



Celebrating Family Time Newsletter Volume 2

<p>theoceancountylibrary.org Do you know your library card lets you check out e-books, listen to audio books and access educational videos for all ages? Go to the website, click on “books & more”, then “digital materials”. The list that pops up includes a variety of resources, including hoopla, which lets you download to an iPhone or tablet, and tumble book library, which gives you access to tons of child friendly materials, including read aloud stories, books you can read online, and National Geographic science videos. Some will require you to enter your library card but all are free. There are even online craft videos for adults – it might be a good time to start a new hobby!</p>	<p>How about making a simple breakfast the kids can help with today? Eggs in a nest! You'll just need eggs, bread, butter and a cookie cutter: have the kids cut the center out of the bread with a cookie cutter, then butter both sides and the cutout shape; place both pieces in a heated skillet and carefully pour the egg into the opening in the bread slice; cook for a minute or two then flip and cook another minute or two (sprinkle with a little shredded cheese if desired). Yummy!</p>	<p>How can we explain what's going on? You can print free online books to read to children that help explain what is happening because of the Corona Virus. Hello is an interactive book that helps children understand more about the virus and their feelings about it and can be found at: https://www.mindheart.co/descargables Something Strange Happened in My City is written as a conversation between a parent and child, and emphasizes being grateful for those working to keep us safe and ends with a hopeful note about how they can help. You can download it at: https://sandybabaace.wixsite.com/covid19referencelist The audiobook can be found at: https://www.youtube.com/watch?v=zWtPK3vUXs&feature=youtu.be</p>
<p>Need a music break? If you google “together at home concerts” you can see both live & recorded performances of artists performing from their homes. So far the list includes performers such as Pink, Keith Urban, Common and Niall Horan with more added every day. Some are pledging to post performances daily, all in the spirit of getting through this together. Check out John Legend (Chrissy Teigen was hysterical), and you can see Nicole Kidman dancing while her hubby Keith Urban plays on his video!</p>	<p>MAKE Make is a Facebook site for a school art teacher and she is hosting simple daily art classes for the whole family to help you stay creative. Go on Facebook daily at 1:00 or view the recorded videos anytime at the following link: https://m.facebook.com/story.php?story_fbid=1391011517767132&id=319930294875265</p>	<p>Got Info? Governor Murphy announced that NJ 211 has been activated to help handle COVID-19 related calls from New Jersey residents. All residents with questions or concerns about COVID-19 and resources available to them can call 2-1-1. NJ 211 is New Jersey's statewide information and referral service. Residents call also text NJCOVID to 898-211 to receive text information and stay informed. To receive live text assistance, residents can text their zip code to 898-211.</p>





Let's keep learning even if we can't learn together at school!

Lisa Lockwood, Quality Improvement Specialist for Grow NJ Kids, Children's Home Society of NJ

<p>Literacy: Read a book about an animal. Go to kids.nationalgeographic.com/animals and learn more about that animal, then make your own book about it from paper folded and stapled together. You are an author!</p> <p>Math: Help with the clean laundry – sort into separate piles for each family member, sort shirts from pants, match the socks.</p> <p>Science: Make a simple chart and draw a picture to represent the weather each day this week; which had the most? The least?</p> <p>Creativity: Put 2 cupcake liners in each compartment of a muffin pan. Collect up all the broken crayons you can find and fill the cupcake liners with a mix of colors no more than halfway. Have an adult put them in the oven at 250 degrees until melted. Let COMPLETELY cool, then peel off the liners and have fun coloring with rainbow colors</p> <p>Active Play: Put some old washcloths or dishtowels on the grass and try to jump from one to the next. How far apart can you put them before you have to step on the grass?</p>	<p>Literacy: Write each letter of your name on a separate paper; add pictures to each page that start with that letter – draw them, cut them out from magazines or print them on the computer</p> <p>Math: Lay a tissue over a plastic cup and secure it with a rubber band around the cup, then place 2 coins on top; take turns rolling a die to see how many holes each player has to poke in the tissue with a toothpick; the person who makes the coin fall in the cup wins!</p> <p>Science: Start a tree journal – visit your favorite tree every couple of days and draw/write about any changes you see</p> <p>Creativity: Take some water & paintbrushes outside & paint water pictures on the sidewalk; watch them disappear in the sunshine!</p> <p>Active Play: Tie a piece of string, yarn or rope between 2 objects outside and play volleyball with a ball, a balloon or even a stuffed animal!</p>	<p>Literacy: Read 2 books and discuss how the illustrations are the same & different in each book.</p> <p>Math: Get a bowl of cotton balls or buttons; flip over the cards 1 by 1 and count out that many objects until they are all gone; how many cards did it take?</p> <p>Science: Put 6 glasses on the table & fill with different amounts of water; tap gently with a spoon and put them in order from low note to high, then play a song!</p> <p>Creativity: Place a small toy on a piece of paper on a table in the sun, moving the toy until it casts a shadow; trace the shadow, then color it to look like the toy.</p> <p>Active Play: Make a throwing beanbag by pouring a cup of rice, sand or gravel into the toe of a tube sock or knee sock and then tie a knot just above it. You can swing it from the part above the knot and throw it at a target. Try a basket, a large plastic bowl, or make a bulls eye target with masking tape on the sidewalk or patio.</p>	<p>Literacy: Draw a picture or make a card for someone you miss, then have an adult help you put it in an envelope & mail it to them.</p> <p>Math: Put all the lids on your food storage containers, then use them to build towers – how high can you go?</p> <p>Science: Mix 1/4 cup applesauce with 1/4 cup of cinnamon and a sprinkle of cloves or allspice; knead it with your hands and then shape into small flat pancakes and poke a hole near the top with a straw; have an adult bake it at 250 for 2-3 hours; decorate it and hang from a string – you made your own air freshener!</p> <p>Creativity: Make a sculpture from aluminum foil and q-tips or straws.</p> <p>Active Play: Line up your dining room chairs in 2 rows, then wrap some yarn or string between the legs crisscrossing back and forth like a spider web. Can you step over the strings without touching them?</p>	<p>Literacy: Cut 10 pictures out of a magazine or circular & use them to tell a story.</p> <p>Math: Go on a shape hunt! Make a list of all of the shapes you can think of, then see how many things you can find of that shape in your house or in your yard. Which had the most?</p> <p>Science: Put a couple of inches of water in a dish pan or bin; take a piece of tin foil and form it into a boat shape; place the boat on top of the water and one at a time put a penny in the boat. How many pennies can you add before it sinks? Try different boat shapes to see what works best.</p> <p>Creativity: Color a coffee filter with markers, then fan fold it and pinch it in a clothespin or wrap with a pipe cleaner to make a spring butterfly!</p> <p>Active Play: Make a squiggly masking tape path on the floor or sidewalk; can you walk it on your tiptoes? heel toe? backwards? Try pushing a small car along it.</p>
--	---	---	--	---

Sample schedule while the kids are at home:

COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight