



PK STEAM ACADEMY

DISTANCE LEARNING DAYS 15-19

Greetings Stowe PK STEAM Academy Families,

We want to commend you for the outstanding job you are doing navigating the current situation. We are truly all trying to figure this out together. We may not physically be in the building, BUT we are still **HERE FOR YOU!** Remember there is no right or wrong way to engage in learning at home! Use these activities and schedule as a guide and be flexible with yourselves!

Room 13 Erica Feenstra	efeenstra@enfieldschools.org
Room 14 Jennifer Penquite	japenquite@enfieldschools.org
Room 15 Shannon Steere	ssteere@enfieldschools.org
Room 18 Marissa Parker-DePace	mparkerdepace@enfieldschools.org
CREC Instructional Coach	jmcnamara@crec.org
Jaclyn Valley, Director	jvalley@enfieldschools.org
Kathy Piccuiro, Site Supervisor	kpiccuiro@enfieldschools.org
Jennifer Maier, Health Manager	jmaier@enfieldschools.org
Amy Witbro, Partnership Coordinator	awitbro@enfieldschools.org

Helpful resources at a glance:

Internet: Comcast's *Internet Essentials* offer to provide free Internet access has some qualification requirements that are listed on their flyers below. This may lead to some people not being eligible for *Internet Essentials*. If that is the case, please use Comcast's *Wi-Fi Hotspot Finder*.

All hotspots are open to the public for free. Please use the link below:

<https://hotspots.wifi.comcast.com/>

We recommend using the Chrome browser when opening the link instead of Internet Explorer. You can insert a location in the upper left-hand corner and press the Go button. The map will adjust to the location and show nearby hot spots. Students and parents can input their address to find the closest hot spot.
































Food: Enfield Food Shelf **FOOD DISTRIBUTION HOURS:** Wednesdays: 9 to 1 p.m. Thursdays: 2 to 6:30 p.m.

Other:

- 211: <https://www.211ct.org>
- Ready Rosie-Talking points for parents regarding distance learning/healthy self-care and their young learner. <https://healthyathome.readyrosie.com/en/>

Linear Calendar: A linear calendar provides a more concrete, visual representation of time than the matrix calendar. Each PK classroom uses a linear calendar. We represent weekend or “home” days as a house and school days as a backpack. When school is not in session due to a holiday, snow day, or in this case emergency closure, a red “no” symbol is placed over the backpack. You can cut and tape/glue the template calendar below to make a linear calendar for home or duplicate it using this structure as a guide using whatever materials you have available. This calendar will be familiar to your child.

April

									
1	2	3	4	5	6	7	8	9	10
									No School
									
11	12	13	14	15	16	17	18	19	20
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break			
									
21	22	23	24	25	26	27	28	29	30
									
31									



*In the event the school closure extends beyond the 20th, you can use these to adjust the 21st-the 31st accordingly.

Daily Schedule	About How Long?	Description
Breakfast	20 Minutes	At school the students eat breakfast and answer the question of the day. Continue to encourage students to be independent in their self-help skills, example: pouring their own cereal/milk, throwing away their trash, wiping up spills 😊
Mindfulness/Belly Breathing	10 minutes	This is the time of the day where we are transitioning to begin our day. We start with some yoga and then belly breathing
Hypothesis Time (aka Morning Meeting)	10 minutes	We review our classroom expectations (listed below), daily schedule, and calendar.
Exploration Time (aka Play Centers)	60 minutes	This is where most of the learning takes place...Its where the students get to play and explore and learn so much 😊
Music & Movement/Read Aloud	15 minutes	Students will sing and dance and then listen to a story.
Outdoor Adventure	30-60 minutes	Within the daily schedule there are suggested activities you can do to add learning to outdoor time.
Lunch	20 minutes	At school students eat lunch and talk about a favorite part of their day as they prepare for dream time. You can do the same at home.
Rest/Dream Time	60 minutes	A perfect opportunity for some down time for the whole family. This is when students sit or lay on their cots and read a book, write in their journals, listen to music, or even close their eyes for a little bit 😊
Snack	15 minutes	Snack time is a very important time for our students. Eating together in a group helps develop table manners, self-help skills, and social skills.
Outdoor Adventure	30-60 minutes	Outdoor play allows students to explore, risk take, and develop fine and gross motor skills. It gives students a chance to exercise, enjoy nature, learn about their world, learn about self and the environment, release pent-up energy, and keep healthy. Outdoor play allows kids to be kids.
Family Time	30-60 minutes	Try to find time in the day to make connections with one another. Be silly, play a game, talk, laugh, dance, read etc.

