

# MOUNT PLEASANT ISD CHILD DEVELOPMENT CENTER WEEKLY INSTRUCTION

## 4 YEAR OLD PRE-K

**DATE**  
**MAY 4 -MAY 8**

### PARENT RESOURCES

Peep and the Big Wide World  
English

<http://peepandthebigwideworld.com/en/educators/>



El Mundo Divertido de Peep  
Spanish

<http://peepandthebigwideworld.com/es/educadores/>



CLI Engage Family Resources

<https://cliengage.org/public/tools/materials/covid-19-family/>



### SCHOOL READINESS DOMAINS

#### **SOCIAL EMOTIONAL-**

Social development refers to a child's ability to create and sustain meaningful relationships with adults and other children.

#### **APPROACHES TO LEARNING-**

The Approaches to Learning domain incorporates emotional, behavioral, and cognitive self-regulation under a single umbrella to guide teaching practices that support the development of these skills.

#### **LANGUAGE & LITERACY-**

Language development refers to emerging abilities in listening and understanding (receptive language) and in using language (expressive language).

**COGNITION-** Children play an active role in their own cognitive development by exploring and testing the world around them, but they also need support from parents, teachers, and other adults.

#### **PERCEPTUAL, MOTOR, & PHYSICAL DEVELOPMENT-**

Perception refers to children's use of their senses to gather and understand information and respond to the world around them. Gross motor skills refer to moving the whole body and using larger muscles of the body, such as those in the arms and legs. Fine motor skills refer to using the small muscles found in individual body parts, especially those in the hands and feet.

# MOUNT PLEASANT ISD CENTRO DE DESARROLLO INFANTIL INSTRUCCIONES SEMANALES

## 4 YEAR OLD PRE-K

**FECHA**  
**4 DE MAYO-8 DE MAYO**

### RECURSOS PARA PADRES

Peep and the Big Wide World  
English

<http://peepandthebigwideworld.com/en/educators/>



El Mundo Divertido de Peep  
Spanish

<http://peepandthebigwideworld.com/es/educadores/>



CLI Engage Family Resources

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### DOMINIOS DE PREPARACIÓN ESCOLAR

#### **SOCIAL EMOCIONAL-**

El desarrollo social se refiere a la capacidad del niño para crear y mantener relaciones significativas con adultos y otros niños.

#### **ENFOQUES DE APRENDIZAJE-**

El dominio de enfoques para el aprendizaje incluye la autorregulación emocional, conductual y cognitiva bajo un solo paraguas para guiar las prácticas de enseñanza que apoyan el desarrollo de estas habilidades.

#### **LENGUAJE Y ALFABETIZACIÓN-**

El desarrollo del lenguaje se refiere a las habilidades emergentes en escuchar y la comprensión (lenguaje receptivo) y en el uso del lenguaje (lenguaje expresivo).

**COGNICIÓN-** Los niños juegan un papel activo en su propio desarrollo cognitivo explorando y probando el mundo que los rodea, pero también necesitan el apoyo de padres, maestros y otros adultos.

#### **DESARROLLO PERCEPTUAL, MOTOR Y FÍSICO-**

La percepción se refiere al uso que hacen los niños de sus sentidos para reunir y comprender información y responder al mundo que los rodea. Las habilidades de motoras gruesas se refieren al uso de los músculos de todo el cuerpo y usar los músculos gruesos como las de los brazos y piernas. Motoras finas se refiere a los músculos pequeños que se encuentran en partes individuales del cuerpo, especialmente en las manos y los pies.



MAY 2020

WEEK 6

PARENT NEWSLETTER

Everyday life has changed and will continue to change. Children may struggle with the change and adjusting to a new routine and may interfere with their sense of normalcy, security, and structure. Children are good observers of people and environments and notice stress in their parent, and other caregiver, peers, and community. This is why it's important to care for their emotional health too.

You can do this by creating a safe physical and emotional environment by practicing the 3 R's: Reassurance, Routine, and Regulation.

- Reassurance: Adults should reassure their children that they are there to keep them safe and their loved ones.
- Routine: Children enjoy having a routine that makes them feel safe and predictable.
- Regulation: Adults are supportive of their children and regulate their emotional needs by encouraging them in times of stress in engaging activities.



Resources for Families

The Center of Disease Control and Prevention website at www.cdc.gov offers details information about COVID-19 and Titus County local information is located on the city website at www.mpcity.net. These websites provide up-to-date information, provides details on best practices to avoid COVID-19 and what to do if you or a family member becomes sick.

Titus County Cares Food Pantry continues to operate during their regular hours. The only difference is the pre-boxed food will be brought to your car. Please bring your Food Pantry Card or your identification. Titus County Cares hours are Monday, Wednesday, and Thursday from 9:00am to 3:00pm and Tuesday from 5:00pm to 7:00pm.

Women Infant Children (WIC) is available to low-income pregnant women, infants, and children, under 5-year-old. WIC offers a variety of healthy food choices for families. For more information call 903-572-9879.

For Snap Food Benefits and HealthCare services, apply or continue to reenroll as requested by YourTexasBenefits.com

If your employment has been affected by the COVID-19 go to www.twc.texas.gov or call 1-800-939-6631.

Expectant Heart Pregnancy Resource Center provides diapers, wipes, and other parenting resources. Call 903-434-3300 for more information.

