

## Issue #4

# Playtime's Guide to Activities Families Can Do Together!



*We hope you are continuing to stay safe and healthy during this time of social distancing. And we hope you enjoy these stress-reducing games and cool resources in this latest issue.*

**1. Finger Spelling.** Player 1 closes their eyes while Player 2 traces a letter of the alphabet on Player 1's palm. Player 1 has to guess what the letter was. If they are right, they win! If they guess incorrectly, Player 2 wins. Older children can increase the challenge by spelling out short words on each other's backs.

**2. Concentration** is a hand-clapping game that challenges kids' ability to keep rhythm and think on their feet. Two or more players sit in a circle and start the rhythm by slapping their knees, clapping their hands, or snapping their fingers in a pattern. Select a leader, who chooses a category, such as names or animals. Each player takes a turn to call out something that fits the category; they must keep time with the rhythm or they're "out."

**3. Hot Hands.** This game is not for faint-hearted adults. Two players stand face to face. One places their palms up, the other hovers their hands over Player 1's palms. Player 1 tries to flip their hand over and slap the back of Player 2's hands. If the second player flinches or if Player 1 makes contact, Player 2 loses and they switch hands.

**4. Numbers Ninja** is played with three or more people standing in a circle. Count down from three, shout *ninja* then strike a pose. Player 1 attempts to slap their opponent's hands (players take turns moving clockwise around the circle). Players can only move if they are swiping or being attacked—they must freeze after they have moved. They can only hit hands (not arms or legs) and must place their hand behind their back when hit. Once a player loses both hands, they are out.

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## Poetry Corner:

### "HEY BLACK CHILD" (by Useni Eugene Perkins)

Hey Black Child,  
Do you know who you are?  
Who you really are?  
Do you know you can be  
What you want to be?  
If you try to be  
what you can be.

Hey Black Child,  
Do you know where you're  
going?  
Where you're really going?  
Do you know you can learn  
What you want to learn?  
If you try to learn  
What you can learn?

Hey Black Child,  
Do you know you are  
strong?  
I mean really strong?  
Do you know you can do  
What you want to do?  
If you try to do  
What you can do?

Hey Black Child,  
Be what you can be  
Learn what you must learn  
Do what you can do  
And tomorrow your nation  
will be  
what you want it to be

Learn more about the poem: <http://pancocojams.blogspot.com/2015/10/useni-eugene-perkins-hey-black-child.html>

## Free, Educational Apps for Kids (that can be played on your phone)

Parent Information	Free Virtual Summer Camps	Black Lives Matter
<p><b>Camp PBS Kids:</b> Explore ideas, tips and activities around different themes with your favorite PBS KIDS characters, <a href="https://www.pbs.org/parents/summer">https://www.pbs.org/parents/summer</a></p> <p><b>An encouraging video for parents during this stressful time:</b> <a href="#">Parent Tips for Life Under CoVid19</a></p>	<p><b>Marco Polo Learning:</b> A free and fun digital learning program with virtual summer sessions, <a href="http://www.marcopololearning.com/home.html">www.marcopololearning.com/home.html</a></p> <p><b>Camp Wonderopolis:</b> A free online summer-learning destination that's full of fun, interactive STEM and literacy-building topics, <a href="https://camp.wonderopolis.org/">https://camp.wonderopolis.org/</a></p> <p><b>Varsity Tutors:</b> Week-long interactive summer sessions, <a href="http://www.varsitytutors.com/virtual-summer-camps">www.varsitytutors.com/virtual-summer-camps</a></p>	<p><b>Playtime Project supports the Black Lives Matter Movement</b></p> 
<p><b>No Wifi/Data Plan Needed</b></p> <ul style="list-style-type: none"> <li>• <b>Quick Math Jr.</b> – An app that covers the essential foundations of mathematics, including counting, addition and subtraction, place value, writing numbers and much more.</li> <li>• <b>Endless 123/Endless Reader</b> – Apps that encourage early reading and math success.</li> <li>• <b>Elmo’s ABC Lite</b> – Explore the alphabet with Elmo!</li> <li>• <b>Tinybop: The Human Body Lite</b> – Dive into the skeletal, muscular, nervous, circulatory, respiratory, and digestive systems. The heart beats, guts gurgle, lungs breathe, and eyes see.</li> </ul>		<p><b>Produce Plus Direct</b> provides locally grown, fresh produce to D.C. residents in areas with limited access to fresh, healthy food. <b>Registration opens June 23, and residents can enroll in the program by calling (202) 888-4834.</b></p> <p>Produce Plus Direct begins July 14 and runs through Sept. 30, 2020.</p>
<p style="text-align: center;"><b>More Resources</b></p> <ul style="list-style-type: none"> <li>• <b>Uncle Devin</b> is a friend of Playtime who has produced a free, streaming, 24/7 online music radio station that streams R&amp;B, Hip Hop, Funk, Jazz, Go-Go and World Music especially created for kids. Check it out! <a href="http://www.weenationradio.com/">www.weenationradio.com/</a></li> <li>• <b>Elmo and his dad discuss racism:</b> Sesame Street and CNN held a Town Hall for families that included this great clip of Elmo and his dad talking about why people are protesting: <a href="https://tinyurl.com/y7stncfe">https://tinyurl.com/y7stncfe</a></li> <li>• <b>Keep kids safe online this summer:</b> FBI warns that children and youth home from school with more computer access are being exposed online to potential predators. Here are some tips to keep your kids safe online: <a href="https://tinyurl.com/vxcyv9a">https://tinyurl.com/vxcyv9a</a></li> <li>• <b>Moving?</b> D.C. residents get <b>free books</b> mailed to you every month for children under age 5. If interested, sign up at: <a href="http://www.dclibrary.org/booksfrombirth">www.dclibrary.org/booksfrombirth</a></li> </ul>		 <p>If you’ve found this guide helpful or have ideas for future editions, please contact us at: <a href="mailto:info@playtimeproject.org">info@playtimeproject.org</a></p>

**Stay safe and healthy and please ask for help when you need it!**

*Playtime Helps Children Rise*

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