

From: **The Children's Way** kathleen_merrell@wayland.k12.ma.us
Subject: TCW Weekly
Date: March 18, 2020 at 6:49 PM
To: kathleen_defina@wayland.k12.ma.us

TC



The Children's Way



TCW RESOURCES NEWSLETTER March 18, 2020

Dear TCW Families,

On Monday I shared a bit about the importance of routines in helping children feel safe and grounded, something that cannot be overstated for young children. Having some kind of routine is crucial for all of us no matter our age. This is especially true in times of change, increased stress, and uncertainty, all of which we are dealing with in this moment. When you move, start a new job, have a baby, etc. creating a new routine provides comfort, emotional guideposts, and a plan that brings some order to each new day, which gives you a feeling of control. At school we talk a lot about the "group plan", and "individual plans". It may help to use some version of this at home, i.e. your child's plan (for independent play or cleaning up toys), and the 'family plan' for a game or hike.. Also keeping as close as you can to your child's regular bedtime and wake-up schedule during the closure will help make the transition back to school smoother.

On Monday I shared some general guidelines to think about; time for connection (reading to your child, playing together), outside time, independent play (so you can get things done), time to 'rest', and of course, time for meals (more connection time) and snacks. Every family is completely unique, so below is a sample schedule you can add or subtract from, based on what works for your children and family. "Switcheroos" are more fun for kids when they are truly a break from the normal daily routines, so putting some kind of schedule in place soon, if you haven't already, and staying with it, tweaking it as needed, will help everyone in the days and weeks ahead. Then after you've all settled in, you can throw in something spontaneous!

Daily Routine Sample Ideas:

-Wake Up (get dressed, brush teeth) *Do a mindful breathing practice to start the day*

-Breakfast

-Connection time: *Reading or Playing* together

-Free Play Time: Outside Play (weather permitting...a little rain can be fun)

OR..Indoor Independent Play (open-ended...lots of ideas below)

Note: For folks who need to work from home this can be a chunk of time for kids to play independently (if this can be done safely outside), so you can work.

-Snack

-Clean-Up Time (toys) & Help with simple chores; dusting, pairing socks, etc.

-Lunch

-Some TV or other Screen time

Note: A time to get your work done

-Rest time (Quiet independent time; listening to a story or looking at some books)

Note: Another time you can get things done

-Connection time: Outside if possible or Indoors. Let your child take the lead!

-Help with dinner (as possible, set table, scrub veggies, mix ingredients)

-Dinner

-Bath and bedtime routine

-Snuggle up and Read a book, Sing, or make up your own story!

-Goodnight (you all did it!)

I'm excited to share with you, in the sections below, some wonderful ideas and resources teachers have worked to put together over the past few days. Our plan at the moment is to share a new batch with you each week. So, welcome to our new virtual community of support, learning, and playfulness!

Wishing you safety, health, and hope,

Katy & the TCW Staff

GENERAL IDEAS FOR ALL AGES:

1. **Outside Activities:** Here are some great family experiences in these times of social distancing. These are all places where you will find yourself mostly alone and unlikely to be in a congested situation. Nature is good for our well being and for family time:

-Hearst Conservation Area, Wayland (they've planted a new apple orchard!)

-Greenways Conservation Area, Wayland

-Rail Trails; https://bikeitorhikeit.org/mass_central_rail_trail_wayland_weston.htm

-Audubon has many beautiful places to take walks, area ones include; Elm Bank in Wellesley, Stony Brook Wildlife Sanctuary in Norfolk, and Moose Hill in Sharon

-Stellar hike with views to Boston: Noanet Woodlands, Dover

-Gardens and easy paths: Bradley Estate in Canton, Long Hill in Beverly, Stevens-Coolidge Place in North Andover

-Quick walk with the dog: Charles River Peninsula, Needham or Cutler Reservation

-Rocky Woods and Noon Hill Reservation, Medfield. Lots of easy terrain for a walk.

-Visit animals and take a stroll: Chestnut Hill Farm, Southborough

-Walk the dunes at Crane Beach, Ipswich, Halibut Point, Rockport

-Meet the cows at the nation's oldest farm, Appleton Farms, Ipswich

-Some Zoos have LIVE camera feeds where kids can watch the animals!

