



May 2022

# The Play Times

## Tip Sheet + Resources

**P**laytime staff and trained volunteers protect your children's rights to learn and play by partnering with shelters, schools, and other organizations across the Washington, D.C., region. We create bright, safe spaces with fun activities for children and give parents a break. Play reduces stress, increases confidence and resiliency, and contributes to healthy brain development.

### Mental Wellbeing Activities

We all know the importance of mental health and wellbeing. However, finding time to focus on it can be hard. May is Mental Health Awareness Month, so we have provided a list of easy mental wellbeing exercises both parents and children can do.

#### **Move:**

Physical movement, such as going for a walk outside or doing some exercises, can be good both children and adults who might be feeling nervous, stressed, or depressed. For children, it can be helpful to give them options, such as, "we can go for a walk, do some jumping jacks, or play on the playground."

#### **Play:**

For children, play such as coloring, imaginative play, and card and board games can be the best medicine during stressful times. Playing together is also a great way for parents and children to connect, which helps mental health.

#### **Deep breathing:**

Practicing deep breathing for just 5 minutes each day can be beneficial to both adults and children. One example is to slow down your breath and focus on it coming in and out of your body for 5 minutes. While you do this, imagine a place that brings you peace. If you start to think of other things, that's okay. When you catch yourself doing this, try to bring your attention back to your breath or your peaceful place.

#### **Gratitude Journal:**

Writing down things you are thankful for can help both adults and children. Ask yourself and your child what the best part of your day was or what made you smile today, then both you and your child can either share with each other or write it down in a journal. Doing this daily can improve mental health.



### May Curriculum

At Playtime, it is important that all kids experience play in a safe and kind environment. For the month of May, Playtime's curriculum will focus on anti-bullying and encourage kindness. Children will learn steps that can increase happiness and how to support one another with the book "Have You Filled a Bucket Today?: A Guide to Daily Happiness for Kids," by Carol McCloud, and a partnering bucket-filling activity that helps children find their own happiness by making others happy too! In May we will also celebrate Mexican culture with Playtime's Frida Kahlo-inspired flower crowns and other art activities as we learn about the famous painter.

### Free Family Activity

#### **Visit the MLK Library Exhibits!**

- Martin Luther King Jr. Memorial Library
- 901 G Street NW, Washington, DC 20001
- Visit the MLK Library Exhibits now until June 30. The exhibits feature a *D.C. Represented* gallery that highlights local politics and history through displays on D.C. Mayor-For-Life Marion Barry, D.C. home rule, and the cultural impact of go-go and punk music. The library is metro-accessible (Metro Center and Gallery Place Stations).
- Visit [www.dclibrary.libnet.info/event/6485475](http://www.dclibrary.libnet.info/event/6485475) for more info.

# National Hotlines

## Crisis Text Line

- SMS: Text "START" or "HOME" to 741741
- SMS hours: 24/7
- SMS language: English
- [www.crisistextline.org](http://www.crisistextline.org)
- The Crisis Text Line offers emotional support for those in crisis. Crisis counselors practice active listening to help people in crisis move from a hot moment to a cool calm.

## National Alliance on Mental Illness (NAMI)

- 1-800-950-6264
- Hours: Business
- Language: English and Spanish
- [www.nami.org/Home](http://www.nami.org/Home)
- Advocates for access to services, treatment, and support for people with mental illnesses.

## National Suicide Prevention Lifeline

- 1-800-273-8255 [English or interpreters]
- 1-888-628-9454 [Spanish]
- 1-800-799-4889 [TTY]
- Hours: 24/7
- Language: Interpreters available
- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

## National Domestic Violence Hotline

- 800-799-SAFE (7233)
- Hours: 24/7
- Language: Interpreters available
- A 24/7 hotline for victims and survivors of domestic violence. The website has live chat for sexual assault victims and their friends & families.

## The Hopeline

- 1-877-235-4525
- Hours: 24/7
- 24/7 Chat Line - [www.thehopeline.com/gethelp](http://www.thehopeline.com/gethelp)
- [www.thehopeline.com](http://www.thehopeline.com)
- The Hopeline is a 24-hour line which assists individuals with relational, emotional, physical, or spiritual issues.

# Summer Camps

DPR Summer Camps typically fill up within the first 5 minutes registration opens. We recommend families look into summer school programs offered through DCPS plus the DPR "Boost" program offered FREE at 9 sites affiliated with summer school locations offered in the afternoons, after summer school sessions. Visit [www.dcpsreopenstrong.com/summer/](http://www.dcpsreopenstrong.com/summer/) to register for summer school and to ask about Boost.

For more resources, visit our website at: <https://bit.ly/3jePwfj>

Although most camps are full, there are still some spots available in some DPR summer camps for children aged 6-12. You can check availability at: [www.dprsummercamp.com](http://www.dprsummercamp.com)

For more info on DPR camps, visit: [www.dpr.dc.gov/service/summer-camps](http://www.dpr.dc.gov/service/summer-camps)

## Additional Summer Camp Options:

### Camp Riverview

- [www.campriverview.splashthat.com](http://www.campriverview.splashthat.com)
- Camp Riverview is a free overnight summer camp for the DC Department of Parks and Recreation. It is located on a beautiful 200- acre property in Scotland, Maryland. During each week-long session, District youth, ages 8-13, will have the opportunity to participate in hiking, fishing, kayaking, swimming, arts & crafts, horseback riding, camp fires, crabbing, fishing, canoeing, kayaking and more! See website for in-person registration locations or call 202-674-6568 with questions.

### Boys & Girls Clubs of Greater Washington

- Dates: 8-week summer program at multiple locations
- Registration/Price: For information on fees please contact Kevina Fullwood at 202-610-9707 or by email at [kfullwood@bgcgw.org](mailto:kfullwood@bgcgw.org)
- Activities: Sports, games, arts and crafts and recreational activities
- Website: [www.bgcgw.org/clubs/fbr-club-thearc/](http://www.bgcgw.org/clubs/fbr-club-thearc/)

### Camp Forget-Me-Not/Camp Erin DC

- Dates: One-day, free day camps for different age groups between June-July 2022
- Registration/Price: Applications close May 15, early applications are encouraged!
- Activities: For children who have recently experienced a death in the family, provides social-emotional learning activities and healthy exploration of grief after loss.
- Website: [www.wendtcenter.org/camp-forget-me-not-camp-erin-dc/](http://www.wendtcenter.org/camp-forget-me-not-camp-erin-dc/)

The logo for 2022 Summer Camps features the year '2022' in white on a red background, 'SUMMER' in white on a blue background, and 'CAMPS' in white on a red background, all in a bold, blocky font.