

November

Issue #7

Playtime’s Guide to Activities Families Can Do Together!



We can’t believe it’s been eight months of COVID-related quarantines, mask-wearing, and social distancing. We hope our efforts to provide some stress-reducing activities and resources continue to be helpful. Happy Thanksgiving!

Fun Gratitude Activities

Gratitude Cup/Jar

Teach your kids gratitude with this daily gratitude jar activity. Each day, ask your little ones to write down something they’re thankful for. You need paper, scissors, and a pen/pencil. Try to write down one thing each day. The power of positive thinking can improve their mood and happiness.

Gratitude Yoga

Teach your children to exercise regularly as a way to thank their body and mind. Exercising for 150 minutes a week (just 2.5 hours) can extend your life by 3.4 years. Yoga is a great fitness routine because it combines physical action with reflection. The 6-step gratitude yoga exercise (included on the next page) is focused on both inner gratitude and appreciation for the world around us. It’s designed with kiddos in mind.

Gratitude Scavenger Hunt

Get your camera phone ready to take pictures of things that bring you joy. Here are some examples:

- Find something that you enjoy in nature.
- Find something in your favorite color.
- Find something you use every day.
- Find something that smells good.

Gratitude Guess Who

Have everyone write their name and something they are grateful for on a slip of paper. Fold the paper so no one peeks and place them in a bowl or basket. Have everyone take turns selecting one folded paper, and read aloud without including the person's name for the group to guess who wrote it.

Holiday Wishlist

Please make sure you fill out Playtime’s Holiday Wishlist.

You can access a digital version by typing this link below.

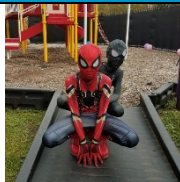
<https://tinyurl.com/y5ylgI53>

Are you planning to move soon? Playtime can help with household items.

Email your information to:

Courtney@playtimeproject.org

Harvest Events



Thanks so much for attending Playtime’s Harvest events. We hope you all had a safe and festive time in your costumes.

Playtime’s Parent Portal

Playtime has created a private portal on our website just for parents! You can find information on upcoming events, helpful resources, sign-up for activities, and more.

To get access, send your email address to your site manager and we’ll send you login details.

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

Playtime Helps Children Rise

Gratitude Yoga Exercises for Kids

I am grateful for:



My Breath

Child's Pose

Lower your hips to your heels and forehead to the floor while you stretch your arms overhead.



My Goals

Cobra Pose

Lay with your belly on the floor and begin to straighten your arms to lift the chest off the floor.



The Sun

Mountain Pose

Stand with your big toes touching and heels slightly apart, hands stretched at your sides.



My Strength

Warrior 1 Pose

Reach your fingertips to the sky as you bend your front knee and straighten your back leg.



Nature

Tree Pose

From mountain pose, bend one knee and lift your heel up to rest against the opposite leg.



The Sky

Resting Pose

Lie on your back with your legs straight and arms at your sides. Close your eyes and breathe deeply.