



**FUN &
RESOURCES
FRIDAY:
04-24-2020**

A Healthy Start

BREAKFAST IS BEST

**Keep it simple,
but keep it delicious!**
You may like:

- Oatmeal with cinnamon, applesauce, and a glass of milk
- A waffle or pancake with blueberries
- An English muffin with a slice of ham, egg, and cheese
- A raisin bran muffin, a banana, and a glass of milk.

**Choose whole grains
most of the time!**

Why eat breakfast every day?

- It will give you the energy you need to start your day. It is "fuel" for the body!
- It can help you focus on work or school!
- It can help you feel and act your best!
- It can help keep you healthy!

Try a variety of healthy foods! Find the ones YOU like!

Not hungry in the morning? Start small...try:

- A cup of yogurt (plain – add your own fruit).
- A piece of fruit such as a banana, orange, or apple.
- A bowl of cereal with milk.
- A slice of toast with nut butter and a glass of milk.
- Half of a toasted English muffin with a slice of cheese.
- Trail mix of raisins, nuts, and cereal.

boost your energy
and brain power!





Teaching Emotions: Activity Ideas to Share with Families

Feel free to copy these and put in a newsletter or on a handout to send home to your families.

Share a story in a new way.

Read a story book to your child that shows characters who experience an emotion (e.g., sad, happy, scared, worried, confused, etc.). Stop on a page where the character is showing the expression. Ask your child “What do you think he is feeling?”, “Why is he feeling that way?”, or “Look at her face, how can you tell that he is ___?” Other questions could be “Have you ever felt___, What make you feel that way?” or “What will happen next?” or “What should he do?” Do not pause too long on one page and only continue the discussion as long as your child shows an interest.

Make an Emotion Book with your child.

An easy project to do with your child is to make a homemade book. All you need is paper, crayons or markers, and a stapler. You can make a book about one emotion and have your child fill the pages with things that make him feel that way. For example, a “Happy Book” may have pictures that you and your child draw of things that make him happy or it may include pictures cut out of magazines that are glued on the pages. Another approach may be to devote a page to an emotion and have the book be about a variety of feeling words (happy, mad, surprised, scared, irritated, proud, etc.). For children who have a lot to say about their feelings, you might want them to tell you a sentence about what makes them feel an emotion and you write the sentence on the page. Then, your child can cut out a picture and glue on the book or draw a picture to go with the emotion. Warning, this activity will be enjoyable if you do it with your child, but would be difficult for your child to do alone.

Play Make a Face with your child.

You start the game by saying, “I am going to make a face, guess what I am feeling by looking at my face.” Then, make a happy or sad face. When your child guesses the feeling word, respond by saying “That’s right. Do you know what makes me feel that way?” Follow by describing something simple that makes you feel the emotion (e.g., a fluffy kitten makes me happy, I feel sad when it rains and we can’t go to the park). Please note, this is not the time to discuss adult circumstances that are linked to your emotions (e.g., “When your Daddy doesn’t call me, I feel sad”). Then say to your child, “Your turn, you make a face and I will guess what you are feeling.” Don’t be surprised if your child picks the same emotion that you just displayed, it will take time before they can be creative with this game. Once you guess, ask your child to name what makes him have that emotion. Keep taking turns until your child shows you that he or she is not interested in continuing the game.

Play “Mirror, Mirror...what do I see?” with your child.

Using a hand mirror or a mirror on the wall, play this game with your child. Look in the mirror and say “mirror, mirror, what do I see?” Then make an emotion face. Follow by naming the emotion by saying “I see a sad Mommy looking at me”. Turn to your child and say “your turn”. Help your child remember the phrase “mirror, mirror what do I see?” You may have to say it with your child. Then, tell your child to make a face and help them say the next sentence “I see a happy Patrick looking at me.” Don’t be surprised if your child always wants to do the emotion that you just demonstrated. Play the game until your child loses interest.