Mt. Pleasant ISD will offer meals to MPISD students from 11:00am to 1:00pm, Monday - Thursday.

COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll free at 833-986-1919.

Facilitating Creative Art

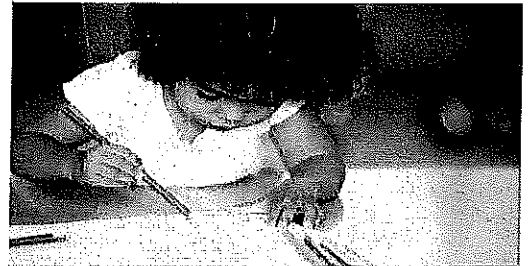
Creative art is a key part of child-centered experience. It helps develop young children to be creative thinkers and risk takers. Below are ways you can support your child's creativity:

Ask them to describe their art: The child is likely to want to describe their artwork to you and feel happy you are taking notice of their creativity.

Don't assume you know what children have created: Let the child describe their picture because it could have a different meaning to the child that you interpreted.

Use specific descriptive comments: comments could include "I see you spent a lot of time coloring with the purple and green markers, it makes your drawing look so colorful and bright."

Don't get into the habit of commenting on each picture: As your child may feel that they need your approval of everything they create.



Living Room Activities:

- Make slime
- Watercolor drawing
- Do a puzzle
- Put on a sock puppet play
- Read a book

How to Make Slime:

12 oz of Elmer white glue

1 1/2 tablespoon of Baking Soda

2 tablespoons of contact lens saline solution (food coloring and glitter optional)





MAYO 2020

WEEK 6

## NOTICIAS PARA LOS PADRES

Nuestras vidas han cambiado y continuarán cambiando. Los niños pueden tener dificultades con el cambio y adaptándose a una nueva rutina y pueden interferir con su sentido de normalidad, seguridad y estructura. Los niños son buenos observadores de personas y su ambiente y notan el estrés en sus padres y otros cuidadores, compañeros y comunidad. Por eso también es importante cuidar su salud emocional.

Puede hacer esto creando un ambiente físico y emocional seguro practicando: tranquilidad, rutina y regulación.

- **Tranquilidad:** los adultos deben asegurar a sus hijos que están allí para mantenerlos a salvo y a sus seres queridos.
- **Rutina:** a los niños les gusta tener una rutina que los haga sentir seguros y ayuda con autodisciplina.
- **Regulación:** los adultos apoyan a sus hijos y regulan sus necesidades emocionales alentándolos en momentos de estrés con actividades interesantes.



### *Recursos para las familias*

El sitio web del Centro de Control y Prevención de Enfermedades en [www.cdc.gov](http://www.cdc.gov) ofrece información local del condado de Titus se encuentra en el sitio web de la ciudad en [www.mpcity.net](http://www.mpcity.net). Estos sitios web proporcionan información actualizada, dan detalles

sobre las mejores practicas para evitar COVID-19 y que hacer si usted o un miembro de su familia se enferma.

**La Despensa de Comida de Titus County Cares** Continúa operando durante sus horas regulares. La única diferencia es que los alimentos estarán previamente empacados y se les llevarán a su automóvil. Traiga su tarjeta de despensa de alimento o su identificación. El horario de atención de condado de Titus es lunes, miércoles, y jueves de 9:00 a.m. a 3:00 p.m. y los martes de 5:00 p.m. a 7:00 p.m.

**El programa para Mujeres, Bebés y Niños (WIC)** está disponible para mujeres embarazadas de bajos ingresos, bebés y niños menores de 5 años. WIC ofrece una variedad de opciones de alimentos saludables para las familias. Para mas información llame al 903-572-9879.

Para los beneficios de Snap **Servicios de Comida y los Servicios de Atención Médica**, solicite o continúe reinscribiéndose según lo solicite el programa [YourTexasBenefit.Com](http://YourTexasBenefit.Com)

Si su **empleo** se ha visto afectado por el COVID-19, visite [www.twc.texas.gov](http://www.twc.texas.gov) o llame al 1-800-939-6631.

**El Centro de Recursos para Embarazadas Expectant Heart** proporciona pañales, toallitas, y otros recursos para padres, Llame al 903-434-3300.

El Distrito Escolar de Mt. Pleasant ofrecerá comida a estudiantes de MPISD de 11:00 a.m. a 1:00 p.m. de lunes a jueves.

Línea de apoyo de salud mental durante COVID-19 estará disponible las 24 horas del día, los 7 días a la semana llamando sin cargo al 833-986-1919.

### Facilitando el Arte

El arte creativo es una parte clave de la experiencia centrada en el niño. Ayuda a desarrollar a los niños pequeños para que sean pensadores creativos y tomadores de riesgos. A continuación se presentan formas en que puede apoyar la creatividad de su niño:

**Pídale que describan su arte:** es probable que el niño quiere describir su obra de arte y se sienta feliz de que se dio cuenta de su creatividad.

**No asuma que sabe los que los niños han creado:** deje que el niño describa su imagen porque podría tener un significado diferente para el niño que usted interpreto.

**Use comentarios descriptivos específicos:** Por ejemplo "veo que usaste mucho los marcadores azul y amarillo para el cielo. ¡Muy impresionante!"