The following are the classroom expectations that all the students know very well. We say them together every day during hypothesis time. We are confident they could even give you an example of what each expectation means 😊

1. Be Kind
2. Be Respectful
3. Be Responsible
4. Be Safe

The next set of classroom expectations come from our Second Step Program. These are the expectations that we use to gain students attention and help them stay focused when it is the adults turn to talk and share.

- Eyes are watching
- Ears are listening
- Bodies are calm
- Voices quiet

A video of the song can be found here: <https://www.youtube.com/watch?v=ZyxASIYHk30>

Day 15

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids https://youtu.be/.8k3YeCAWesY • Go Noodle- Bring it Down-Balloon Breathing https://youtu.be/bRkLIoTNa <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	<p>Art: Draw your favorite part in the story Rainbow Fish</p> <p>Writing: Practice writing your name</p> <p>Fine Motor: Layered Tape Pull- layer tape down on a flat surface. Have your child pull up the top piece of tape until there are no more layers of tape left. When you are done with the tape make a tape ball and count how many times you can throw the tape ball into a bowl.</p> <p>Math: Shapes Song: https://youtu.be/OEbRDtCAFdU After listening to this song, search around the house for objects with different shapes. Have your child identify the object and shape.</p> <p>Sensory: Go on a Texture Scavenger Hunt. Ask your child to find something rough, smooth, soft, bumpy, etc.</p> <p>Discovery: What makes sound? Have your child collect objects around the house. Have them guess if it is going to make sound or not. Then have them test to see if they make a sound or not. When they are finished, count how many objects made sound and how many objects did not.</p> <p>Sound Garden: https://pbskids.org/sid/videos-</p> <p>Literacy: Make up a story out loud together. Have your child draw pictures to go with the story.</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement- Go Noodle https://family.gonoodle.com/ • Read Aloud- The Rainbow Fish https://www.storylineonline.net/ <ul style="list-style-type: none"> ○ What was so special about Rainbow Fish? ○ What did Rainbow Fish do to upset the little blue fish? ○ What does the little blue fish do that tells him he's upset? ○ Why was Rainbow Fish the loneliest fish in the ocean? How did he feel? ○ Why didn't Rainbow Fish want to give away his beautiful scales? ○ How did Rainbow Fish feel at the end of the story? Why? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	<ul style="list-style-type: none"> • Build A Nature Sculpture- Design and build a sculpture made of round rocks, stacked at least 4 rocks high • Play hopscotch, Mother May I, Red Light/Green Light, Simon says
Lunch	Plan a picnic lunch. This can be inside or outside. Have your child make a check list of things (blanket, plates, cups, etc.) and food you will need to pack. Enjoy your picnic lunch together!
Rest/Dream Time	While kids are reading, writing in their journals, or resting their eyes we play mindful music in the background. https://youtu.be/hlWil4xVXKY
Snack	Talk about the story Rainbow Fish. What was their favorite part of the story? Why? What was their least favorite part of the story? Why? Have they ever felt like Rainbow Fish did in the story?
Outdoor Adventure	Go on a scavenger hunt and look for different colors and shapes. Have your child make a list of colors or shapes they would like to see before you go on the scavenger hunt. They can check off each color or shape they find!
Family Time	Create an indoor BALANCE BEAM with tape. Add music and make it even more fun!