CREATIVE STEM ACTIVITIES



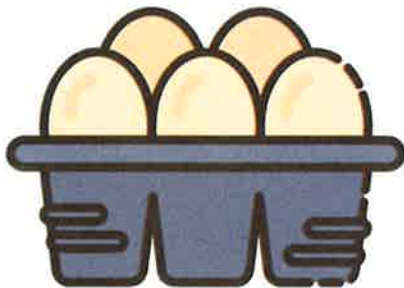
FOIL BOAT CHALLENGE

The Tinfoil boat challenge is a two part engineering activity that asks kids to build a boat using tinfoil and other supplies. Firstly make a boat the floats. Secondly make that boat hold 100 pennies.



CUP TOWER CHALLENGE

What is the tallest tower you can construct using plastic cups? Kids can work alone or in groups. No other materials needed.

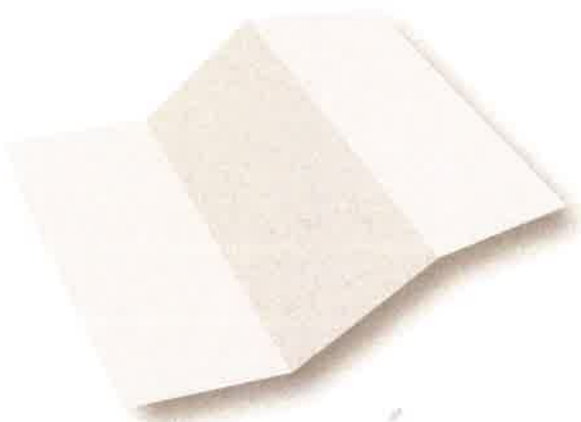
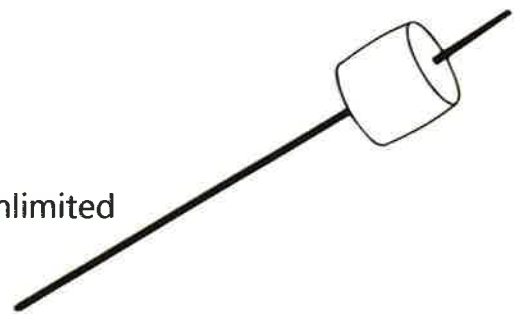


EGG DROP CHALLENGE

The challenge is for kids to design a contraption using various materials (usually recyclables) to protect a raw egg from a high fall.

MARSHMALLOW TOOTHPICK TOWER

Build the tallest marshmallow tower you can using unlimited toothpicks and unlimited amount of marshmallows.



LONGEST PAPER CHAIN

Make the longest paper chain using a single piece of 8.5" x 11" paper and tape or staples



Thinking Abilities and General Knowledge Activity for Birth to 6 Months

Find the Noise

Materials:

- Rattle

What to do:

1. Hold the baby in your lap after she has finished eating. Shake a rattle on one side of her head, then the other side.
2. Shake it slowly at first, then faster.
3. Praise and cuddle her as you see the baby searching for the noise with her eyes.
4. Experiment with types of objects and different sounds to find out what the infant likes.
5. Touch the object lightly to the infant's tummy, face, and arms to provide tactile as well as auditory stimuli.

Variation:

Hold an object that provides visual stimulation only (no sound) in the infant's line of vision. (A picture of a face, a mirror, a shiny pinwheel, or any colorful object will work.) Then present an object that provides auditory stimulation only (no visual cues) by shaking a bell or playing a music box out of the infant's view. Observe the infant's responses. Bring the object into the infant's view to provide the infant with visual feedback to use in localizing objects.

YOU ARE LOVED.

You make me smile.

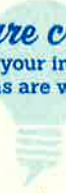


I think about you when we're apart.

I will do my best to keep you safe.

Sometimes I will say no. I have faith in you. I know you can handle it.

You are creative. Trust your instincts. Your ideas are worthwhile.



You are CAPABLE. You are DESERVING.

You are STRONG. You can say no. Your choices matter.

You make a difference.

Your words are powerful. Your actions are powerful. Your emotions may be powerful. And you can still choose your actions. You are more than your emotions.

You are a good friend. You are kind.