**No se acostumbre a comentar en cada imagen:** Ya que su niño puede sentir que necesita su aprobación de todo lo que crea.



### Actividades en la sala:

- Hacer slime
- Dibuj de color de agua
- Hacer un rompecabezas
- Poner un espectáculo de títeres de calcetines
- Leer un libro

### Como Hacer Slime:

12 oz de pegamento blanco Elmer

1 1/2 cucharada de bicarbonato de sodio

2 cucharadas de solución salina para lentes de contacto (colorante alimentario y brillo opcional)

# Social/Emotional at **Home**

**Social skills and self-regulation are an important part of your child's well being!**

## Try This!

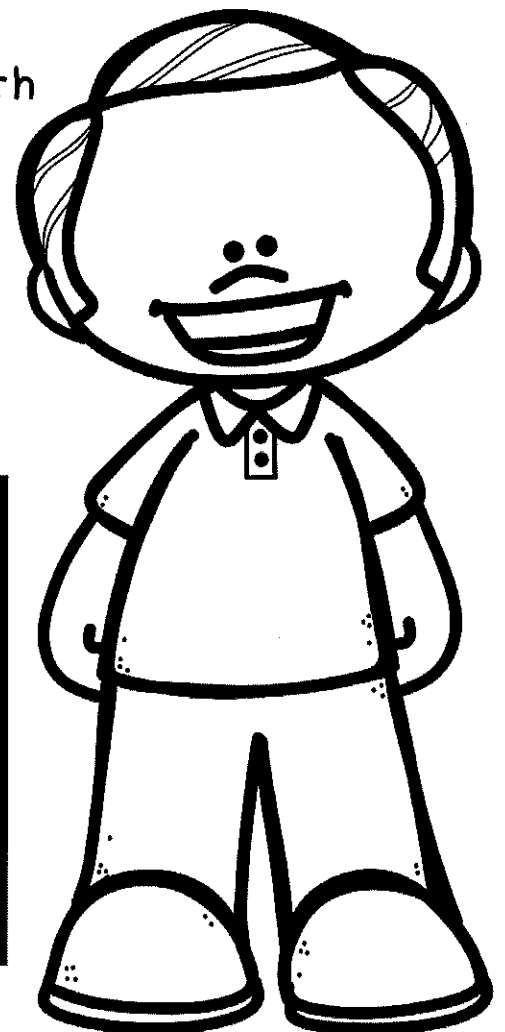
- Talk about feelings.
- Make faces in the mirror and have your child identify your emotion.
- Allow your child to express their likes & dislikes.
- Encourage your child to "try again" when frustrated.
- Talk about mistakes and think of solutions when mistakes occur.
- Make goals together.
- Give your child opportunities to play with other kids.
- Talk about expectations at home, the library, grocery store, etc.
- Hang your child's artwork.
- Relax and have "quiet time."

### Things to Remember

Control over emotions takes time. Stay calm if your child is throwing tantrum.

Teach your child the saying:

"I didn't get my way.. But I'm still OK!"

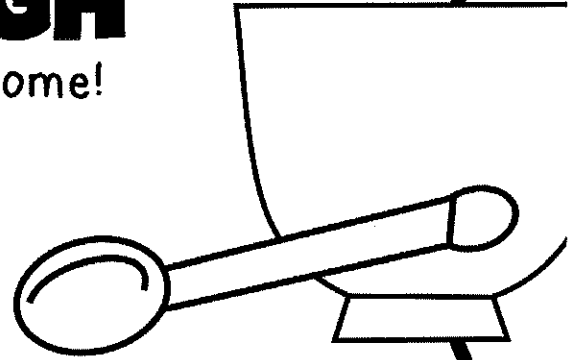


# PLAYDOUGH

Try this fun recipe at home!

## Ingredients:

- 1 and 1/2 cups flour
- 1/2 cup salt
- 2 teaspoons cream of tartar
- 2 tablespoons oil
- 1 cup boiling water



Mix the flour, salt, cream of tartar, and oil in bowl. Add the boiling water and food coloring. Be careful! The dough will be hot. Knead the mixture into a ball.

If it's too sticky.. add more flour.

If it's too clumpy.. add more boiling water.

# DISH SOAP SLIME

Try this sticky recipe at home!

## Ingredients:

- 1 cup cornstarch
- 1 cup clear gel-like dish soap
- Food coloring (optional)

Mix the cornstarch and dish soap in a small bowl with a spoon. Optional: stir in food coloring.

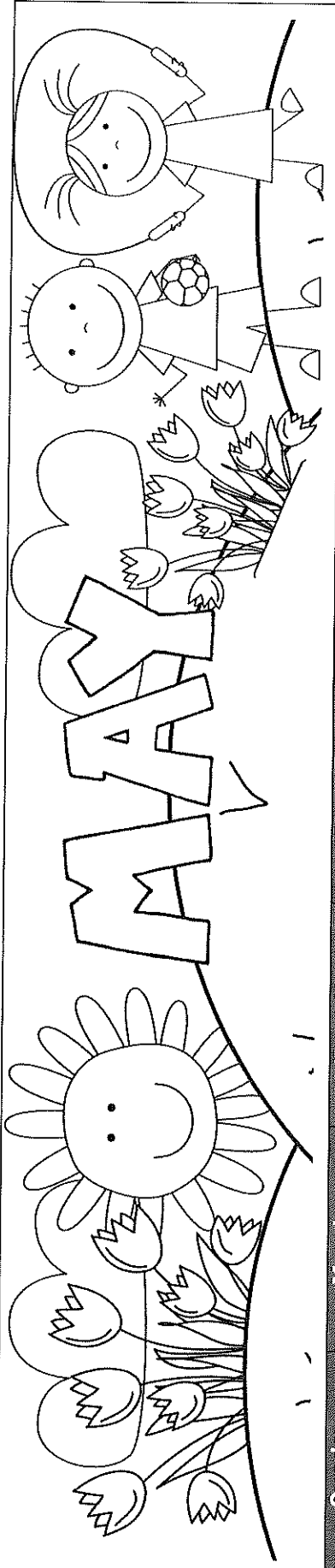
What does this teach my child?

