

December

Issue #8

Playtime’s Guide to Activities Families Can Do Together!



We hope you are continuing to stay safe and healthy during this current surge in COVID-19 cases. And we hope you enjoy these stress-reducing activities during this holiday season.

Fun Winter Themed Activities

Penguin Relay

It’s a penguin-themed relay race. Place an “egg” (this could be a pillow, soft toy, book, or a small utensil like a spoon) on top of your child’s feet, papa penguin style. When you say go, the person with the “egg” shuffles from a starting point to an end point (ex. one side of the room to the other or down a hall), carefully balancing the “egg” on their feet. Then turn and waddle back. If there is a team, the child will transfer the egg to the next player to keep the relay going.

Hot Snowball

It’s a winter themed game of Hot Potato. Grab anything that resembles a white snowball (rolled up sock or balled up sheet of paper, could work). To play, circle up the children, turn on the tunes, and pass the “snowy” ball around the group until the music stops. If you’re caught holding the ball, it’s sideline time for you. The last person left wins.

Silly Snowmen

All you’ll need are paper plates and a marker. Have your child/ren place the paper plates on top of their heads where they try to draw a snowman without looking. As they draw, make sure the kids add all the requisite snowman parts to their masterpiece—three-body balls, a hat, eyes, arms, buttons, and the iconic carrot nose. Have them share their fun and silly creations.

Bundle Up, Baby

For this game, you’ll need a phone timer and plenty of winter clothes—hats, scarves, mittens, earmuffs, snow pants, heavy coats—if it keeps you warm, use it. Have children race against the clock to bundle up. Have each one take turns putting on all the winter gear as fast as they can, while you keep time (or not). The quickest one wins!

Holiday Wishlist

Project Housewarming

Playtime’s Parent Portal

Playtime is excited to deliver your children’s gifts next week for you to give during your family celebrations! We will then be closed until January.

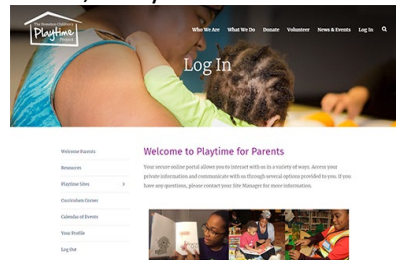


Are you moving out soon?

Let Playtime know 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! You can find information on upcoming events, helpful resources, sign-up for activities, and more. To sign up please contact your Playtime site Manager. We need your email address and site information to give you access. Then click Log In, top right along the navigation bar, at playtimeproject.org, enter your information, and you’re in!



Playtime Helps Children Rise

Need Help over the holidays?

The holidays are often a time of extra stress and sometimes sadness for many people. This year, there is the extra worry about living in a pandemic. 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 Wellness 24-hour Hotlines

If you are feeling overwhelmed with stress, grief, worry or other emotions, please reach out and ask for help—that's what these programs are there for.

- **Suicide Prevention Lifeline:**
(888) 793-4357
- **Community Response Team for adults in crisis:** (202) 673-6495 or (888) 793-4357
- **Children and Adolescent Mobile Psychiatric Services (ChAMPS) for youth (age 6-21) in crisis:** (202) 481-1440

Happy Holidays!



WANT TO HEAR FROM SANTA?

Are you on the naughty or nice list?
Sign up a free Zoom or phone call from Santa!
Email: Officer Hamilton at arnita.hamilton@dc.gov
Include your child's name, telephone number, and time of day you want Santa to reach out.
Let us know if you want a zoom or phone call.

A stylized illustration of Santa Claus with a white beard, red hat, and red suit, set against a dark blue background with white stars. The illustration is partially cut off by the bottom edge of the page.A blue and white badge for the Metropolitan Police of Washington, D.C., featuring a central emblem with a building and the text "METROPOLITAN POLICE WASHINGTON D.C." around the perimeter.