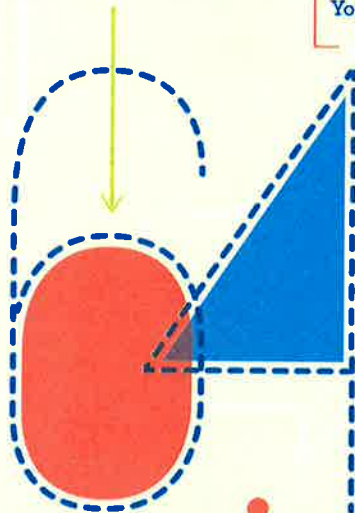
You don't have to like what someone is saying in order to treat them with respect. Someone else's poor behavior is not an excuse for your own.

You are imperfect. So am I.

You can change your mind. You can learn from your mistakes. You can ask for help.

You are learning. You are growing. Growing is hard work.

I believe you. I believe in you.



Your body is your own. You have say over your body.

You are important. Your ideas matter. You are able to do work that matters.

I see you working learning every day.

You make a difference in my life.

Your ideas are interesting. You've made me think of things in a COMPLETELY NEW WAY.

I'm excited to see what you do.

Thanks for helping me.

Thank you for contributing to our family.

I enjoy your company.

It's FUN to do things with you.

I'M GLAD YOU'RE HERE.

positive THINGS to SAY TO kids

I'm happy to talk with you. I'm ready to listen. I'm listening.

I'm proud of you.

I'm grateful you're in my life.



You make me SMILE.

You are valuable. You are interesting. You are beautiful.

When you make a mistake you are still beautiful.

I am curious what you

THINK.

How did you do that?



SCREEN TIME AND THE VERY YOUNG

Do yourself and your young children a favor—create an electronics-free bedroom and role model by reducing your own recreational screen time.

The American Academy of Pediatrics recommends NO screen time for children under 2 years of age. Listed below are some of the effects that excessive screen time (over two hours a day) can have on the very young.

Excessive Screen Time

- Can be habit-forming. The more time a young child is engaged with screens, the harder time they have turning them off as older children.
- Is linked to irregular sleep patterns and delayed language acquisition for children under 3.
- Is associated with problems later in childhood, including lower math and school achievement, reduced physical activity, social challenges, and increased BMI.
- Means less time involved in creative play and constructive problem solving.

Reduced Screen Time

- May lead to decreased interest in screen time when children are older.
- Can help prevent childhood obesity by allowing more time for physical activity and less exposure to television advertising for unhealthy foods targeted at children.
- Is related to doing better in school, having a healthier diet, being more physically active, and being better able to engage in school work.
- Can start now! Limiting exposure before age 6 greatly reduces some of the risks of excessive screen time.

Source: Campaign for a Commercial-Free Childhood.





Rice Pudding

INGREDIENTS

1 1/2 cups water 3/4 cup uncooked ***brown rice***
2 cups ***milk***, divided 1/3 cup white sugar
1/4 tsp salt 1 ***egg***, beaten
1/2 tsp vanilla 1 Tbsp butter

DIRECTIONS

- 1 Combine water and rice over high heat in a saucepan and bring to a boil. Reduce heat to medium-low, cover, and simmer until tender, about 45 minutes.
- 2 Combine cooked rice, 1 1/2 cups milk, sugar, and salt in a clean saucepan. Cook over medium heat until thick and creamy, 15 to 20 minutes.
- 3 In a small bowl, beat egg very well, and add the remaining 1/2 cup milk. mix well.
- 4 Add one spoonful of the rice mixture to the egg mixture at a time. Stir well after each spoonful.
- 5 After rice mixture and egg mixture are combined, cook 2 minutes more, stirring constantly. Remove from heat and stir in butter and vanilla extract. Serve warm.

Serves: 6 (1/2 cup per serving)

One serving: 144 Calories, 4 g Fat, 24 g Carbohydrate,
5 g Protein, 161 mg Sodium, 1 g Fiber

Recipe adapted from allrecipes.com