



Summer 2021

The Play Times

Tip Sheet + Resources

Playtime staff and trained volunteers protect your children's rights to learn and play by creating bright, safe spaces with fun activities. Play reduces stress, increases confidence and resiliency, and contributes to healthy brain development. And while your children play, you have time to relax and focus on you!

Games to Play, Indoors or Out

Here are some fun activities you can play with your family, with few materials required.

Spot the Difference

One person goes out of the room and changes one aspect of their appearance. When they return, the others have to identify what has been changed, for example, an earring taken out, a pin turned upside down, a button undone, etc.

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! To get started, 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.

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.

Gratitude Cup/Jar

Teach your kids gratitude with this daily gratitude activity. You need paper, scissors, and a pen/pencil. Each day, ask your little ones to write down something they're thankful for. Fold up the paper and place it in the jar. At the end of the week, pull out all the notes and read them together. The power of positive thinking can improve their mood and happiness.



Free Summer Fun!

Join Playtime at the Rita Bright Center (2500 14th Street, NW) for fun-filled activities every Tuesday and Wednesday, beginning June 29 through August 6 from 5-6:30 p.m. for children ages 6 and up. Contact Alberto Otero at (202) 907-5324 to sign up.

RESOURCES

Early Stages

Are you interested in learning more about your child's development? If your child is between the age of 0-2, please call Strong Start at (202) 727-3665. If your child is between the age of 2 years 8 months and 5 years 10 months old, call (202) 698-8037 for a free developmental screening. For more information, visit www.earlystagesdc.org.



For the Kids

Looking for fun games and activities to keep your children busy this summer? Here are three free online sites with lots of cool things to do:

- popsicle.com/playzone
- pbskids.org/games
- camp.wonderopolis.org/

More Games to Play

Shape/Color hunt. Give children 5 minutes to look around the room and identify items that are a specific shape or color. The easiest shapes to find are circles, squares, and rectangles.

Dance Together. Play Freeze Dance or challenge each family member to come up with their best choreography for their favorite song and have a family talent show. Or, each morning, let your child pick a song of the day.

Photo Flash. Hold up an object or a picture for 20 seconds then hide it, and have everyone draw the object from memory. After 5 minutes, compare the drawings with the item to see what everyone drew.

Mystery Socks. Choose 5 to 10 socks and small objects. Hide one object in each sock. Let each person feel the sock, but no peeking inside! Assign each sock a number and have the kid(s) write down their guesses next to the assigned number. Slowly reveal the hidden objects and see who guessed correctly.

Meditation. If you feel bored, sad, or restless, try this: Breathe in through your nose for 7 seconds and breathe out through your mouth for 11 seconds. As you breathe, imagine you're in your favorite place. Repeat as many times as you like. You can do it together as a family meditation.

Emergency Food Access

For a list of free food distribution sites in the city, visit: dcfoodproject.org/emergency-food-access

COVID-19 Vaccination

Get the latest information on how to register for a COVID-19 vaccination, testing resources, funeral assistance, help with rent, help with utilities, food resources, and more. Visit: coronavirus.dc.gov.

Mental Wellness and 24-hour Hotlines

Our mental health can change based on the circumstances facing us. If you, or someone you care about, feels 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

For more parent resources, visit: playtimeproject.org/what-we-do/for-parents.

Look for Playtime at your assigned shelter location.
playtimeproject.org | info@playtimeproject.org | (202) 329-4481