

September: Issue #6

Playtime's Guide to Activities Families Can Do Together!



We hope going back to school was not too stressful. Here are some stress-reducing games and cool resources we hope will make life a little easier.

Family Brain Breaks

Watching video learning sessions all day can be exhausting. Here are some activities to make the virtual learning day more active. Do these brain breaks for 3-5 minutes with your child(ren) throughout the day.

Dancing with Action Songs

Action songs are children's songs that are accompanied by specific actions. These unique dance breaks provide exact instructions for what to do. Kids have tons of fun following along with the moves and learning each of the songs.

Examples include: *Cha Cha Slide*, *Cupid's Shuffle*, and *Head Shoulders Knees and Toes*.

Brain Tricks

Try some action-based brain tricks with your child. Here are two examples: 1. Have them try to pat their head while rubbing their stomach. 2. Blink one eye while snapping fingers with the opposite hand. What else can you think of? This is a fun way to challenge your child and help them develop important coordination skills.

Create a Secret Handshake

This brain break definitely requires your participation. Create a secret handshake with your child—the more elaborate it is, the more fun it will be. Practice and try to remember it (and maybe even add onto it) the next day. This is a great bonding activity.


Act like ...

A fun way to engage kids is to give them different scenarios to act out. See how many they can do in 3 minutes. Then get them to think of scenarios for you to show off your acting skills, too!

Ask them to act like:

- *They're driving a car*
- *They're blowing bubbles*
- *A bee is flying around them*
- *They just met their favorite singer*
- *They are swimming*

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

Apps for Learning 2+	Virtual Recess	App for Learning 6+															
<p>PBS Kids Games PBS has created hundreds of games based on their popular children's shows. The games for each show fit in with their learning theme. ~ Learn math with Peg + Cat. ~ Explore creature powers with the Kratt Brothers.</p> <p>If you're child loves PBS shows, they're going to love learning with their favorite characters.</p> <p>Visit: https://pbskids.org/apps/play-pbs-kids-games.html</p>	<div style="display: flex; align-items: center;">  <p>Check out popsicle.com/playzone for cool virtual recess activities.</p> </div> <hr/> <p style="text-align: center;">Grocery Sites</p> <p>Grocery sites are available throughout the District to provide fresh fruits, vegetables, and non-perishable groceries to families. Residents are encouraged to bring a cart and/or tote bag to transport groceries home. Masks are required at the grocery sites. Grocery sites are open 10 am – 11:30 am.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;">Monday</th> <th style="width: 15%;">Tuesday</th> <th style="width: 15%;">Wednesday</th> <th style="width: 15%;">Thursday</th> <th style="width: 15%;">Friday</th> </tr> </thead> <tbody> <tr> <td>Brookland Middle School (Ward 5)</td> <td>Kelly Miller Middle School (Ward 7)</td> <td>Coolidge High/Wells Middle Schools (Ward 4)</td> <td>Anacostia High School (Ward 8)</td> <td>Ballou High School (Ward 6)</td> </tr> <tr> <td>Eastern High School (Ward 6)</td> <td>Stanton Elementary School (Ward 8)</td> <td>Woodson High School (Ward 7)</td> <td>Kimball Elementary School (Ward 7)</td> <td>Columbia Heights Education Campus (Ward 1)</td> </tr> </tbody> </table>	Monday	Tuesday	Wednesday	Thursday	Friday	Brookland Middle School (Ward 5)	Kelly Miller Middle School (Ward 7)	Coolidge High/Wells Middle Schools (Ward 4)	Anacostia High School (Ward 8)	Ballou High School (Ward 6)	Eastern High School (Ward 6)	Stanton Elementary School (Ward 8)	Woodson High School (Ward 7)	Kimball Elementary School (Ward 7)	Columbia Heights Education Campus (Ward 1)	<p>Pizza Fractions 1 Does your elementary-aged kid need some extra help with fractions? What more delicious way to illustrate the concept than with pizza?</p> <hr/> <p style="text-align: center;">App for Learning 12+</p> <p>Middle School Math Planet Does your middle schooler need to brush up on important math concepts? This app teaches these and other math skills through more than 30 games.</p>
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<p>Has it been hard to talk with your child about the Pandemic? Sesame Street has a great video about how to discuss health emergencies with young children. Visit sesamestreet.org/caring for more information.</p> <p>Need Transportation Assistance? Transportation support to medical appointments and grocery stores. Free taxi service up to \$20: https://dfhv.dc.gov/page/taxi-rail-t2r</p>	<p>Legal Aid DC If you need legal help relating to housing, family, public benefits, or consumer law, please call (202) 628-1161 to schedule an appointment, or visit their office at 1331 H Street, NW, Suite 350.</p> <p>School Uniforms DID YOU KNOW? School uniforms are to be provided by homeless liaisons at each school, but if your child does not have enough to wear at home for online learning, they CANNOT be suspended from online learning. Please contact your school's homeless liaison or Playtime if we can help!</p>																

If you've found this guide helpful or have ideas for future editions, please contact us at: info@playtimeproject.org



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

Playtime Helps Children Rise

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