



DISTANCE LEARNING DAYS 30-39

Greetings Stowe Head Start PK Families,

We want to THANK YOU for your continued dedication to helping your child learn and grow at home. Establishing predictability for your preschooler by setting and following daily routines will help your child know what to expect and provide him/her with a sense of security. We have added the use of the MSTEAMS platform to provide you with daily learning opportunities beyond these packets. Your child's teacher will help guide you in accessing these activities! The work provided is not intended to add more pressure to these already trying times so please reach out with any questions or concerns. We are here to help.

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Throughout this packet, you will see notes **highlighted** to indicate a connection to your classroom TEAMS page!

Suggested Daily Schedule

Breakfast	20 minutes
Circle Time	20 minutes
Linear Calendar/Math	5 minutes
Center/Work/Play	30-60 minutes
Physical Activity/Outdoor	30-60 minutes
Music	20 minutes
Lunch	20 minutes
Rest	1 hour
Snack	15 minutes
Outside	30-60 minutes
Family Time	30-60 minutes

Helpful Links:

https://www.youtube.com/user/JackHartmann awesome movement but also educational songs!
https://www.pbs.org/parents/ scroll down to 'Parenting during Coronavirus', great resources including read alouds and 'You are Enough' message to parents.
https://sesamestreetincommunities.org/
www.secondstep.org use code SSPE FAMILY68 (social-emotional curriculum)

Virtual Tours: Typing in “virtual tours for kids” brings you to zoos, aquariums, and museums. Take a trip in your own home and talk about the animals or the artwork. Children can draw a picture of their favorite animals or recreate their favorite paintings. Encourage them to create their own ideas and pictures. Perhaps the children can create a picture journal to share with others about what they saw.

Virtual Field Trips	Description
https://www.youtube.com/watch?v=QH_G1dSdPes	Visit a Butterfly Conservatory!
https://www.youtube.com/watch?v=Hg2ZX0PF-jl	Take a trip to an animal farm. Learn about bird eggs and even how to milk a goat!
https://www.youtube.com/watch?v=At_Xf7AINkQ	Enjoy a tour of the Georgia Aquarium, set to music. The otters playing are so cute!

Tips for doing Message of the Day – At school we sit together during circle time and the teacher has a message in mind and then draws a picture of the idea while the children guess what it is. The teacher and the children say the message as the teacher draws a line for each word. Then the teacher and the children say the message as the teacher points to the empty lines. Children then say the message as the teacher writes the words on each line. See the examples outlined for each day below and feel free to use any materials you have at home: chalk, crayons, pencils, paper, tablets, and have fun together!

Linear Calendar can be a great opportunity to give your child a message about something special that is coming up for the day! Count the number of days that have passed this month, clapping once for each number.

Day 30:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
 - Do you have a dinosaur on your shirt? **Yes or No**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book "*Dinosaurs, Dinosaurs!*"
 - **Vocabulary word: Fierce** – strong and powerful
- You can ask your child the following questions about the story:
 - **Do you have a favorite dinosaur?**
 - **How were these dinosaurs the same? How were they different?**
 - **Are there any dinosaurs that? Swim? Fly?**
- **Message of the Day:**
 - _____ . We are going to look for footprints.

Calendar:

- Clap and count the number of days until today's date. Check out the **Linear Calendar** channel on TEAMS.

Center Time:

- **Dinosaur Footprints!** Gather dinosaur toys, paint and paper. Dip the dinosaur's feet in the paint and then walk them along the paper. Encourage your child to notice the different sizes and shapes made by each footprint. (Don't have dinosaurs? That's ok! This activity could be fun with any animal toy you don't mind needing to wash later.)

Movement:

- Choose an activity from your classroom TEAMS **Movement** channel!

Music:

- Watch and sing along to "10 Little Dinosaurs"
 - <https://www.youtube.com/watch?v=TjmGTbNLj6Q>

Lunch:

- Talk about what you are having for lunch. What kind of dinosaurs might like to eat what you're having?

Rest for 1 hour:

- Taking a nap or just having quiet time is important for everyone to get a recharge. It can be a great time to look at a book alone imagining your own story, gather thoughts, and reflect about the day.

Snack:

- A healthy snack helps our bodies to get a little boost before our next meal. This is a wonderful time to talk about your child's favorite part of the day.