Reading (read a recipe)

Math (measure and follow a recipe)

Science (what happens when solids and liquids mix)

Fine motor skills, exploring with senses



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>This month focuses on sound awareness!</b></p> <p>When completing initial sound activities, say the sound, not the letter. The letter 'S' says 's', not 'es' or 'su'</p>	<p>Say the sounds in your child's name. Together think of a word that begins with each one of the sounds (e.g. j...jump, l...lgo, ll...Lego)</p>	<p>Have your child tell you the first sound of a friend's name and see if you can guess who it is. Try five friends.</p>	<p>Take turns saying the first sound (not letter) of animals you see on a farm. (e.g. goat /g/, cow /k/, pig /p/)</p>	<p>Play 'I'm going on a trip' and take turns thinking of things you could bring on a trip beginning with the /t/ sound.</p>	<p>Say 10 sounds to your child. Have them write the letter for each of the sounds in shaving cream on a cookie sheet.</p>	<p>While grocery shopping, have your child find items that begin with the /b/ sound. Next time you shop, change sounds.</p>
<p>Make up a silly sentence that has at least 5 words beginning with the /n/ sound.</p>	<p>Tell your child sets of three words. Have him/her tell you which two begin with the same sound. (e.g. lion/lizard/elephant)</p>	<p>Help your child think of 5 articles of clothing that begin with the /s/ sound. (e.g. sweater, socks, sandals, scarf, swimsuit)</p>	<p>Read your child's favourite book. Have him/her give you a 'thumbs up' every time you say a word beginning with the same sound as his/her name.</p>	<p>Think of a food beginning with the same sound as numbers 1 through 10. (e.g. one watermelon, two tomatoes)</p>		<p>Make up a silly sentence that has at least 5 words beginning with the /k/ sound.</p>

# Online Home Learning

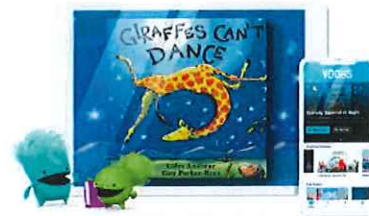
## OTHER ONLINE LEARNING WEBSITES

- [www.Skoolbo.com.au](http://www.Skoolbo.com.au)- this also offers a free 30 day trial. But, they are now offering a 12 month family subscription for \$20 instead of \$119.95! I have used Skoolbo in the past and it's got lots of great literacy and numeracy interactive games. The good thing about Skoolbo is that it tailors the questions as students answer correctly or incorrectly.
- [www.abcya.com](http://www.abcya.com) - stacks of interactive maths, STEM and reading games, sorted by grade.
- [www.starfall.com](http://www.starfall.com)- loads of videos about letters and sounds, sorted by grade.
- [www.letterschool.org](http://www.letterschool.org) - FREE app to practice writing letters and numbers.
- <https://jr.brainpop.com/> An educational website with lots of videos to explain a huge range of concepts. It is free for 30 days.
- <https://www.arcademics.com> - lots of maths and language games.
- Scholastic- There are LOADS of "learning journeys" with activities based around a wide range of stories.  
<https://classroommagazines.scholastic.com/support/learnathome.html>



## STORIES ONLINE

- [www.vooks.com](http://www.vooks.com) - books brought to life (free for one month)
- [www.storylineonline.net](http://www.storylineonline.net) - stories read by famous people







## Robot

(Syllable Blending)

Pretend you are a robot who needs help saying words correctly. Say the following sets of syllables in a robot voice. Ask your child to blend them together to tell you the word.

Parent: ta-ble

Child: table

Parent: win-dow

Child: window

Parent: lem-on-ade

Child: lemonade

Parent: straw-ber-ry

Child: strawberry

Repeat with other familiar words.

## Mystery Word

(Onset & Rime Blending)

Say the onset and rime of each word and ask your child to blend them together to find the mystery word.

Parent: /m/ /at/

Child: mat

Parent: /d/ /og/

Child: dog

Parent: /s/ /un/

Child: sun

Parent: /l/ /ong/

Child: long

Parent: /j/ /ack/

Child: jack

Repeat with other simple words.



## What's the Sound?

(Onset & Rime Segmenting)

Say the following words. Ask your child to tell you're the first sound (not the name of the letter) that they hear.

Parent: mouse

Child: /m/

Parent: hat

Child: /h/

Parent: turtle

Child: /t/

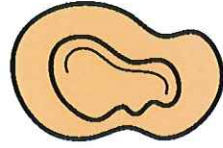
Parent: nurse

Child: /n/

Parent: book

Child: /b/

Repeat with other simple words.



