

**Family Resource and
Activity packet
Monday
(1-04-21)**





After a Bath

After my bath, I try, try, try
To wipe myself 'till I'm dry, dry, dry.
Hands to wipe, and fingers and toes,
And two wet legs and a shiny nose.
Just think, how much less time I'd take,
If I were a dog and could shake, shake, shake!

Bath Time Bubbles

Bath time bubbles pop! (clap hands)
Lather up with soap (rub hands together)
Warm water and shampoo (rub head)
Then dry off when you're through! (rub arms)



ENERGY BARS

cooking spray
5 tablespoons butter
¼ cup brown sugar, packed
2 tablespoons honey
1 ½ cup rolled old fashioned oats
¼ cup dried mango, chopped
¼ cup raisins
¼ cup dried cranberries
¼ cup pepitas
¼ teaspoon salt

1. Preheat oven to 350°F. Coat a 8-inch square pan with cooking spray. Set aside
2. In a small saucepan over low heat, melt together butter, sugar, and honey. Remove from heat.

3. In a large bowl, mix together oats, mango, raisins, cranberries, pepitas, and salt.
4. Pour warm mixture into bowl, stir until well mixed.
5. Spoon mixture into baking pan, pressing down with a potato masher to even out the bars.
6. Bake in oven for 20 minutes or until golden brown. Remove, cool, and cut into bars.

NUTRITIONAL INFORMATION (per serving)

CALORIES 243; FAT 11g; PROTEIN 5g; CARB 32g; FIBER 2g;
CALCIUM 29mg; IRON 2mg; VITAMIN A (RE) 68mcg; VITAMIN C
0mg; FOLATE 4mcg

DID YOU KNOW?...

Having your child help measure the different ingredients is an early introduction to math.

SABÍA USTED QUE?...

Al permitir a su hijo ayudar a medir los distintos ingredientes lo inicia en la práctica de las matemáticas.

- Colored text = Kids can help
Letra a color = los niños pueden ayudar

SERVES
PORCIONES

8

BARRAS DE ENERGÍA

aceite vegetal en rociador
5 cucharadas de mantequilla
¼ taza de azúcar morena compactada
2 cucharadas de miel
1 ½ taza de avena tradicional
¼ taza de mango escurrido picado
¼ taza de pasas
¼ taza de arándanos deshidratados
¼ taza de pepitas
¼ cucharadita de sal

1. Precaliente el horno a 350°F. Rocíe un molde cuadrado de 8 pulgadas con aceite vegetal. Colóquelo a un lado.
2. En una cacerola pequeña a fuego lento, derrita la mantequilla, el azúcar y la miel. Retire del fuego.
3. En un tazón grande, mezcle la avena, el mango, las pasas, los arándanos, las pepitas y la sal.
4. Vierta la mezcla caliente en un tazón, revuelva hasta que esté bien mezclada.
5. Ponga cucharadas de la mezcla en una bandeja de hornear, oprimiendo con un aplastador de papas para nivelar las barras.
6. Hornee durante 20 minutos o hasta que estén doradas. Retire, deje enfriar y corte las barras.

INFORMACIÓN DE NUTRICIÓN (en cada porción)

CALORÍAS 243; GRASA 11g; PROTEÍNA 5g; CARB. 32g; FIBRA
2g; CALCIO 29mg; HIERRO 2mg; VITAMINA A (RE) 68mcg;
VITAMINA C 0mg; FOLATO 4mcg



Homemade Kaleidoscope

Take advantage of that recycling pile! Let your kids turn an empty baking soda box into a homemade kaleidoscope.