***See 100+ properties open to the public at www.thetrustees.org.**

2. Indoor Activities for Kids Under 5:

<https://handsonaswegrow.com/indoor-kids-activities>

4. Bari Koral: Kids Yoga, Music, and Mindfulness for Kids

<https://www.youtube.com/channel/UCbuENEBzQ69QKmfX2iumnFA>

Tips: Remember most activities that can be done inside can also be moved outside, turning a routine activity into something new and exciting!

You have more materials and tools than you think you do at your disposal. Many household items can be used for play and exploration. Some examples include: whisks, funnels, measuring spoons and cups and turkey basters for water play cookie cutters, rolling pins, muffin tins and garlic presses for playdough.

NOTE: While activities, ideas, and links below have been put together by each

NOTE: While activities, ideas, and links below have been put together by each teaching team, we encourage you to check out any and all of these ideas, and see what interests your child!

BUNNY CLASS: We've been learning about colors and shapes.

Birds- use binoculars to see how many different kinds you can see. Use recycling materials to make homemade birdhouses and hang in trees.

Play Eye Spy with kids inside & outside. We have played this at group time with kids. Ask kids to find an object in a certain color or shape in the house or backyard and bring them to you. I show an example of something in that color or shape for more likely success with little ones and then kids share what they find. **Green** is the color for the week and a **square** is the shape}

<https://littlebinsforlittlehands.com/cloud-dough-activities-quick-sensory-play>

The bunnies were mixing blue and yellow for our green week theme. Split the cloud dough recipe in half . Add blue to one batch and yellow coloring to the other. We put flour on the table and give the children a little of each color cloud dough, and let them discover the new color.

Simple art activity: Use Crayola markers, put Dots on coffee filters or paper then use an eyedropper or flick water with your fingers to see the colors blend & mix. Display the creations on the refrigerator or wherever possible, like we do on our bulletin boards at school. Kids love having their art work displayed. Use can also cut the coffee filters into squares and have your child color on them with yellow and blue markers.

Take a walk or just go out in your yard. Notice signs of Spring- collect found items in a ziplock bag or paper lunch bag, and make collages.

*Thinking of all of you and sending wishes for good health!
Adrienne, Linda, Jean, Mary. Sara, and Sandy*

PANDA CLASS: We've been learning about Dinosaurs

<https://www.pre-kpages.com/diy-dinosaur-fossils-salt-dough/> Salt dough to make fossils with any item

<https://m.youtube.com/watch?v=jyaXjZFKFHw> how do dinosaurs stay friends book

<https://www.littlefamilyfun.com/2013/09/build-dinosaur.html> making shape dinosaurs with paper, magnet tiles, or other shape resources you have at home
Activity- Hide some stuffed dinosaurs or other stuffed animals in the backyard and go on a search.

We Are The Dinosaurs song by Laurie Berkner on YouTube
<https://youtu.be/K2HdxOD8r4w>

*Missing all of you and sending our best to children and families,
Jenny, Tracey, Maria, Sue, and Audrey (Olivia too!)*

GIRAFFE CLASS: We've been learning about Castles, Kings, and Queens

A belated Happy 5th Birthday to Jordan on March 17th! and all our very best to all children and families. We miss you! -Brianna, Jeanne, Margot, Jackie and Carrie

Make crowns, shields, flags out of paper shopping bags or other recycled materials: scissors, glue, any type of decorating materials, any type of drawing and painting materials.

Exploring Frozen Water: freeze ice cube trays, empty containers of various sizes, or even beach pails with water. Add play jewelry, toy coins, gems or other small items into water and put in the freezer. You can also add food coloring to water. Play time: empty ice shapes into a larger bucket or in a container. Children can melt ice with salt, warm water, squirt bottles, turkey basters, clean eye droppers etc. Salt can be spooned onto ice. When done playing, refreeze for the next time.

<https://www.youtube.com/watch?v=V1RPi2MYptM> Youtube link for an example of "Relaxing Music". Giraffes have been practicing for 1-2 minutes calming down their bodies by either being in "Do Nothing Doll pose" or "Child's pose". They have been practicing "Do Nothing Doll pose" with a bean bag on the belly by feeling it rise and fall with their breath. You can also substitute a bean bag with a small stuffed animal.