## The Arm Slide

(Phoneme Blending)

Say the following words one sound at a time. Have your child say each sound back to you and do the following:

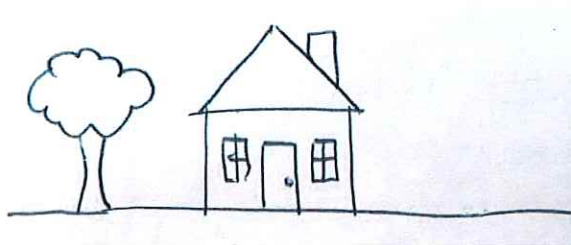
1. Touch their shoulder and say the first sound.
2. Touch their elbow and say the second sound.
3. Touch their wrist and say the third sound.
4. Touch their shoulder and slide their hand down their arm as they blend the sounds together to make the word.

Words: /b/ /a/ /t/ bat; /l/ /o/ /g/ log; /n/ /e/ /t/ net; /p/ /o/ /t/ pot; /w/ /i/ /n/ win; /r/ /u/ /b/ rub

Repeat with other simple words that have 3 sounds.

## Draw Your Family

1. Draw your house.



2. Draw your family.



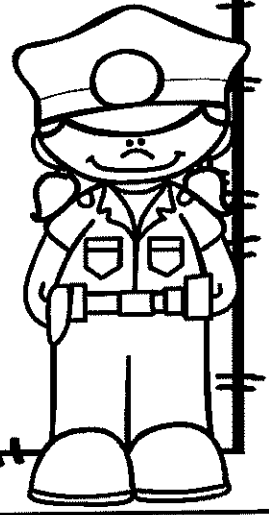
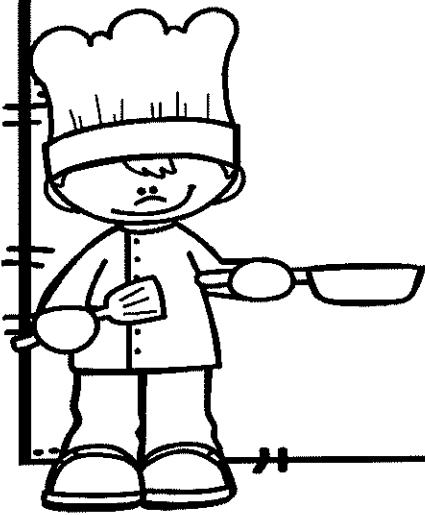
3. Draw your pets.



4. Write about your house and family.



**When I grow up, I want to be...**



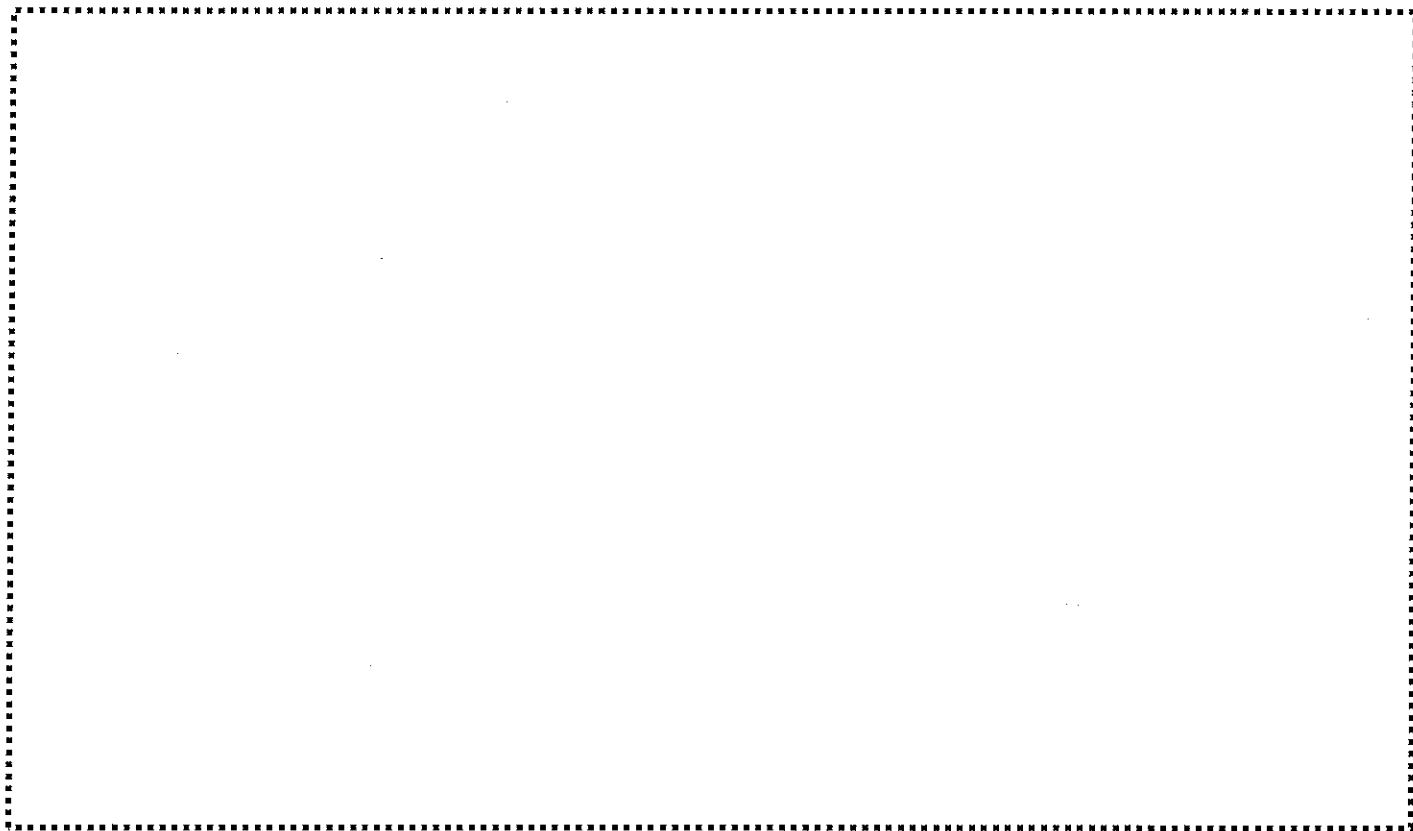
Four sets of handwriting practice lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line.