DIRECTIONS

1. Start with an empty box of ARM & HAMMER™ Baking Soda. Cut the box along the seams to disassemble and lay flat.
2. Use a ruler to mark a rectangle on the box that is 4" x 3", anywhere on the box is fine. Cut out the rectangle.
3. Fold the rectangle into thirds.
4. Unfold the rectangle and wrap with foil. Try to keep the foil as smooth as possible. Then set aside.
5. Decorate the toilet paper tube as you like. The kids can use stickers or whatever markers haven't dried out.
6. Grab your rectangle and refold into a triangle. Tape the ends together and slide into the paper tube.
7. Tape the straw along the top of the tube, leaving the bendy part over the edge. Trim straw as needed.
8. Grab your cardstock and cut out a few circles that are 5" in diameter. Have the kids decorate the circles as they like.
9. Poke a hole in the middle of the circle then place it on the straw with the decorated side facing the tube.
10. Look through the tube and spin the circle. Repeat with all of your designs for different effects.
11. Or... just watch the video.

DETAILS

Craft Time: 15-20 minutes

Time For You: 2 x 10 minute breaks
(enjoy no one shouting your name for a bit)

What Your Kids Get: 1 kaleidoscope

SUPPLIES

- 1 empty box ARM & HAMMER™ Baking Soda

- 1 toilet paper tube

- White cardstock paper, standard size

- 1 flexible straw

- Aluminum foil

- 1 permanent marker or pen for measuring

- 1 pair of scissors

- 1 roll of tape

- 1 12-inch ruler

- Colored markers or crayons for decorating

- Construction paper (optional)



Tips and Tricks for Virtual Preschool Success

by Samantha Perry | Mar 31, 2020 | Arts Integrated Preschool, Blog, Virtual Classes

As the uncertainty of living life during the COVID-19 pandemic unfolds, parents, caregivers, educators and children have been launched into a new educational adventure- Virtual Preschool. Our Preschool Team would love to share some tips, tricks, advice and insights with all of you to make sure everyone is having the best and uniquely developmentally appropriate Virtual Preschool experience as possible with their child.

Here are some things we've learned as a team and from caregiver input so far:

A moving or wiggling body does not mean your child isn't listening or learning

Sitting in front of a screen for more than a few minutes at a time and staying completely focused is developmentally inappropriate for most children under the age of 5. If your child needs to move around the room, play with a toy, or eat a snack while they are participating in a virtual Circle Time or other type of class, that's fine! In fact, it can be helpful to provide something else for their hands or body to do right at the start. We don't expect young children to sit still and listen all day at school, and the same should go for virtual learning at home!

Model participation and listening with enthusiasm

This is a completely new type of engagement for most children, and they might need you to show them how it's done! Don't be afraid to get silly, sing, dance and get in touch with your own inner child. After you've given yourself and your little one

permission to dive right in, it will be easier for them to do so on their own later on if you need to take time to get your own work done while they do their virtual school.

Play School

If you find that virtual school just doesn't seem like the right fit for your child, take some time to watch some of the content provided to you, and implement the activities in real life without any screens. Acting out familiar parts of the school day such as Circle Time, Art Class, or Open Choice can help provide structure, routine, and help your little one retain all of those school skills they were working so hard on before shelter in place went into effect.

Let go of expectations

There are so many different virtual options provided for young children right now, which is great, but can make some parents or caregivers feel overwhelmed. There is no pressure to participate in every single Zoom class, Facebook or Instagram Live, or Pinterest activity. Do what makes sense for you and your family right now. Try to pick a few classes each day to try out, and fill in the time in between with real life. Making a visual schedule of each thing on your plan for the day can help manage your child's expectations and help build your at-home routine.

Unplug if you need to

All of us are feeling screen fatigue right now, even our little ones. Let your child have plenty of time to play with no expectations from you or other adults in their life. Play is how children learn, and how they process the world around them; I'm sure they have plenty they need to process right now.

Ask for what you need

This is new for us as educators too! We are doing our best to provide meaningful virtual interactions for our students and their families, but there's bound to be things we miss, so let us know. We're used to getting immediate feedback from our students' behavior, so please reach out to teachers and other content creators with your observations.