General cooking activities with children

<http://www.kids-cooking-activities.com/preschool-snack-recipes.html>

ARMADILLO CLASS: We've been learning about the Post Office.

The Armadillo kids love watching the birds at our bird feeder mounted on our window. Now that spring is coming and the birds will begin to make nests. Here is an activity that will encourage the kids to continue their bird watching at home. Using a net bag like those that onions are often packaged in, you can create a "shopping bag" of materials birds use to build nests. Among the items could be sticks, twigs, leaves, seed pods, dried grass or straw etc, collected in your yard or during a "nature walk". Items found in your home include old pieces of yarn, pet hair, dryer lint, scrap pieces of ribbon and stuffing from an old pillow. Fill the bag and hang it from a low tree branch, fence post or porch railing. Watch as birds come by and "shop" from the bag, then look around your home or neighborhood for nests that were built using some of those materials.

<https://www.notimeforflashcards.com/> Lots of fun activities on this website.

Suggestions for at home fun:

Cut straws and string them.

Use contact paper and find items such as cotton balls to make a mural.

Make a family obstacle course both inside and outside.

Paint with toothbrushes, combs, or any other items found around home

Cut up magazines, old greeting cards, wrapping paper, or flyers to make collages.

Start seeds for outdoor planting.

Use egg beaters or whisks to create bubbles in tubs or buckets.

Our Post Office has been quite a hit. The children have really embraced all aspects of letter writing and delivering. All you need to continue the enthusiasm is paper, writing tools and a few moments to help the kids think of others who might want to hear from them..family members, friends, classmates...let them do the rest. Later you can help them address, stamp and send their letters. They may even get some letters in return.

Have an Inside dress up dance party, clear a space and blast your favorite tunes

We are missing all of you, children and families, and send our very best. Be well, Peggy, Carol, Shayna, and Linda

TURTLE CLASS: *We've been learning about Community Helpers*

Making cards for different types of community helpers, friends and family!

Movement break: <https://www.youtube.com/watch?v=uCF3vBuxXS8> This is a youtube link for “the Goldfish Song” We listen to it in the afternoons often and the kids enjoy the dance moves that go along with it!

Mindful Moment: Please ask your Turtle to show you the “Turtle Handshake”....Might need to give them the prompt “legs, clap, touch” The Turtle class does this daily in a circle and with different partners.

Building Challenges:

Lego or Duplo Alphabet Cards

https://drive.google.com/file/d/0B9goIJ_Z6in0MHP2TmJwRHbId1k/edit

Magnet Tiles ideas https://www.pinterest.com/offsite/?token=522-89&url=https%3A%2F%2Fwww.raisingdragons.com%2Fmagnetic-tile-activity-ideas%2F&pin=551268810639755354&client_tracking_params=CwABAAAAEDcyODExMzk1ODEzMzU1NTgA~0&aux_data=%7B%7D

https://www.pinterest.com/offsite/?token=522-89&url=https%3A%2F%2Fwww.raisingdragons.com%2Fmagnetic-tile-activity-ideas%2F&pin=551268810639755354&client_tracking_params=CwABAAAAEDcyODExMzk1ODEzMzU1NTgA~0&aux_data=%7B%7D

We are missing being at school with you and send our very best to you and your whole family

Ali, Niki, Dominique, Dana, and Laura

TCW EIN Number

#04-6001341

You may need this for your taxes!

Upcoming Events and Activities

04/10 - NO SCHOOL, Good Friday

04/17 - Spring recess begins

04/27 - Classes resume



05/25 - NO SCHOOL, Memorial Day

[TCW Calendar](#)

*Distributed to TCW Listserv Subscribers
Clicking on "Unsubscribe" below will remove you from the TCW listserv --
you will no longer receive any eNews.*

To change your school subscription information, click on "Update Profile" below.

Wayland Public Schools | 264 Old Connecticut Path, Wayland, MA 01778

[Unsubscribe kathleen_defina@wayland.k12.ma.us](#)

[Update Profile](#) | [About Constant Contact](#)

Sent by kathleen_merrell@wayland.k12.ma.us in collaboration with



Try email marketing for free today!

