



Ideas to keep your CEEC Otter busy during this closure...

Our Otter Pledge:

I am safe.

I am loved.

I am strong.

In otter words, I got this!

We say this pledge each morning and students are encouraged to say this pledge out loud or to themselves when they are feeling uncertain about a situation.

Keep it structured

We know that our little ones do best with structure in their lives. This means waking up and following a somewhat normal schedule each day. There have been many example schedules posted but one that we like can be found at this end of this resource guide. It incorporates outside, gross motor, academics, creative, and quiet time. We also understand that there will be times when children will be on electronics or watching television. We recommend limiting that screen time and considering using educational apps or websites mixed in with those games and shows they love. Many ideas are found throughout this guide.

Conscious Discipline Resources

- ◆ Conscious Discipline is the program CEEC uses for social and emotional learning. We have included a full page of some of the calm down strategies we use in the classrooms. This can be found at the end of the resource guide.
- ◆ Conscious Discipline has MANY free resources available to parents. Check out their website by visiting www.consciousdiscipline.com
- ◆ Be sure to check out Shubert's Home to see how you can practice these strategies in your home.
- ◆ Like Conscious Discipline on Instagram. Most days on Instagram, Conscious Discipline shares quotes, activities, songs, and links to webinars.



Busy BRAINS! Academics & More...

Free websites & Online Resources

Just a few of our favorite websites that offer terrific preschool activities. Some of the sites do require you to set up a free account.

- We have obtained a school code for you to access ABCMouse. Please see the letter at the end of the resource guide.
- Scholastic.com/learnathome—Scholastic is offering free resources for children from PK through middle school. Their site will offer up to 3 hours of learning material including projects, stories, virtual field trips and much more.
- www.abcya.com/grades/prek—simple website and/or app for basic skills learning (letters, numbers, shapes, games)
- www.education.com—click on preschool. There are a variety of worksheets if you have access and want to print materials or you can select online games
- www.starfall.com—many activities that include songs and vibrant pictures to practice letters, sounds, and numbers
- storylineonline.net—This resource is brought to you by the Screen Actors Guild. On this website, actors and other celebs read popular children's storybooks. Perfect after you have read every book in your house fifty times!

Reading at Home

- * Before reading, make predictions and ask questions. What is the story going to be about?
- * Act out the story. Use props and have fun!
- * After you read the book, have your child retell the story in order.
- * Make a warm and cozy reading nook with pillows and stuffed animals.
- * Fill a basket with your child's favorite books.
- * Read in fun places—the car, outside, inside, the



Math at Home

- * Remember to have fun while exploring math and numbers!
- * Count and create patterns with different objects or food.
- * Count as you walk, skip, jump, or go up the stairs.
- * Make numbers and shapes with playdoh.
- * Go on a shape hunt (inside or outside).
- * Commercial games that incorporate math:
 - ◇ Candyland
 - ◇ Hi Ho Cherry-O
 - ◇ Trouble
 - ◇ Chutes and Ladders

Christina Feeds Students!

During the closure Christina School District will be providing meals at several of our schools. CEEC is NOT a feeding site however, Christina students can visit the following schools starting Tuesday, March 17th between the hours of 11am-1pm. Meals will be provided at the main entrance of each of these locations.

Bancroft

Bayard

Kirk

Leasure

Shue-Medill



Get kids moving!

Our students love to dance and sing. Check out these fun websites to include some exercise, movement, and fun!

- ⇒ Koo Koo Kanga Roo on Youtube.com
- ⇒ GoNoodle
- ⇒ Kids Cosmic Yoga on Youtube.com

We also have an AMAZING resource at the end of this document. One of our Occupational Therapists has put together some ideas for fine and gross motor activities using household items. These activities will keep your little ones busy while also working on important muscle groups.

Potty Training

Being “stuck” at home could be the perfect time to work on potty training. Some helpful strategies we use in the classroom include:

- ◆ Set a timer and have your child go to the potty every 15-30 minutes (depends on the child)
- ◆ Have the child sit on the potty for at least 1 minute but up to 5 minutes depending on their tolerance
- ◆ Consider having a sticker chart or other incentives such as an edible (m&m etc.) for them to sit on the potty
- ◆ Some parents have purchased a potty watch (can be found on Amazon) that has worked well for children.

While these are ideas from some of our teachers, you can check out these free resources as well.