Look around your house and find something that starts with  
the letter D.

Write the letter D.

D

Draw a picture of what you found.



Write what you found.

Blank handwriting lines for writing the name of the object found.

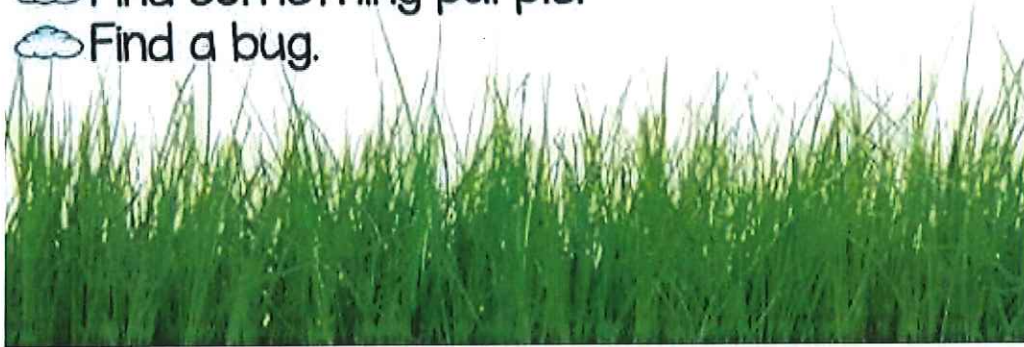


1. Find these items in your  
Backyard Scavenger Hunt.

## BACKYARD SCAVENGER HUNT

- ☁ Find 3 kinds of leaves..
- ☁ Find something yellow.
- ☁ Name a bug that is red.
- ☁ Find 2 sticks.
- ☁ Find something that smells good.
- ☁ Name something you see in the sky.
- ☁ Find something that is round.
- ☁ Find something that grows that is green.
- ☁ Find a bird.
- ☁ Find 3 different colored rocks.
- ☁ Find something purple.
- ☁ Find a bug.

primary handwriting



2. Write a sentence.

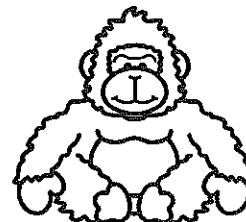
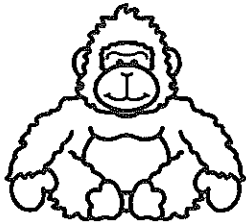
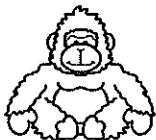
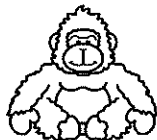
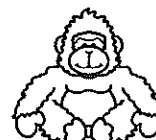
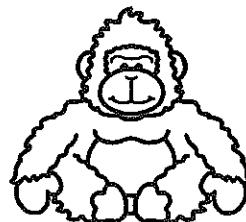
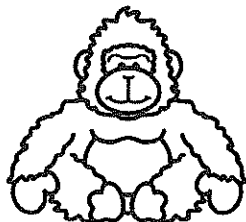
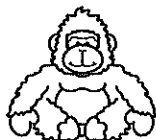
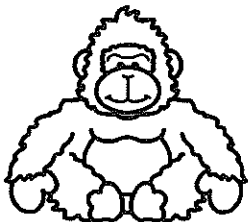
I went on a scavenger hunt.

Name .....

Sort big and small.

**BIG**

**SMALL**

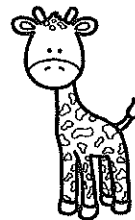


Name \_\_\_\_\_

Sort short and tall.