Day 16

<p>Breakfast</p>	<p>Have your child help set the table for the number of people eating. Count the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4</p>
<p>Mindfulness/Belly Breathing-</p>	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids https://youtu.be/.8k3YeCAWesY • Go Noodle- Bring it Down-Balloon Breathing https://youtu.be/bRkllioTNa <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
<p>Hypothesis Time</p>	<p>Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.</p>
<p>Exploration Time</p>	<p>Art: Look out the window and draw what you see outside. Writing: Practice writing your name – write the letters or trace them. Fine Motor: Use cooking tongs to pick up objects (crayons, pens, paper, stuffed animals, toys) Math: Count how many stuffed animals you have in your bedroom. Talk about the biggest and smallest stuffed animals. Sensory: Wash your toys, clean toys in water and soap, rise them and help to dry them. Discovery: Watch PBS Kids <i>Take a field trip to an eye Doctor</i> https://youtu.be/xw2an8EN-eA. After watching, play <i>I Spy</i> with different objects in your house. (example – I spy something soft, and brown, you can cuddle with it a teddy bear.) Literacy: When cleaning up an activity see how many directions your child can follow for example “put the crayons and paper in a pile.”</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
<p>Music & Movement/ Read Aloud</p>	<ul style="list-style-type: none"> • Music & Movement: https://www.bing.com/videos/search?q=freeze+dance&view=detail&mid=6D1D12D1E073D1B396676D1D12D1E073D1B39667&FORM=VIRE0&ru=%2fsearch%3fq%3dfreeze%2bdance%26src%3dIE-SearchBox%26FORM%3dIESR4A • Read Aloud- https://youtu.be/M-aceEquCtY <ul style="list-style-type: none"> ○ What was your favorite sandwich that Carla made? ○ How did Carla Feel when her friends told her your sandwich is disgusting? ○ What your favorite type of sandwich? ○ How did the Buster feel when Carla shared her sandwich? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
<p>Outdoor Adventure</p>	<p>Some ideas for outdoor adventure: throw or roll a ball, practice skipping, draw with chalk, ride a bike, play fishy, fishy cross my ocean, go for a scavenger hunt, play I spy something....</p>
<p>Lunch</p>	<p>Talk about the book Carla’s Sandwich and what kind of food you like for lunch. Discuss whether you like fruits or vegetables. Notice who likes the same or different types of food.</p>
<p>Rest/Dream Time</p>	<p>While kids are reading, writing in their journals, or resting their eyes we play mindful music in the background. Today’s mindful music: Relaxing PIANO & UNDERWATER Sounds: https://www.youtube.com/watch?v=8qTUMsuAPik#action=share</p>
<p>Snack</p>	<p>While eating, you can talk about what you are having and what letter the food begins with.</p>
<p>Outdoor Adventure</p>	<p>Have a sensory scavenger hunt:</p> <ul style="list-style-type: none"> • Look for items such as leaves, wood chips, pebbles or flowers. • Bring in and create art out of these items or put them in a bowl to discuss or add to throughout the week.
<p>Family Time</p>	<p>Create a relay race together and let the children make up the rules.</p>

Day 17

Breakfast	Have your child help set the table for the number of people eating. Count the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids: Going on a Bear Hunt: https://www.youtube.com/watch?v=KAT5NiWHFIU • Go Noodle- Rainbow Breathe: https://www.youtube.com/watch?v=O29e4rRMv4 <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	<p>Art: Draw your favorite activity. Draw a picture of your family.</p> <p>Writing: Use your finger as magic wand and go around the house finding letters or shapes that you can trace with your finger.</p> <p>Fine Motor: Take different sizes of paper and tear them into pieces. You can use scissors if you want to!</p> <p>Math: Sort your toys into different color groups. Can you sort by size?</p> <p>Sensory: Fill a bowl or a container with water. Place various objects from around the house in the container to see if they sink or float. Make predictions before testing!</p> <p>Discovery: Color Scavenger Hunt: Find different objects of like colors in the house and hide them. First look for the red, then the blue, etc.</p> <p>Literacy: Find a book and take a picture walk. As you are looking through the pictures, talk about what you see. Predict what will happen in the next picture!</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement: Go Noodle Dinosaur Stomp https://www.youtube.com/watch?v=lmhi98dHa5w • Read Aloud: Chicka Chicka Boom Boom https://www.youtube.com/watch?v=BPWk3SjKRAs • What letters are in your name? • Why did the letters fall off the tree? • How can you make the tree sturdy enough to hold all the letters? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	<p>Some Ideas for Outdoor Adventure: Play I-spy while taking a walk, ride a bike or tricycle, set up an obstacle course, chalk, hopscotch.</p>
Lunch	Talk about your favorite part of the day. Count how many different foods are on your plate.
Rest/Dream Time	While kids are reading, writing in their journals, or resting their eyes we play mindful music in the background. Today's mindful music: Dolphin Singing: https://www.youtube.com/watch?v=tADnCEpbPI8
Snack	Talk about what color your snack is. Count how many pieces are in your snack.
Outdoor Adventure	<p>Some Ideas for Outdoor Adventure: Play Simon says outside, have a sensory scavenger hunt – look for items such as leaves, wood chips, pebbles, or flowers.</p>
Family Time	Create an indoor obstacle course. Use a timer and see who can complete it the fastest.