- ◆ <https://www.jamieglowacki.com/all-things-potty-training>—on this website they talk about teaching children to notice when they need to use the bathroom instead of the timer method. If you click the link Potty Training 101 there is a free webinar!
- ◆ www.babywisemom.com—click on the potty training



Resources for families that may need additional help

- 211— A help line and website that connects people to essential health and human services that they may need 24/7. This is free and confidential and can be accessed by computer or phone. If you are experiencing trouble paying bills, finding food, or accessing free child care, visit 211.org for more information.
- www.babywisemom.com—all inclusive blog for parents of little ones. Topics covered include sleep patterns, potty training, eating, what your preschooler needs to know by Kindergarten, and so much more. Worth checking out!

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-7:00	Bath time	Bath or shower
7:00-8:00	Reading/TV time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

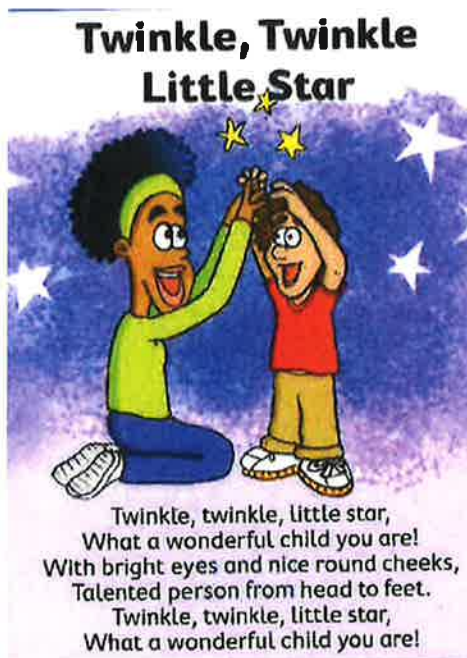
Social Emotional Development

Conscious Discipline

Conscious Discipline is a trauma-informed, evidence-based, and research-backed program that focuses on developing discipline within children. With the help of Conscious Discipline, we are better able to integrate social-emotional learning, discipline, and self-regulation into our daily schedules. Conscious discipline uses the latest brain research to determine why students react and behave the way they do.

Techniques we will use that you can try at home!

I Love You Rituals – Help connect and build relationships. These rituals help children to feel secure and can help to calm them when feeling anxious. Try this one with your child at home.



Twinkle, Twinkle, Little Star

Twinkle, twinkle, little star,
Hold child's hands up high, touch fingers and twinkle.

What a wonderful child you are.
Bring arms down to rest on each other's shoulders.

With bright eyes and nice round cheeks.
Touch near child's eyes and cheeks.

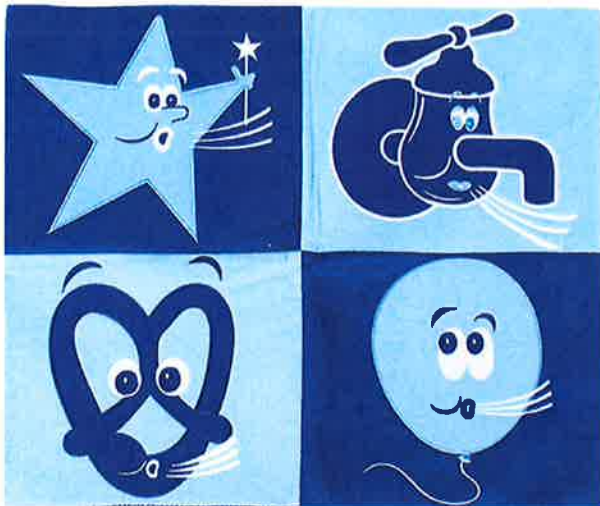
A talented person from head to feet
Swing child's arms up to his head and down to his feet.

Twinkle, twinkle, little star,
Twinkle fingers together again.

What a wonderful child you are.
Smile and hug!

Breathe With Me – Taking deep breaths can help a child regulate their body and is a calming strategy. Conscious Discipline encourages children to breathe slowly in through the nose and out through the mouth. To teach a child to take a deep breath you can use the words, “Smell the flower, blow out the candle.”

We will use four main types of breathing. Try to practice these at home.



STAR – Smile, Take a deep breath, AND, Relax

Drain – Breathe in and put arms out in front. Tense arms, shoulders and face. Exhale slowly while making a “ssshhhh” sound.

