SCHOOL-AGE

AWARE, CARE, & SHARE™

Learning Care group

Learning at Home

Week of:

April 6, 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. On My Own activities are things your school-ager can do by themselves, while With My Family are activities you can do together. Moving My Body are ideas for ways to get moving, and Helping at Home activities are ways your school ager can help around the house.

On My Own

Make a Cereal Box Puzzle

1. Choose an empty cereal box and remove the front panel.

2. Draw out your puzzle pieces on the back of the front panel and then using scissors cut your box into puzzle pieces.

3. Challenge yourself to put your puzzle together. Use a watch or tablet to time how long it takes you to put your puzzle together. Can you beat your fastest time?

TIP: If your puzzle becomes too easy, you can cut the pieces again to make it even more challenging.

With My Family

Family Game Night:

1. Think about your family and what games they like to play. What games do you have at your house?

2. Gather board, card, or video games that your family would enjoy playing together.

3. Schedule a time to get together and play the games as a family.

TIP: You can make family game night a reoccurring part of your weekly routine letting each family member take turns choosing which games you will play.

Moving My Body

Water Bottle Bowling

1. Find five identical used plastic water bottles. Remember that the lids can be choking hazards so be cautious if younger children are in the home. Place a small amount of water in each bottle.

2. Find a ball, a small soccer ball works well.

3. Find a space, such as a long hallway indoors, or a sidewalk outdoors to set up your pins.

4. Mark your starting line with a piece of tape or sidewalk.

TIP: You may need to adjust the amount of water in each bottle to ensure it is the proper weight to be easily knocked over by the ball.

Helping at Home

Keeping Our Yard Clean:

During social distancing its still important to get outside. You can make an impact on your local community by taking small steps in your own yard.

1. Look around your yard.

2. Think about what you can do to help keep your yard clean. Could you rake leaves, pick up sticks, or sweep the sidewalk?

3. If needed ask an adult for help to complete a yard clean-up task.

© 2020 Learning Care Group, Inc. All rights reserved.