Outside Time:

- Go on a hunt for footprints! Many animals make footprints in the dirt outside. Sometimes you can see them in the cement of the sidewalk too. Discuss with your child what kind of animal made each footprint.

Family Activity:

- Days 30-34 RECHARGE together! Participate in Enfield's "RECHARGE" week. A different activity each day.
 - Visit <https://enfieldkite.org/enfield-recharged-2020/>

Day 31

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
 - Did all dinosaurs have tails? **Yes or No**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Saturday Night at the Dinosaur Stomp* by Carol Diggory Shields.
- **Message of the Day:**
 - _____ . We are going to make dinosaurs.

Calendar:

- Clap and count the number of days until today's date. Check out the **Linear Calendar** channel on TEAMS.

Center Time:

- Begin by following the instructions to make homemade playdough that were in the first packet.
 - Gather materials like animal figures, dinosaurs, or dinosaur books for reference.
- Invite your child to explore the playdough.
 - Discuss how it looks/feels.
 - Look at the pictures of dinosaurs or dinosaur figures. Ask "How can we make our playdough look like a dinosaur?"
 - Talk about the different features dinosaurs have (tail, wings, spikes, etc.). Assist your child as needed as they create their dinosaur.
- Fun extension: If you leave your play dough dinosaur out overnight it may harden!

Movement:

- **Choose an activity from your classroom TEAMS **Movement** channel!**

Music:

- Sung to: "Mary had a Little Lamb" I'd like to be a dinosaur, dinosaur, dinosaur. And if I was a dinosaur, I would be a _____. (Each child has a turn naming which dinosaur he would like to be)

Lunch:

- Meals can be a great time to build conversation skills. Try and get your child to talk in full sentences back and forth with you about the morning.

Rest for 1 hour

Snack: Talk about your day. What was your favorite part?

Outside Time:

- Check your sidewalk and driveway for imprints! Sometimes as pavement or cement is drying fun imprints are made. Talk about what might have made them and how long ago they may have been created

Family Activity:

- Days 30-34 RECHARGE together! Participate in Enfield's "RECHARGE" week. A different activity each day.
 - Visit <https://enfieldkite.org/enfield-recharged-2020/>

Day 32

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
 - How does a butterfly taste? **A.) With its eyes B.) With its ears C.) With its feet**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *The Very Hungry Caterpillar* by Eric Carle.
- **Message of the day:**
 - _____ . We are going to use our senses.

Calendar:

- Clap and count the number of days until today's date. Check out the **Linear Calendar** channel on TEAMS.

Center/Work:

- Help your child, gather objects around the house with strong smells (dryer sheets, candles, food items, etc.)
 - Lay the items out on the table.
 - Smell each item together. Talk about how they smell.
 - What do the smells make you think of?
 - How are the smells different or similar?

Movement

- **Choose an activity from your classroom TEAMS **Movement** channel!**

Music:

- Sing "The Smelling Song" together
 - to the tune of "It's raining, it's pouring"
 - I'm smelling, I'm smelling,
my nose is busy smelling.
This is the song I like to sing,
When I smell most anything!

Lunch: Discuss together how your lunch smells. I wonder how smells can make us hungry. Talk about words like sweet or sour to describe the food.

Rest: 1 hour

Snack: Talk about your day. What was your favorite part?

Outside Time:

- Go on a hunt for different smells! There are so many wonderful scents in nature. Together, see how many you can find.

Family Activity:

- Days 30-34 RECHARGE together! Participate in Enfield's "RECHARGE" week. A different activity each day. V
 - Visit <https://enfieldkite.org/enfield-recharged-2020/>

Day 33:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
 - Does your name have a Cc in it? **Yes or No**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Quick as A Cricket*.
- Message of the Day: _ _ _ _ _ .
 - We are going to play a game.

Calendar:

- Clap and count the number of days until today's date. Check out the **Linear Calendar** channel on TEAMS.