Pretzel – Cross arms (and legs if possible) in front. Relax and breathe.

Balloon – Place hands on top of head. Breathe in and raise hands with each puff of air, blowing up an imaginary balloon. Exhale and release the air in the balloon by letting hands fall back to head. Make a “pbpbpbpb” sound while exhaling.

The Safe Place – this isn’t timeout! The Safe Place is where children practice going from upset to calm. You can try this at home by providing a soft (think blankets or pillows), separate area for children to go to when they are upset, angry, and anxious, etc. Children will learn to express their feelings and use strategies such as those mentioned above to calm themselves and regulate their emotions.



Hello,

To help families across the U.S. whose schools are closed in these difficult times, Age of Learning is working with our school and district to provide **free home access** to ABCmouse *Early Learning Academy*, Adventure Academy, and ReadingIQ during the period of the closure. These leading digital education programs include valuable educational content for Pre-K, elementary, and middle school students.

Interruptions in learning due to school closures can be a challenge for children's academic growth and development, and their need for stability and consistency. When in-school learning isn't possible, using research-based learning resources at home can help children stay engaged, provide them valuable learning experiences, and maintain some continuity in their lives.

By visiting the links below and entering your code, you will have free home access to these digital programs on computers, tablets, and smartphones during the period of closure. ABCmouse and Adventure Academy are used while connected to the internet. ReadingIQ can be used in offline mode once your account is created and books are downloaded on to a device. These programs can also be accessed using your free account at public libraries and other public locations with Internet-connectivity.

Redeem Code: SCHOOL1657

(This code will work for all 3 products.)

For Children in Preschool Through 2nd Grade

ABCMouse, *Early Learning Academy*: Please visit www.ABCmouse.com/redeem and redeem your access code.

For Children In Preschool through 6th Grade

ReadingIQ: Please visit www.ReadingIQ.com/redeem and redeem your access code.

For Children in 3rd Through 8th Grade

Adventure Academy: Please visit www.AdventureAcademy.com/redeem and redeem your access code.

Should you need assistance redeeming this code or have questions about any of the products, please direct them to the Age of Learning Customer Support team at support@aofl.com and they will be happy to help.

You can find more information on these programs by visiting www.AgeofLearning.com/programs.

Saludos:

Para ayudar a las familias en los EE. UU. cuyas escuelas están cerradas en estos tiempos difíciles, Age of Learning está trabajando con nuestra escuela y el distrito para proporcionar **acceso gratuito en el hogar** a ABCmouse Early Learning Academy, Adventure Academy y ReadingIQ durante el período de cierre. Estos programas líderes de educación digital incluyen contenido educativo valioso para estudiantes de prekínder, escuela primaria y secundaria.

Las interrupciones en el aprendizaje debido al cierre de escuelas pueden ser un desafío para el crecimiento y desarrollo académico de los niños, y para su necesidad de estabilidad y consistencia. Cuando el aprendizaje en la escuela no es posible, usar recursos de aprendizaje en el hogar que han sido basados en la investigación puede ayudar a mantener a los niños interesados, proporcionarles experiencias de aprendizaje valiosas y mantener cierta continuidad en sus vidas.

Al visitar los enlaces a continuación e ingresar su código, tendrá acceso gratuito desde su hogar a estos programas digitales en computadoras, tabletas y teléfonos inteligentes durante el período de cierre. ABCmouse y Adventure Academy requieren una conexión continua a Internet. ReadingIQ se puede usar en modo fuera de línea una vez que cree su cuenta y descargue libros en un dispositivo. También se puede acceder a estos programas utilizando su cuenta gratuita en bibliotecas públicas y otros lugares públicos con acceso a Internet.

Canjee este código: SCHOOL1657

(Este código es válido para los 3 productos.)

Para niños de preescolar hasta 2° grado

ABCMouse Early Learning Academy: visite www.ABCmouse.com/redeem y canjee su código de acceso.

Para niños de preescolar hasta 6° grado

ReadingIQ: visite www.ReadingIQ.com/redeem y canjee su código de acceso.

Para niños de 3° a 8° grado

Adventure Academy: visite www.AdventureAcademy.com/redeem y canjee su código de acceso.

Si necesita ayuda para canjear este código o tiene preguntas sobre cualquiera de los productos, por favor comuníquese con el equipo de Atención al cliente de Age of Learning a través de support@aofl.com. Ellos estarán encantados de ayudarlo.