Day 18

<p>Breakfast</p>	<p>Have your child help set the table for the number of people eating. Count the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4</p>
<p>Mindfulness/Belly Breathing-</p>	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids: https://youtu.be/.8k3YeCAWesY • Go Noodle- Bring it Down-Balloon Breathing: https://youtu.be/bRklLioTNa <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
<p>Hypothesis Time</p>	<p>Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.</p>
<p>Exploration Time</p>	<p>Art: Look in the mirror or at a picture and draw what you look like today. Writing: Practice writing your name – write the letters or trace them. Fine Motor: Let your child help to open any containers with a twist such as a water bottle or a snap like a zip lock container. Math: If doing laundry today, sort and match socks, count the pairs, and talk about which socks are the biggest and smallest. Sensory: Help wash and dry the dishes. Wring out any wet dish cloths. Discovery: Create your own “marble” run. Use paper towel or toilet paper tubes, etc. to create the run. Use an acorn, marble, small ball, or any item that will fit and roll down your run! https://youtu.be/FsWqdaSgeJE?list=PLVTrhCkZloETKwcbeMvsTR1dze1pZS9vk Literacy: When setting the table for mealtimes, see how many directions your child can follow for example “put the big spoon next to the little bowl”</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
<p>Music & Movement/ Read Aloud</p>	<ul style="list-style-type: none"> • Music & Movement- Freeze Game Kiboomers: https://www.youtube.com/watch?v=2UcZWXvgMZE • Read Aloud- What do you do with a problem? https://www.youtube.com/watch?v=2Ny931fcl08 <ul style="list-style-type: none"> ○ What can we do when we are feeling a big feeling? ○ Take a belly breath, tell an adult, name our feeling ○ Does everyone have problems sometimes? ○ What happened to the problem at the end of the story? ○ How did the problem change? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
<p>Outdoor Adventure</p>	<p>Some ideas for outdoor adventure: throw or roll a ball, practice skipping, draw with chalk, practice changing directions while running, play red light green light</p>
<p>Lunch</p>	<p>Talk about whether you included a fruit or vegetable and what your favorite fruit or vegetable is. Notice who likes the same or different.</p>
<p>Rest/Dream Time</p>	<p>While kids are reading, writing in their journals, or resting their eyes we play mindful music in the background. Today’s mindful music: Jellyfish Lullaby: https://www.youtube.com/watch?v=uNsrXzY3Mgc</p>
<p>Snack</p>	<p>While eating, talk about what you are having and what letter the food begins with.</p>
<p>Outdoor Adventure</p>	<p>Connect to the color scavenger hunt inside, look for items outside that are different colors</p>
<p>Family Time</p>	<p>Take a walk together and count how many animals you see.</p>

Day 19

Breakfast	Have your child help set the table for the number of people eating. Count the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids: https://youtu.be/.8k3YeCAWesY • Go Noodle- Bring it Down-Balloon Breathing: https://youtu.be/bRklLioTNa <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	<p>Art: Play a variety of songs with different beats (ex. Fast, slow, etc.) have your child listen to the music while drawing a picture. Ask: How did you FEEL while drawing and listening to music?</p> <p>Writing: Practice writing your name – write the letters or trace them</p> <p>Fine Motor: Tear paper into small pieces. Ask your child to pick each paper up with just their pointer finger and thumb and make a pile.</p> <p>Math: On separate pieces of paper write the numbers 1 to 5. Hold up the piece of paper with the number. Ask your child to find that many objects. Example: Hold up the number 2. Your child may come back with one spoon and one cup.</p> <p>Sensory: Water Play-fill up the sink or tub with different size and shape cups. Let your child practice pouring into the cups. Ask: Which cup holds the most water? How many pours until it overflows? Does this cup have the same amount of water as this cup? Which one holds the most pours? Which one holds the least?</p> <p>Discovery: Sid and Gerald’s Wildlife Watch: https://www.pbskids.org/sid/videos After watching this short clip, ask your child to talk about their favorite wildlife animal. Why is it their favorite? Draw a picture!</p> <p>Literacy: Walk around your house looking for objects that begin with the same first letter as your child’s name</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music and Movement: The Learning Station: Shake your Sillies Out https://www.youtube.com/user-thelearningstation • Read Aloud: Giraffe’s Can’t Dance https://youtu.be/.vZjsLK5wNU <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	<ul style="list-style-type: none"> • Make a treasure map and then create an obstacle course to find the treasure. • Shoe Pile Scramble: Place everyone’s shoe in a pile. Then go back to a starting point. On the count of three everyone must go and find their shoe, put it back on and run back to the starting point.
Lunch	Discuss your favorite part of the morning and why?
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. https://www.youtube.com/playlist?list=RD93CyZ1rt2vQ&feature=share&playnext=1
Snack	Discuss the book, Giraffe’s Can’t Dance (link above). <ul style="list-style-type: none"> ○ What did you like about the story? What did you not like about the story? ○ What was your favorite part? Why? Was there anything you didn’t like about the story? Why?
Outdoor Adventure	Play catch, hopscotch, go for a walk, and listen for the different sounds you hear!
Family Time	Create a DANCE PARTY! Move fast, then slow, then freeze. Continue with different songs.