**SHORT**

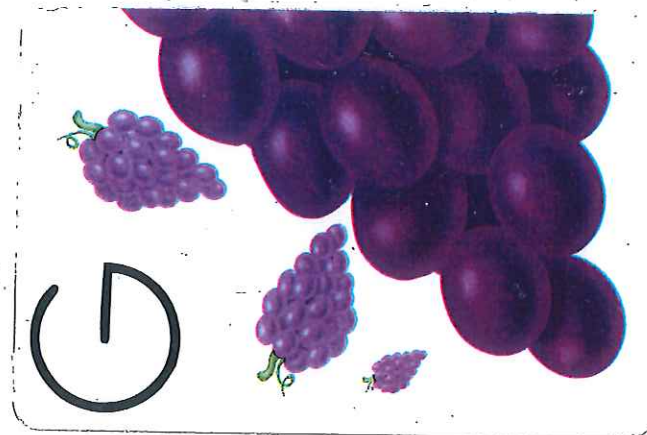
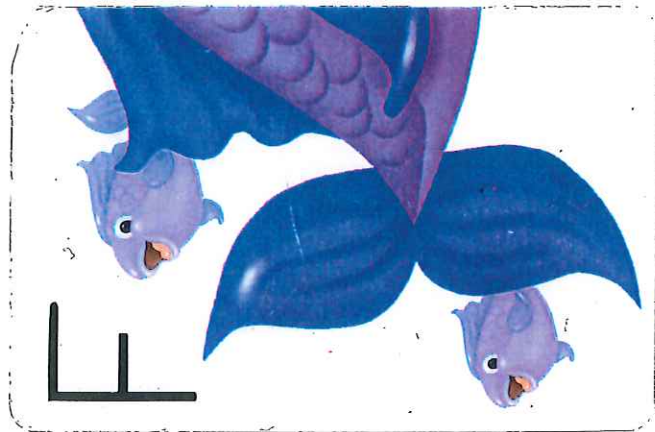
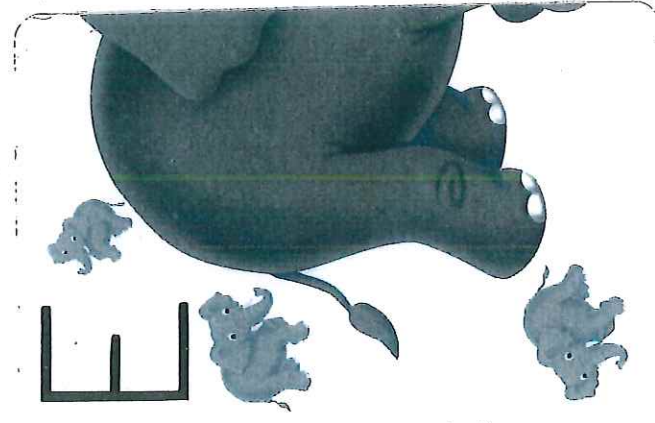
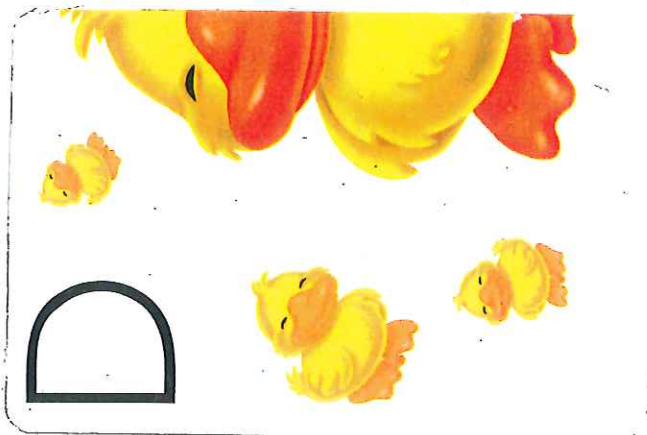
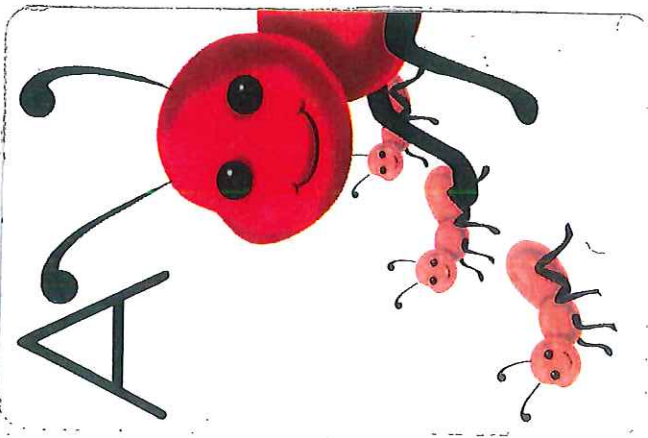
**TALL**



## Letter Match

1. Cut out cards.
2. Match A to a to make an ant.
3. Say the animal's name.
4. Write sentence.  
I matched the \_\_\_\_\_ letters.