Center/Work:

- After reading **Quick as A Cricket**:
 - talk about the opposites in the book
 - find a favorite toy and laundry basket, bag or box to play a game of opposites
 - have your child use their toy to place-in/out, on/off, in front of/behind, over/under

Movement:

- **Choose an activity from your classroom TEAMS Movement channel!**
- OR
- **Opposites Game:**
 - Have your child imitate your movement. Clap hands-loud/soft, Stomp feet-loud/soft, Run-quickly, slowly, make yourself as large as a whale, crouch down make yourself as small as an ant, stand up/sit down (repeat this a few times)

Music:

- Listen to the various sounds of insects and see if you can guess what they are.
 - <https://www.youtube.com/watch?v=D6shA0yJ8W4>

Lunch: Use mealtime to practice independence skills, allow your child to help with preparation and clean up.

Rest: 1 hour

Snack: Continue to foster independence-allow your child to choose a snack (from a few choices) and help prepare it.

Outside Time:

- Take a walk or explore in your yard to see what type of insects you can find. They may be crawling in the grass or hiding under rocks.

Family Activity:

- Days 30-34 RECHARGE together! Participate in Enfield's "RECHARGE" week. A different activity each day.
 - Visit <https://enfieldkite.org/enfield-recharged-2020/>

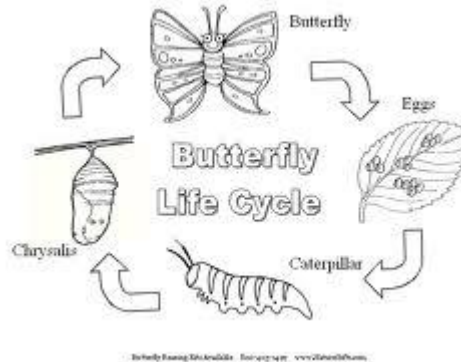
Day 34

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
 - Do Caterpillars have wings? **Yes or No**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Caterpillar to Butterfly*.
- **Message of the Day** _____
 - We are going to look at the life cycle of the butterfly.



Calendar:

- Clap and count the number of days until today's date. Check out the **Linear Calendar** channel on TEAMS.

Center/Work:

- Review the life cycle of the butterfly.
- Draw/paint the various stages on a paper.
- Talk about the stages as your child draws them. Playdough can also be used to make the various stages.

Movement:

- **Choose an activity from your classroom TEAMS Movement channel!**
- OR
- **Butterfly Dance** (Life cycle of the Butterfly) <https://www.youtube.com/watch?v=1EQeYA5Qbic>

Music:

- Listen to calming music and pretend to fly like a butterfly-flapping your arms gently.

Lunch: Talk about the food you are eating. What colors are on your plate? What shapes are the food? Count how Many different foods are on your plate.

Rest: 1 hour

Snack: Would you rather crawl like a caterpillar or fly like a butterfly? Why?

Outside:

- Take a walk outside and search for caterpillars and butterflies. Can you find any other insects crawling in the grass or flying in the air?

Family Activity:

- Days 30-34 RECHARGE together! Participate in Enfield's "RECHARGE" week. A different activity each day.
 - Visit <https://enfieldkite.org/enfield-recharged-2020/>

Day 35

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
 - Do you use your eyes to smell a flower? **Yes or No**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *My Five Senses*.
- **Message of the Day:** _____
 - We are going to explore with our senses.

Calendar:

- Clap and count the number of days until today's date. Check out the **Linear Calendar** channel on TEAMS.

Center Time:

- **Guessing game- What do you feel?**
 - **Materials needed:** Bag to place objects in, small objects to place in bag.
 - Place the objects in the bag (one at time)
 - Have your child use their sense of touch to feel in the bag (no peeking) and guess what they are touching.
 - Have your child describe it to you. (Is it hard/soft, smooth/rough)?

Movement:

- **Choose an activity from your classroom TEAMS Movement channel!**
OR
- **Obstacle Course- Practicing prepositions**
 - Set up an obstacle course inside or outside.
 - Have them practice walking **between** 2 obstacles (chairs)
 - Sit **next to** an object
 - Walk **in front** of an object
 - Run **behind** an object
 - Jump **over** an object
 - Crawl **under** an object
 - Have your child go through the obstacle course. You can even time them to see how fast they go!

Music:

- Listen to your favorite music and have fun dancing inside or take the music outside and dance.

Lunch: Use your senses and talk about the food you are eating. Does the food taste- sweet, sour, bitter, salty?

Rest for 1 hour

Snack: While enjoying a snack-play an I Spy color game. Use your sense of sight to spy various colors around the room. Take turns finding the objects in the room.

