performers is called the MC, or Master of Ceremonies.

3. Performers should gather any props (dress-up clothes, music, etc.)

4. Before the show begins the MC can remind audience members that clapping is encouraged.

Moving My Body

Paper Ball Pick up
Can you pick up the paper without using your hands?

1. Choose a spot to be your goal. This is where you will drop your paper ball. Don't use the trash can or you wont be able to play again!

2. Crumble a piece of paper into a ball.

3. Pick up the paper ball using the body parts listed below and take it to your goal.
- Elbow and elbow
- Foot and foot
- Knee and knee
- Forearm and elbow

Helping at Home

Kindness Scavenger Hunt
How many ways can you be kind to your family this week?
Check off all that you complete:
- Push in someone's chair
- Make someone a gift or card
- Help someone clean up
- Give someone a compliment
- Write a Thank You note
- Take out the trash
- Tell someone why you are thankful for them

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