

Dear Head Start Parents/Guardians,

We know this may be a stressful time for you and your families, and want you to know that we are here to support you. Even when schools are closed, the teachers at Head Start want to make sure that your children's education continues. Our kids are always learning, and playtime is no exception. As they interact with each other during play, young children are building important social skills. Big concepts like communication, conflict resolution, cooperation, and even self-control are things that can be done at home. Please work with your child at least 30 minutes to 1 hour each night on the skills we have attached in this packet. Here are some examples:

1. Helping Hands: This is a no-outs version of tag. Give kids a beanbag, a paper plate, or a paper napkin to balance on their heads, and have them walk around the playing area. If the item slips off, they have to freeze. But other players can gently touch frozen ones with their hands to thaw them out and get them back into the game.

What kids learn: cooperation, [self-control](#)

2. Balloon Bop: Inflate a beach ball or a Mylar balloon and challenge kids to work together to keep it aloft, either with their hands or by bouncing it on a parachute, a twin-size sheet, or large scarf. (Remember: popped balloon scraps are a choking hazard for kids under age four.)

What kids learn: cooperation, communication, self-control, confidence

3. Block Builders: Bring out a set of wooden blocks and encourage kids to work together to create something awesome. They'll have to share, take turns, and problem solve as a team in order to build the best structure. Or, instead of blocks, have kids put together a large, age-appropriate jigsaw puzzle.

What kids learn: conflict resolution, cooperation, communication, self-control

4. Monkey See, Monkey Do: This one is super simple and you don't need any playmates—just you and your child. Plus, you can play while waiting in line, riding the bus, eating breakfast, and more. All you have to do is make a face or a small movement (like tapping the side of your nose with your finger) and have your child copy you. Then switch roles and let her lead the way.

What kids learn: empathy, communication, taking turns

5. Barnyard Buddies: Pick two familiar animals and quietly assign one to each child—so half the group are cows and the other half are chickens, for example. Tell the kids to find their buddies by making the sound their animal would make. Then all the cows can gather together into their own little herd, while the chickens make a flock.

What kids learn: communication, cooperation

6. First Me, Then You: The next time your child suggests an activity—she wants to color or prepare a simple snack, for example—see if you can make it into a turn-taking exercise. It's best if you choose something that your child knows how to complete but one that can include some variations. If she wants to draw a picture, you might say: "Please get the paper. What comes next?" Then it's your child's turn to say, "Please get the crayons. What comes next?" You could say "Choose the first color," while your child responds with "Draw a house." Work together until you have a finished work of art!

What kids learn: cooperation, communication, conflict resolution, and self-control

7. Color Chain: Have children walk around a room at home, or a safe and familiar place outdoors, then announce a color. The goal is to find something of that color and touch it—or touch a person touching it! If you said "red," a child could grab onto a red post on the playground. Then she can hold hands with the next person who comes along, and that person holds hands with the one after that. Continue until everyone's connected in one big chain. Then pick another color and play again.

What kids learn: communication, cooperation

8. Puppet and Puppeteer: Have kids pair up and designate one as the puppet and one as the puppeteer. The puppeteer gives commands for the puppet to follow, and then they switch. Or, one child can be a robot and the other its “remote control,” telling it to take one step forward, hop to the side, and so on.

Attached are links that parents can find with more activities to engage with their children.

https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html?promo_code=6294&magazineName=classroommagazines

<https://kidsactivitiesblog.com/135609/list-of-education-companies-offering-free-subscriptions/>

https://ec66a173-09bc-407a-ba3b-3357166208f4.filesusr.com/ugd/da44eb_8d45510f0bd64fa8bf7e8579b2dc332e.pdf

Learn at home!

Using tech.

Websites:

- Freckle.com
- Lexialearning.com
- Starfall.com
- MysteryScience.com
- Readworks.org
- STMath.com
- KhanAcademy.org
- Gonoodle.com
- Abcya.com
- Xtramath.org
- Zearn.org

Apps:

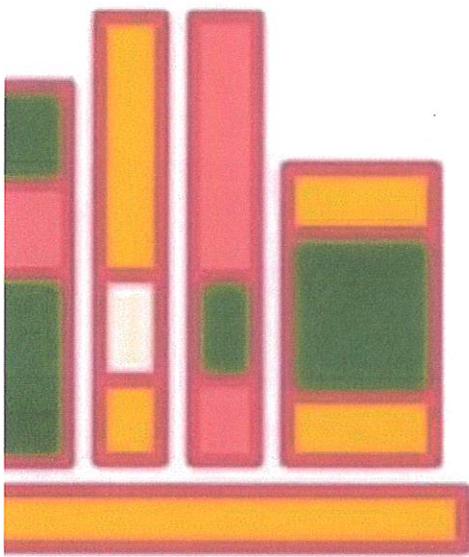
- RazKids*
- Seesaw
- Epic
- Vooks
- Book Creator
- Magnetic ABC
- Ten Frames
- ABCMouse
- Monster Math
- Scratch Jr
- Starfall
- Let's Read

Youtube:

- Kids Learning Tube
- Free School
- Homeschool Pop
- StoryBots
- Khan Academy
- Smithsonian Channel
- The Brain Scoop
- Word World PBS
- TED-Ed
- Sci Show Kids
- National Geographic Kids
- Peekaboo Kidz
- Storyline Online
- Story Time with Ms. Becky
- KidTimeStoryTime

Podcasts:

- Brains On
- Six Minutes
- But Why: A Podcast for Curious Kids
- Story Pirates
- Circle Round
- Smash Boom Best
- Wow in the World
- Eleanor Amplified
- The Two Princes
- Ear Snacks
- KidNuz



10 FREE LEARNING WEBSITES

for kids

Here's a list of some fun, educational, and safe websites for your children to visit and explore!

Switcheroo Zoo

www.switcheroozoo.com

Watch, listen, and play games to learn all about amazing animals!

Nat Geo for Kids

www.kids.nationalgeographic.com

Learn all about geography and fascinating animals!

Into the Book

www.reading.ecb.org

Go "into the book" to play games that practice reading strategies!

Suessville

www.seussville.com

Read, play games, and hang out with Dr. Seuss and his friends!

ABC YA

www.abcy.com

Practice math and reading skills all while playing fun games!

Fun Brain

www.funbrain.com

Play games while practicing math and reading skills!

PBS Kids

www.pbs.org

Hang out with your favorite characters all while learning!

Star Fall

www.starfall.com

Practice your phonics skills with these read-along stories!

Storyline Online

www.storylineonline.net

Have some of your favorite stories read to you by movie stars!

Highlights Kids

www.highlightskids.com

Read, play games, and conduct cool science experiments!

11 Free Reading Websites for Kids

Storyline Online	http://www.storylineonline.net	Yes
Read to Me	http://readtomeiv.com	Yes
We Give Books	http://wegivebooks.org	No
Starfall	http://starfall.com	Yes
Online Storytime by Barnes and Noble	http://www.barnesandnoble.com/w/online-storytime-books-toys/379003588/	Yes
TumbleBooks	http://tumblebooks.com http://www.tcpclibrary.org/tumblebooks.htm http://www.portlandlibrary.com/kidsplace/tumblebooks.htm	Yes
International Children's Digital Library	http://en.childrenslibrary.org/	No
ABCya!	http://abcya.com	Yes
Storynory	http://www.storynory.com/	Yes
National Geographic Young Explorers	http://ngexplorer.cengage.com/ngyoungexplorer/index.html	Yes
Oxford Owl	http://www.oxfordowl.co.uk/	Yes

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