Outside Time:

- Take a walk outside. Use the senses to explore outside- What do you see? What do you hear? What can you feel? What do you smell?

Family Activity: Discover the Outdoors!! Collect different size rocks.

Day 36



Breakfast: Enjoy sitting together and talking about anything.

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
 - Do butterflies have six (6) legs? **Yes or No**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book **The Very Hungry Caterpillar** by Eric Carle.
 - Take a virtual tour at The Carle, from Eric Carle Museum <https://www.carlemuseum.org/>
- **Message of the Day:** _ _ _ _ _ .
 - We are going to learn about butterflies.

Calendar: Clap and count the number of days until today's date. Check out the **Linear Calendar** channel on TEAMS.

Center/Work:

- Stand outside on a driveway area and cross your feet. Have someone trace your feet with chalk while your feet are still crossed, and when you step away you will see the outline of a butterfly! You can do this in the house on paper, but make sure you have shoes on to make a butterfly or without and make a different animal.
- **Project Time:** Using thumb prints have fun creating butterflies or other insects by adding details to your prints.

Movement:

- **Choose an activity from your classroom TEAMS Movement channel!**
- Take a walk and look at trees and flowers and maybe you will see a butterfly! Spread your arms out and flap your arms gently like a butterfly.

Music:

- Classical Music can be wonderful to listen to while pretending to be a butterfly. Moving gracefully and listening to music is a great way to begin to relax and get ready for lunch.

Lunch: Enjoy sitting together and talking about anything.

Rest: Taking a nap or having quiet time is important for everyone to regroup. It is a nice time to look at a book alone and imagine your own story. This restful time helps us to reflect on our day.

Snack: A healthy snack helps to refuel our bodies before our next meal. This time can be an opportunity to talk about your favorite part of the day

Family Activity: Sort the rocks you collected yesterday by shape, size and color.



Breakfast:

- **Question of the day:** Check out your classroom’s TEAMS page for a fun interactive way to answer!
 - Does a frog begin its life in an egg? **Yes or No**

Circle Time:

- See your classroom’s TEAMS page for a fun **read aloud** of the book **In the Small, Small Pond** by Denise Fleming
 - Talk about the characters and what they did in the story. Talk about what you think could happen next and why?
 - Look for interesting facts. Discover and explore!
- **Message of the Day:** _ .
 - We are going to learn about animals that live near ponds.

Calendar:

- Clap and count the number of days until today’s date. Check out the **Linear Calendar** channel on TEAMS.

Center Time:

- Take a walk outside in your yard. Collect some things that you think an animal could use to make a habitat.
- Create a collage with the items you found. Talk about how animals make their habitats near ponds. What items would they need to make their habitat? You could make a habitat with the things you found.
- Make your own message about what you learned and tell someone about it. Remember a picture makes a wonderful message!
- **Virtual Tours:** Typing in “virtual tours for kids” brings you to zoos, museums, and aquariums that have animals that you can talk about and learn how they live. Discover the animal’s habitat and look to see if you can find animals that live near ponds. You can draw a picture of what you find!

Movement:

- **Choose an activity from your classroom TEAMS **Movement** channel!**
OR
- Play hopscotch! This game can be played inside by using tape to make your “board”. Use buttons rolled up socks, or bean bags instead of rocks. Outside, use chalk to draw your “board” and rocks or chalk as a marker!

Music:

- Pick your favorite song and sing along. Or put music on and dance.

Lunch: Enjoy sitting together and talk about anything.

Rest: 1 hour

Snack: - A healthy snack helps to refuel our bodies a little before the next meal. This is a wonderful time to talk about the favorite parts of the day.

Physical/Outdoor Time: Pretend to be a frog, butterfly, caterpillar, fish, snake, or your favorite pond animal. You can act this out in the house or outside if the weather is nice. Walking and talking is a great way to connect with family.

Family Activity: Have fun going “bug hunting”!

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
 - Do caterpillars have legs? **Yes or no**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *The Very Important Caterpillar*.
- <https://www.youtube.com/watch?v=uyj5LooYWyg> Enzo the Bee; Cosmic Kids yoga.
- Message of the day: _____.
 - We are going to talk about bugs.

