

## Personal Care and Well Being

### Mindfulness

Mindfulness means paying full attention to something. It also entails slowing down to really notice and focus on what you're doing.



**Option A:** Take a moment in your day and follow this guided [3-minute body scan](#) meditation. If you prefer a non-guided version, follow along this 4-minute [YouTube video](#) of calming exercises for breathing and stretching.

**Option B:** Follow along this guided [10-minute mindfulness meditation](#) created by Daily Calm.

**Continuation:** Try to be mindful throughout your day. Remember, it is about taking your time, and focusing in a relaxed, easy way.

## Home & Community Life

Students can use a parent's phone/iPad to take pictures of household/outdoor items for specific letters of the alphabet. Have your child find images of specific letters of the alphabet. The child can look for items that start with each letter around the house, in the backyard, or on a walk.

### Alphabet Photo Dictionary

**Option A:** Have your child match items they find to the images. [Alphabet list with photo match](#).

**Option B:** Have your child think of their own item, and then take a picture, draw the item, or cut images out of flyers. Support your child as needed to write out the word above their own image. [Alphabet list \(my own picture\)](#).

**Continuation:** Feel free to encourage your child to collect pictures of additional letters.



## Recipe of the Week!!

**Recipe A:** Make a simple and healthy snack while practicing patterns with this [Fruit Kebab recipe](#)!

**Recipe B:** Make a hearty [Bagel Breakfast Sandwich](#) (microwave). Encourages following directions in assembling a sandwich and making part of the recipe items from scratch. Use pre-sliced bagels for this recipe for added safety. Additional support and supervision needed for handling hot items.

## Journal Writing



**Option A:** Talk about what your child did today (or yesterday). Pick one memorable thing that he/she did on that day. Have your child write the date and draw a picture about the event. [My journal Template A](#).

## Communication

**Option B:** Talk about what your child did today (or yesterday). Have your child write about the most memorable thing that he/she did during the day. It would be great if your child can write some words or sentences. [My Journal Template B](#) (to print): The text goes on the bottom, and your child can draw a picture at the top. You can also use blank sheets of paper.

## Google Arts & Culture

## Leisure

You can take virtual field trips to the museums. Explore the museums of your child's interest and talk about what you see.

[The National History Museum](#)

London, UK



[National Museum of Natural History](#)

Washington, D.C., US



[The Dalí Theatre-Museum](#)

Catalonia, Spain



**Please note:** There are two choices of the activities being offered. Please look over both and choose the level that is most appropriate for your child. Multiple competencies/life areas may be covered in each activity.