

February 2021

Playtime’s Guide to Activities Families Can Do Together!



We hope this new year finds you safe and healthy as this surge in COVID-19 cases continues.

HAPPY BLACK HISTORY MONTH

Virtual Playtime is back! Please contact your Site Manager to join in.

Dance Switch

Have everyone dance independently, then call out a particular dance style—the robot, ballet, or break dancing—at random intervals. Everyone must switch when you call out the new style.

Spot the Difference

One person goes out of the room and changes one aspect of their appearance. When they return, the others have to identify what has been changed, for example, an earring taken out, a pin turned upside down, a button undone, etc.

Statue

Count to three and have the kids freeze into statues, such as a runner, animals (tiger, bird), singer, shapes, horn player, a thinker. Pick the best one. The winner whispers to the others what statue to make, and you have to guess what it is.

Watch My Lips

Try to say something without moving your lips and see if others can tell what you are saying. Take turns.

Virtual Story Time

Project Housewarming

Playtime’s Parent Portal

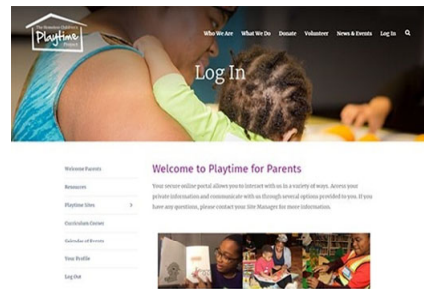
DC Public Library hosts Virtual Story Time five days a week at 10:30 am. To join in, visit [facebook.com/dclibrary](https://www.facebook.com/dclibrary). Recommended for children ages 0 to 5.



Moving out soon?

Let Playtime know when you’re moving and our partner at Project Housewarming may be able to help with pots and pans and other basic household items.

Playtime has created a private portal on our website just for parents! Find information on upcoming events, helpful resources, sign-up for activities, and more. **To sign up, contact your Playtime site Manager. We need your email address and site information to give you access. Click Log In, top right along the navigation bar, at playtimeproject.org, enter your information, and you’re in!**



Playtime Helps Children Rise

1525 Newton Street NW, Washington, DC 20010 | (202) 329-4481 | www.playtimeproject.org | EIN: 20-3380456

Do You Need Help?

The continued pandemic and rising COVID-19 cases adds stress as we try to make it through each day. Below are some recommended resources to help meet needs for food and other emergencies, as well as hotlines you can call when the stress of isolation is too much. It helps to have someone to talk to!

Mutual Aid. For emergency needs like food or other support, reach out to volunteers in your Ward to describe what you need, and your neighbors may be able to help:

- **Ward 1:** (202) 573-7548
- **Ward 3:** ward3.mutualaid@gmail.com
- **Ward 5:** (202) 643-7030; ward5.mutualaid@gmail.com
- **Ward 7 + 8:** (202) 630-0336

Emergency Food Access. Here is a list of free food distribution sites in the city:

<https://dcfoodproject.org/emergency-food-access>

Mental Health

Our mental health can change based on the circumstances facing us. If you, or someone you care about, feel overwhelmed or experience persistent feelings of sadness, depression or anxiety due to COVID-19, DC's department of Behavioral Health has mental health clinicians available to speak with you 24/7 at **1-888-7WE-HELP (1-888-793-4357)**.

Black History Facts

- The concept of vaccinations was introduced to America by an enslaved African named, Onesimus in Massachusetts in 1706. During a smallpox outbreak, he shared a procedure he'd had that inoculated him against the disease.
- Bessie Coleman, the first licensed African American woman pilot, was famous for doing "loop-the-loops" and making the shape of an "8" in an airplane.
- Frederick Douglass, a Black social reformer, abolitionist and writer, lived in Washington, D.C. from 1877 to 1895. His home, Cedar Hill, in Anacostia is a National Landmark.
- In 1888, the first bank organized and operated by African Americans was Capital Savings Bank right here in Washington, D.C.
- With a combined total of 30 Olympic and World Championship medals, Simone Biles is the most decorated American gymnast and third most decorated gymnast in the world.
- The Black Panther Party launched social programs, including free health and dental care, free breakfast, and drama classes, in underserved Black communities.