Calendar: Clap and count the number of days until today's date. Check out the **Linear Calendar** channel on TEAMS.

Center Time:

- Talk about bugs/ insects with your child. What do they look like? Do they all fly? What color are they? Where do they live? How many legs do they have? Do they have a sound? What kind of insects live in your yard? What bug is your favorite?
- After having this conversation, draw what your favorite bug is. Can you sound out its name and write any of the letters on your paper? Does the name of the bug start with another word you know?

***Bonus:** Use household materials, including recyclables, to create the bug you drew. Send your teacher a pic!!

Movement:

- Squish the shape bug. Use chalk on the driveway, or paper inside and draw "shape bugs" (Draw a square, triangle, rectangle etc., give them antennae & legs). Name a shape and have your child hop on or 'squish' the shape bug.
- OR**
- **Choose an activity from your classroom **TEAMS** Movement channel!**

Music: The Insect Song to the tune of "The Wheels on the Bus"

- The firefly at night goes blink, blink, blink,
- blink, blink, blink,
- blink, blink, blink, the firefly at night goes blink, blink, blink, all through the town.
- Continue with, "The bee in the flower goes buzz, buzz, buzz..."
- "The ants in the grass go march, march, march..."
- "The grasshopper in the field goes hop, hop, hop..."

Lunch: Make lunch together. Talk about what bugs eat in their habitats (where they live).

Rest for 1 hour

Snack: 15 minutes

Outside Time: Go outside for a scavenger hunt. Look for bugs you may have talked about earlier (bee, fly, worm, butterfly, caterpillar, beetle). Keep track of how many you see!

Family Activity:

- Play your favorite board game together.

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
 - Do bees have wings? **Yes or no**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Are You a Bee?* And/or *Buzz Buzz Busy Bees*
- Practice counting to 10. Count backwards if you can!
- Message of the day: _____.
 - We are going to count bugs.

Calendar: Clap and count the number of days until today's date. Check out the **Linear Calendar** channel on TEAMS.

Center Time:

- Let's make a bug counting book! Put together paper so there are 8 pages (any size) for your child. Write "1 bug, 2 bugs, 3 bugs, 4 – those were good, but I want more! 5 bugs, 6 bugs, 7 bugs, 8 – The big fat juicy ones taste just great!" Adjust to the skills of your child, ex: If your child writes his/her numbers, leave them blank; or have your child write bugs on each page. Go back and work together to draw, stamp, use bug stickers to put the appropriate number of bugs on each page. Read and count them together when you are all done!

Movement:

- Have your child pretend to be a bug! Tell them to: flutter like a butterfly; wiggle like a worm; march like an ant; buzz like a bee; jump like a grasshopper; crawl like a caterpillar. You can make it harder by telling them to go fast or slow. Have fun!
OR
- **Choose an activity from your classroom TEAMS **Movement** channel!**

Music: <https://www.youtube.com/watch?v=amhqwoD0qjw> "Bringing home a baby bumble bee"

Lunch: Play quiet music and talk quietly about your day; what was the best part so far? What do you want to do after rest?

Rest: 1 hour

Snack: 15 minutes

Outside time: Play your favorite outside game (Simon says, red light, green light; freeze tag)

Family Time:

- Go on a walk and look for different types of birds. Notice their different sizes and colors.

COVID-19 SPECIAL EDITION:

Support for Parents and Young Children

Your children's world has changed dramatically in the course of just a few weeks. They're home from school, missing their friends and teachers, and confused about why they can't visit with relatives or go to the playground.

As a parent, you may feel overwhelmed and uncertain about what to do. Use this guide as a starting point for supporting your youngsters during the coronavirus crisis.



Editor's note: Guidelines are changing rapidly. Make sure to follow all local, state, and federal laws and recommendations on social distancing and other practices when using these ideas.

Boost well-being

Your child is likely experiencing conflicting emotions. She's probably happy to be home with you—but also bored because she can't go anywhere. Here are ways to maintain some semblance of normalcy.

Find the positives. Look for bright moments each day. For instance, maybe you don't have to commute to your job right now, so you have time before work to snuggle up and read with your youngster. Or perhaps a family birthday party was canceled, but now even people who live far away can celebrate with you...via video chat.

