

April 21, 2020

Dear Families,

We hope that you and your family enjoyed a relaxing long weekend and had a chance to enjoy some sunshine and a visit from the Easter Bunny!

We also hope that you are managing to take special care of yourselves in these uncertain times. When you are a parent, it is very easy to forget your own needs! If you haven't had a chance yet, please take a few minutes to read over the article from the Child Mind Institute entitled, "Self-Care in the Time of Coronavirus" at <https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

In addition, we did a little research and found lots of great ideas for **self-care**:

- Stay active (indoor exercise) <https://www.youtube.com/yogawithadriene>
- Meditate <https://www.mindful.org/an-11-minute-awareness-of-breath-practice/>
- Chat with your friends
- Check out our Facebook page -] <https://www.facebook.com/MissionEarlyYearsSD75/>
- Make a homemade meal
- Take a break from the news
- Take a long, hot bath
- Make a music playlist
- Journal
- Declutter for five minutes
- Watch or read something uplifting
- Learn something new

Of course, we do need to be sure to apply a social distancing perspective on recommendations. Rather than spending time with a friend *in person*, we can catch up with that special someone on the phone or have a video call to lift our spirits and remind us that we are not alone!

ACTIVITY TIME!

PRINTING with household objects, recycled objects and/or small toys



Select a range of household objects and/or small toys which can be dipped in paints and used for printing. Rummage around and see what interesting items you can find that can be used to create colorful artwork!

Why?

- *children will explore and make observations as they handle different materials
- *gives opportunity for children to create and design using prints
- *children will learn new vocabulary and shape concepts
- *children will develop early math skills such as patterns, sizes, counting and spatial awareness

Stay safe, stay healthy and stay strong!

Warmest wishes,

Alison, Brianne, Diana, Julie, Jun and Nicole

The StrongStart Team