



May 2022

The Play Times

Tip Sheet + Resources

Playtime 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.

Prince George's County Activity

Visit Discovery Village!

- Hyattsville Library
- 6530 Adelphi Road, Hyattsville, MD 20782
- Visit Discovery Village, the children's area at the new Hyattsville library. This dedicated space has elements of classic children's books including a castle with a drawbridge, the Three Little Pigs' houses and troll bridge where kids can sit and read, a friendly dragon, an enchanted tree, and the Yellow Brick Road. The library is metro-accessible (Prince George's Plaza Station).

National Hotlines

Crisis Text Line

- SMS: Text "START" or "HOME" to 741741
- SMS hours: 24/7
- SMS language: English
- 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
- 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
- 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
- www.thehopeline.com
- The HopeLine is a 24-hour line which assists individuals with relational, emotional, physical, or spiritual issues.

Summer Camps

Are you looking for safe, fun, and memorable activities for your child this summer? We recommend families look into summer day camps offered through the Prince George's County Department of Parks and Recreation. Choose from a variety of camps that fit the imagination of your child, and your needs. For more details and to register, visit www.pgparcs.com/629/Summer-Programs.



Additional Summer Camp Options:

Just Keep Skating

- Dates: June – August 2022
- Registration/Price: Registration opens May 1, \$250/week,
- Activities: Skating, Field Trips, Learning Olympic Values
- Website: www.dc.innercityexcellence.org/camp/summer
- Limited scholarships available

iGen

- Dates: June 27 – August 26
- Registration/Price: \$295 weekly fee until June 4
- Activities: STEM-focused building games and creative thinking projects
- Website: <https://igeneduacademy.com/summercamp/>
- For information on tuition assistance, email discover@igeneduacademy.com

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
- Activities: Sports, games, arts and crafts and recreational activities
- Website: 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/