Encourage play. Children need plenty of time to play—especially in difficult times. Together, pull out old toys he may not have played with in a while. It'll be like getting brand-new toys! He can also turn household items into toys. A large cardboard box could be a space station or an art studio (he can color the inside with crayons or markers). A blanket might become a cape or a pond.



Stay physically active. Play catch or kick around a soccer ball. Also, let your child set up a backyard obstacle course. She could arrange outdoor items like pool noodles, jump ropes, hula hoops, and old towels—and then lead the whole family through her course.



Do for others. Thinking of others gets your child outside of thinking about the situation he's in. He might make cards for people who are working hard to help us, such as nurses and paramedics. He could also use chalk to draw pictures and leave thank-you messages on the sidewalk for delivery truck drivers and mail carriers.

Enjoy the great outdoors. Spending time in nature is a proven stress reliever. Plant a garden. Try stargazing at night or bird-watching in the daytime. Have breakfast, lunch, or dinner picnics in the backyard or on the balcony—and invite stuffed animals to join.

continued

Early Years

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Learning activities at home

Teachers don't expect you to homeschool your youngsters—but you can keep the learning going. Encourage your child to participate in any online school activities like virtual circle time or PE class. In addition, use these ideas during your free time or when you do your own work.

Story time. Read to your youngster each day. Enjoy favorites from your bookshelves, and download e-books from the public library. When you're busy, she could listen to authors, teachers, and librarians read at storylineonline.net or on YouTube.

Kitchen math. Ask your child to take "inventory." He can sort pantry items by food group, such as protein (canned tuna, beans) or fruits and vegetables (raisins, tomato sauce). Then, suggest that he make a graph by lining up the packages in even rows and columns. Together, count the foods in each group. Which group has the most? The least?

Nature walks. Go outdoors so your child can observe trees, flowers, and animals. Take along a notebook for drawing and labeling items, and carry a bag for collecting rocks, acorns, and other natural items from the ground. At home, she could create a "science museum" to display her pictures

and objects—and give you a "tour" when you're not working.

Writer's den. Help your youngster set up a special spot for drawing and writing, perhaps near your workstation. He could decorate containers to hold utensils (pencils, crayons, markers, pens) and things to write on (paper, sticky notes, paper bags, index cards).

Science lab. Encourage your child to conduct hands-on experiments. She could predict which household items will sink or float in the kitchen sink, then test her predictions. Or have her predict which objects are magnetic and use a refrigerator magnet to see how many she got right.

Idea: Give your youngster a stack of index cards. On each one, have him illustrate a quiet activity to do independently during your working hours. He might draw a book on one card, a can of play dough on another, and a jigsaw puzzle on a third. Then, he can pick one card at a time and do that activity. Be sure to let him show you his work!



Reduce anxiety

It's normal for youngsters—and adults—to feel stressed when their schedules change or life is unpredictable. Consider this advice for helping your little one cope.



Reassure your child. Having some control over a situation can limit anxiety: Talk to him about what your family is doing to stay safe—and to help others be safe. Examples include washing hands often, staying at home, and social distancing (staying at least six feet away from people who don't live with you).

Stick to routines. Have your youngster go to bed and wake up at her usual time. Also, encourage her to dress in regular clothes. If she asks to stay in pajamas, consider setting aside a special PJs day each week. Wearing daytime clothes on other days contributes to a sense of normalcy. And plan regular mealtimes rather than letting everyone snack all day.

Turn off the news. It's important to stay informed, but news can make your child anxious. Try to tune in after he goes to bed. Use kid-friendly language to explain the situation. *Example:* "A lot of people are sick right now. We are staying home to be healthy and help stop the germs from spreading."

"See" friends and relatives

Help your little one stay close to the people who are important to your family. Try these suggestions for keeping in touch via Skype, FaceTime, or other video-chat platforms.

Play with friends. Help your child find ways to "get together" with her classmates. They might have a virtual concert by singing favorite songs or playing homemade instruments. Or they could perform magic tricks, hold a pet talent show, or tell jokes.

Spend time with relatives. Set up video calls with grandparents, uncles, aunts, and cousins. Encourage your youngster to ask how they're doing and tell them about your family's day. You might even have virtual game nights.

Play Mother May I? (or Grandma May I?), Simon Says, I Spy, and Red Light, Green Light.



Early Years

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