Puede encontrar más información sobre estos programas al visitar www.AgeofLearning.com/programs.

At Home Motor Activities

Krista Varkey, MOT, OTR/L

Fine and Visual Motor:

1. **Cutting Box:** Using child safe scissors put together a kit of random materials such as, plastic straws, fabric, magazines or catalogues, post cards, paint sample cards, toilet paper or paper towel rolls, empty pasta boxes, etc... .
2. **Shape Scavenger Hunt:** Ask your child to find a certain of items in your house that are circles/squares/rectangles/triangles. Have them trace or draw the number of shapes they find. They might need your help- give them dots to connect or help them hold the object while using their other hand to trace a writing tool around it. You could compare their sizes and maybe even measure them with a ruler or tape measure if you have one!
3. **Animal Rescue:** Wrap rubber or hair bands around a plastic toy animal (or action figure). Have your child be the hero and unwrap those bands. Then let them wrap them and you can be the hero or race each other.
4. **Scoop and sort:** Use cereal, goldfish cracker, cotton balls, pom poms, candy, or whatever you have on hand and scoop them out with a spoon to sort them into shapes, types, or colors. Alternatively use chip clips or clothespins to pick up items off the surface and put into a container.
5. **Pincer Grasp:** Pinch and pick up toothpicks or dry pasta noodles to place into the holes of an emptied spice jar; pennies or coins in to a bank; or stickers to decorate a card or to trace a letter you write onto a larger piece of paper.
6. **Broken crayons?** No worries! Let them peel off the paper from the crayons and use those pieces to color in coloring books or to circle a requested picture/letter in a magazine or newspaper.
7. **Laundry hamper Fishing:** With your child sitting in the hamper or a large box, place a variety of toys around them- action figures, small stuffed animals, golf balls, etc.. and using grill/kitchen tongs squeeze to pick up the toys and place into the hamper with your child.
8. **Coordination:** As you empty water bottles, soda bottles, plastic jars, or juice containers- save the cleaned bottles and lids. Have your child twist them on and off. You could even have them drop objects like cotton balls or popsicle sticks into the containers.
9. **Fasteners:** Does your child have difficulty managing buttons, snaps or zippers. Now is a great time to let them practice fastening on onesie on a stuffed animal or trying on a parent's button down shirt. Let them practice zipping open and shut their jackets themselves when you take them out to play. Just remember to give them some time, a little help, and maybe just let them start by pulling a button you've already lined up into the fabric through the hole.
10. **Board and Card games:** Let your child sort cards into like pictures if they aren't quite ready to tackle Uno or Old Maid. Chutes and Ladders and Candyland driving you crazy? Use little pieces of paper and add a funny activity to a few spaces on your board game as you play like- sing your favorite song, jump up and down five times, get a drink of water, etc... . Classic games likes Ants in the Pants, Jenga, Operation, Don't Break the Ice and Checkers as well as building with connecting bricks like Lego are all great too.

Gross Motor:

1. Instead of sitting at the table doing a puzzle, place the pieces on one side of the floor and let your child crawl across pillows, jump with their feet together, hop on one foot, walk like a bear, or wriggle on their tummy toward the puzzle board to put the pieces into it.
2. Play catch. Use a ball, a bean bag, a box of pasta, a stuffed animal- whatever you have on hand and have a catch.
3. Watching tv? Have them lay on their belly to watch a few minutes of their favorite show. See how long they can stand on one foot while watching or how long can they sit on their tall knees with their bottom up off their shoes.
4. Use ribbons or rope to make a balance course. Lay the rope in a pattern on the floor and have your child walk one foot in front of the other on it.
5. Use paper plates on carpet to "Skate" across the floor to do a puzzle, put an object into a container, or put a magnet on metal surface.
6. Be a human bowling ball. Lay your child down horizontal to a few empty bottles on the opposite side of the floor. Log roll across the floor to knock them down.
7. Hang a small basket or bucket on a door knob, and let your child toss light objects like a small foam ball, stuffed animal, or a rolled up sock into it.
8. Arrange your table chairs and have your child run a zig zag pattern through the chairs a few times, and then let them help you move them and play a game of musical chairs.
9. Place a few stuffed animals of different sizes a few feet apart on the floor. Have your child see if they can jump over them.
10. If you can, get outside. Stomp in some rain puddles, or run in the sunshine. At least a few minutes of outdoor play will help improve their overall well being.