

During this unexpected extended time away from school, I wanted to send you some simple ideas to support continued social-emotional learning with your child while at home. I know all too well how difficult it may be keeping kids busy and focused at home during this time off! These are simple ideas that should be easy and fun to implement.

- Read a book together, stopping to identify how the characters are feeling based on their facial expression and body language.
- Take a walk together, talking about a topic of interest to your child. Use that opportunity to practice conversational turn taking and listening skills. "Then what did Chase and Marshall do?" "How did that make Peppa Pig feel?"
- Plant some seed starters indoors together that you can transfer outside when the weather gets warmer. Talk through the steps of planting seeds, stressing the importance of caring for something for it to thrive.
- Make food together (PBJ, Macaroni and Cheese, chicken nuggets). Maybe try to make something new and try it together. (Peanut butter and bananas? Jelly on crackers? Cheese and apples?) Talk about the process as you are working together.
- Read a new book, stopping to make predictions about what will happen at the end. This is a great way to spark conversations with children about various topics. "Why do you think that will happen? How would the characters feel if that happened?"
- Play simple board games together. These are a great way to practice turn taking, eye contact, waiting, listening, attending, winning, and losing. Some popular games in my house: Candyland, HiHo Cherry-O, Memory, Zingo, puzzles, Connect 4, Uno, Go Fish. I have made "Memory cards" out of pictures taken of my kids to add a personal touch (and fun surprise). Practice looking at the other player in the eyes and saying "Your turn".
- Play i-Spy type games. "I spy something green" "I spy something shaped like a circle" "I spy something you eat". These have kept my kids busy at MANY doctor appointments. Fun to play in different rooms of the house too.
- Facetime grandparents, aunts, uncles, cousins, etc. Good practice for conversational turn taking, waiting, listening, and staying on topic.
- Play outside! (Chalk, bubbles, catch, tag, etc.) It is never a bad idea for kids to play outside! Sometimes less is more. Let kids get creative!
- Read a book or story out loud to your child a little each day. There are lots of simple books that you can read a short chapter each evening together. This promotes listening skills, memory, and hearing you read aloud also promotes fluency!
- Hopscotch can always be played inside or out (see picture attached). Helps promote turn taking, winning losing, attending.
- Before bed, spend a little time snuggling and talking about all the different things you did during the day. This helps create concrete memories of activities and makes for a nice happy moment at the end of the day. ♥

I am a firm believer of limiting screen time for kids of all ages. I hope these activities are helpful in providing ways to interact together while preventing boredom!