Virtual Field Trips	Description
https://www.youtube.com/watch?v=CGU39bo45pI	Kennedy Space Center with Nat Geo Kids – length of video: 7 Minutes
https://kids.sandiegozoo.org/videos	San Diego Zoo- Explore the different animals in the zoo
https://www.pbs.org/show/kidvision-vpk/	Different Field trips 10 seasons 10 episodes (9-10 minutes long)
Movement Breaks (Executive Function Activities)	Description
https://www.youtube.com/watch?v=388Q44ReOWE	Freeze Dance
https://www.gonoodle.com/	Movement Breaks
Second Step	Description
https://www.youtube.com/watch?v=fTT9EgtaXbA	Cool Down and Work Through Anger – Cheri J. Meiners

Multicultural Read Aloud Brought to you by Mrs. Mac!	
	
Jabari Jumps By: Gaia Cornwall	
Online Link:	https://www.youtube.com/watch?v=IIY44MC6t3M
Vocabulary Focus:	reluctant- hesitant or fearful to try something
Discussion Questions:	<ol style="list-style-type: none"> 1. Have you ever been reluctant to try or do something? 2. How did you overcome your fear and try it?

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2020

BEST BITES

Better ballpark choices

Baseball season is here! If you take your child out to a ball game, look for healthier concession-stand options. Examples include plain popcorn, grilled chicken strips dipped in mustard, fresh fruit, and veggie wraps. Watching the game at home?



Let your youngster set up his own nutritious snack bar. Tip: Drink water rather than soda.

Take a homework break

When your child does homework, encourage her to take active breaks. A younger child may need a break every 20 minutes, while an older one might work for 45 minutes at a time. She could set a timer to remind herself. When the timer goes off, she can march in place, do jumping jacks, or walk up and down the stairs.

DID YOU KNOW?

Rhubarb is in season now, and it contains a lot of calcium and vitamin C. Since rhubarb is naturally tart, your child may enjoy it roasted and sweetened. Remove the leaves, cut into bite-sized pieces, drizzle with honey, and roast 5 minutes at 450°. Chill, then serve with strawberries.

Just for fun

Q: Why is a tomato round and red?

A: Because if it were long and green, it would be a cucumber!



Whole grains for health

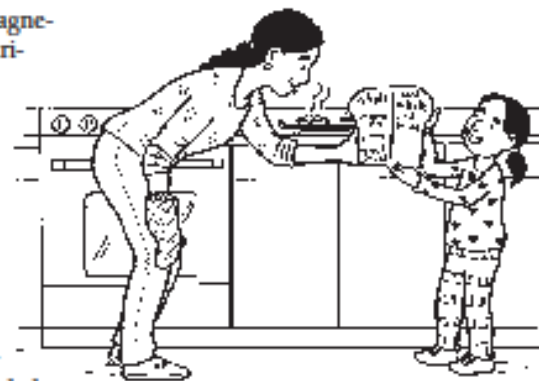
Whole grains provide zinc, magnesium, B vitamins, and fiber—nutrients your growing child needs. Plus, they add many flavors and textures to meals. Get more whole grains into her diet with these ideas.

Track your grains

Help your youngster make half of her grains whole. Have her draw a slice of bread on brown paper, cut it out, and draw a line down the middle. She can label one half “Whole” and the other “Not whole.” Each time she eats a grain serving (one slice of bread or one cup of rice or pasta, for example), she lists it on the correct side. At the end of the day, have her count her grains.

Revamp recipes

Together, create new recipes for foods your child likes—swapping in whole grains. If she loves pizza, she could write a recipe for mini pizzas on whole-wheat English muffins. Her recipe for chicken nuggets might include crushed whole-grain cereal for the breading.



Now let her help you make the recipes for family meals.

Eat something new

Has your youngster ever had farro? How about barley or quinoa? Trying a new whole grain as a family—and incorporating it into something familiar—may make her more likely to eat it. For example, add farro to soups, toss cooked barley into salads, or put cooked quinoa into burritos. ●

Food-related field trips

Your youngster can learn about food—and get more steps in while walking around—with these family outings.

- **Visit a garden center.** Let your child pick seeds to plant in containers or a garden. Talk about how you can use the vegetables or herbs he'll grow. (“We could make yummy pasta sauce with fresh basil.”)
- **Attend a food festival.** Try a “taste of the town” event where you can sample many different foods. Or look for a festival dedicated to a specific food like watermelon or potatoes—your youngster will see the various ways it can be served. Maybe you'll find an international fair where you could eat foods from Scandinavia or Guatemala, for instance, and expose your child to other cultures. ●

