

FIVE THINGS TO DO EACH DAY

During these uncertain times, it is important for young children to feel safe and loved! Take some time to connect as a family by trying these five things every day:

1. **READING!** BOOKS FROM YOUR HOME LIBRARY, LISTEN TO AUDIO BOOKS, WATCH READ ALOUDS ON YOUTUBE, OR DOWNLOAD THE FREE EPIC! APP
2. **JOURNAL WRITING!** CREATE A JOURNAL FROM AN OLD NOTEBOOK OR PIECES OF PAPER TAPED OR STAPLED TOGETHER. GATHER A JAR OF MARKERS, PENS, OR PENCILS. SPEND SOME TIME JOURNALING EVERY DAY.
3. **GET OUTSIDE!** TAKE A WALK OR HEAD TO THE YARD. CHECK OUT THE BLOSSOMING TREES AND FLOWERS, MAKE A MUD PIE, SPLASH AROUND IN PUDDLES!
4. **PLAY A GAME!** BOARD GAMES, HIDE AND SEEK, TAG, CHASE, TOSS OR KICK A BALL, PLAY HOT AND COLD, A MATCHING GAME, THE STORY GAME, OR MAKE UP YOUR OWN!
5. **CREATE!** PAINT, DRAW, COLLAGE, BUILD, SCULPT, WEAVE, DANCE, MAKE MUSIC, MAKE JEWELRY, MAKE A MOVIE, TELL A STORY!