



**CHALLENGE #3**

Can you draw how someone feels if you are kind to them?

**Did you know:** Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness has a connotation of meaning someone is naive or weak, that is not the case. Being kind often requires courage and strength. Kindness is an interpersonal skill.

Source: Psychology Today

Puedes dibujar como se sentiria una persona si eres bueno con ellos?



**CHALLENGE #1**

Can you draw a beautiful thank you note?

**Did you know:** "Grateful kids tend to be much more satisfied with their lives," says Froh. "They do better in school and are less materialistic, less depressed, and less envious. Their relationships are much stronger and more supportive." In one study, grateful kids even reported fewer physical symptoms, like headaches, stomachaches, and fevers.

Puedes dibujar una carta diciendo gracias?

**Self-Care for Caregivers**

<p>Exercise</p> <p>Playing outside is still ok!</p>	<p>Creating space</p> <p>Meditation. Insight timer, free apps, youtube videos, etc.</p>	<p>Allowing children screen time for a break</p> <p>Screen time is ok in moderations</p>	<p>Keep structure, have child help make schedule</p>	<p>Check in with other Caregivers/Friends/Supports</p>	<p>Limit the news and social media relating the COVID 19</p>
<p>Utilize free time/independent play as a break for Caregivers</p>	<p>Baking</p> <p>Try a new recipe</p>	<p>Learn something new</p> <p>New skill or language</p>	<p>Be creative</p> <p>Make a craft</p> <p>Coloring or painting</p>	<p>Read or listening to podcast</p>	<p>Be Kind to your self</p> <p>Take a few extra minutes to appreciate something in you did</p>

<p><b><u>Infant</u></b> Birth to 1 year</p>	<p><b><u>Toddler</u></b> 1 year to 3 years</p>	<p><b><u>Preschooler</u></b> 3 years to 4 years</p>	<p><b><u>Early School Year</u></b> Up to 3<sup>rd</sup> grade</p>	<p><b><u>Late Childhood</u></b> 4<sup>th</sup> grade to 6<sup>th</sup> grade</p>	<p><b><u>Adolescence</u></b> 7<sup>th</sup> grade and beyond</p>
<p><b>Singing and Rhyme Games:</b></p> <ul style="list-style-type: none"> <li>• Wheels on the bus</li> <li>• “Head, Shoulders, Knees and Toes</li> </ul>	<p><b>Point and Name Games:</b></p> <ul style="list-style-type: none"> <li>• Head shoulder</li> <li>• I spy</li> <li>• Count the socks in your drawer</li> <li>• Find and count 5 colorful things in your house (red, yellow, green, blue)</li> <li>• Draw a shape with a pencil/pen/yellow crayon and have your child trace over it with different colors</li> </ul> <p><b>Listening Games:</b></p> <ul style="list-style-type: none"> <li>• Red light Green light</li> <li>• Simon Says</li> <li>• What is that sound?</li> </ul>	<p><b>Identifying Games:</b></p> <ul style="list-style-type: none"> <li>• Make a face and work with child with labeling</li> <li>• Imitate animal movements Ask your child to imitate the movement of different animals: creep like a snake, waddle like a duck, hop like a rabbit etc</li> <li>• Show and tell a favorite toy to the family</li> <li>• : Go on a letter hunt around your home, write down all the letters that you find on a sheet of paper</li> </ul>	<p><b>Sensory Games:</b></p> <ul style="list-style-type: none"> <li>• Using form/ soap to create a learning experience(washing dishes, writing in shaving cream)</li> <li>• Make an obstacle course</li> <li>• Playing outside is still ok! Kicking a ball still allows appropriate social distancing.</li> <li>• Building with objects in the house(building with boxes and bottles)</li> <li>• Use tape on the ground to create a balance beam. Walk with both feet across the balance beam</li> </ul>	<p><b>Compare and Contrast Games:</b></p> <ul style="list-style-type: none"> <li>• Card Games and Board Games</li> <li>• Puzzles</li> </ul>	<p><b>Explore and Collect Games:</b></p> <ul style="list-style-type: none"> <li>• Go for a scavenger hunt</li> </ul> <p><b>Safe Social Engagement:</b></p> <ul style="list-style-type: none"> <li>• Get creative with time with friends</li> </ul> <p>Zoom, Facetime, Older children: Google docs and have them write a story together. Power point of something they researched.</p> <ul style="list-style-type: none"> <li>• Virtual Field trips to zoos and museums</li> </ul>

<u>Infant</u>	<u>Toddler</u>	<u>Preschooler</u>	<u>Early Childhood</u>	<u>Adolescent</u>	<u>Preteen</u>
<p><b>El canto y el ritmo</b>  <b>Juego 2</b>                      Haga las actividades de cuidado de su bebé al ritmo de una canción.</p>	<p><b>Señalar y nombrar</b>  <b>Juego 36</b>                      Señale objetos al tiempo que los nombra y nombre también los objetos que su niño señale.</p>	<p><b>Juego 69</b>  <b>Hagamos rostros</b>                      Hable de las partes del rostro, mientras su niña usa distintas figuras para hacer uno. Al aprender a crear algo parecido a ella, su niña fortalecerá la imagen de sí misma.</p>	<p><b>Juego 101</b>  <b>Peinados con espuma.</b>                      Al bañar a su niño, trate de producir abundante espuma para moldearle el cabello de distintas formas.</p>	<p><b>Juego 111</b>  <b>Comparar dos cantidades</b>                      Déle a su niña algo para jugar que se pueda dividir en dos, como plastilina o agua.</p>	<p><b>Juego 154</b>  <b>Explorar y coleccionar</b>                      Durante varias semanas, anime a su niño a buscar tesoros, a mostrarlos y a hablar sobre ellos.</p>