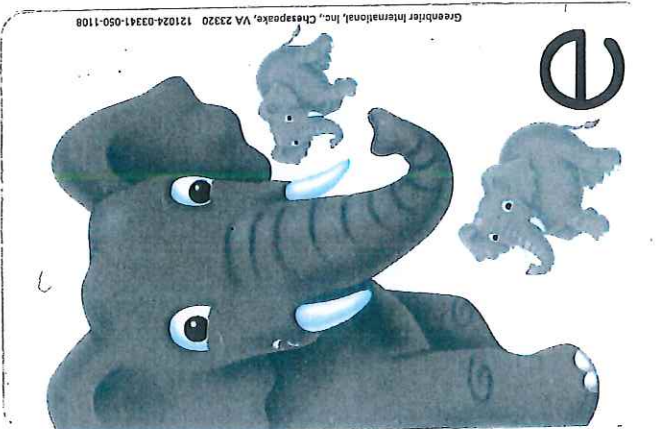
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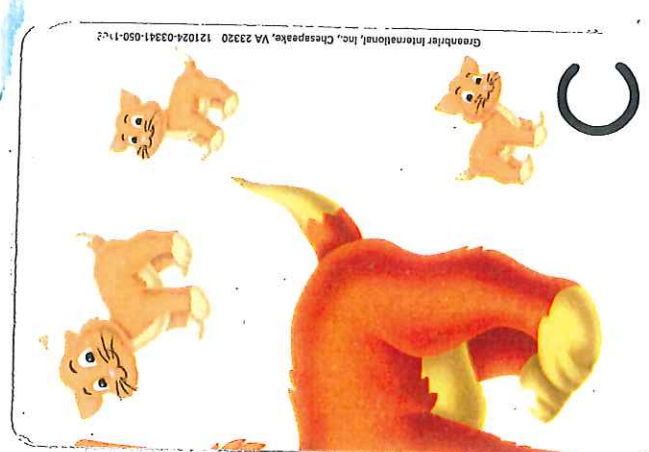
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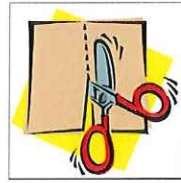


Greenbrier International, Inc., Chesapeake, VA 23320 121024-03341-050-1108

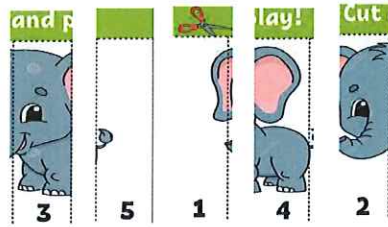


# Puzzle Time

1. Cut the animal puzzle pieces.



2. Mix up the pieces.



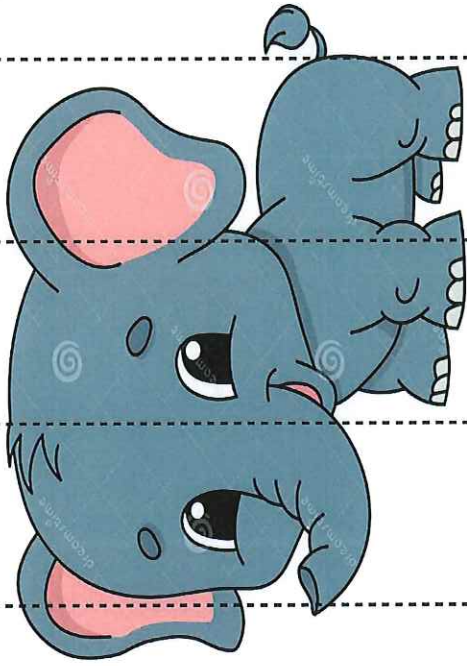
3. Play with the puzzle.



4. Write which animal puzzle was your favorite.

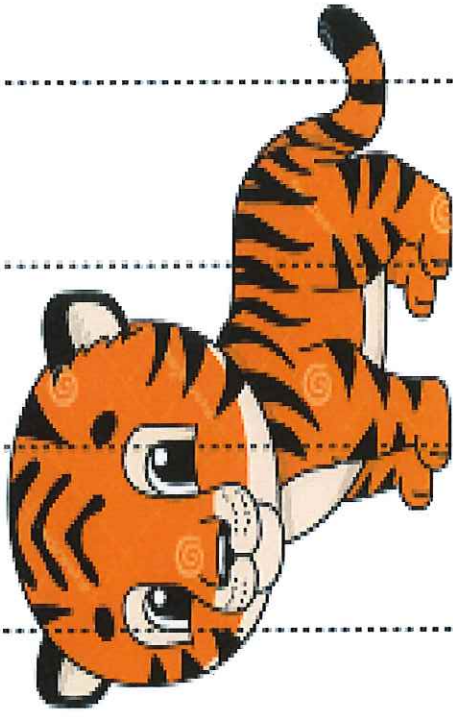
My favorite animal puzzle was \_\_\_\_\_.

Cut and play!



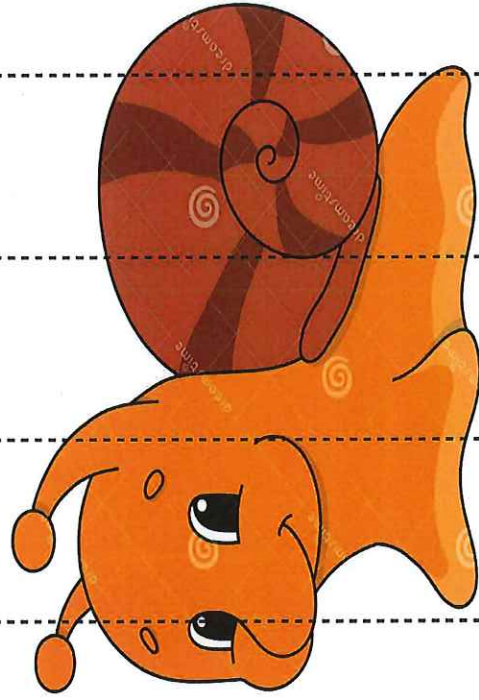
1 2 3 4 5

Cut and play!



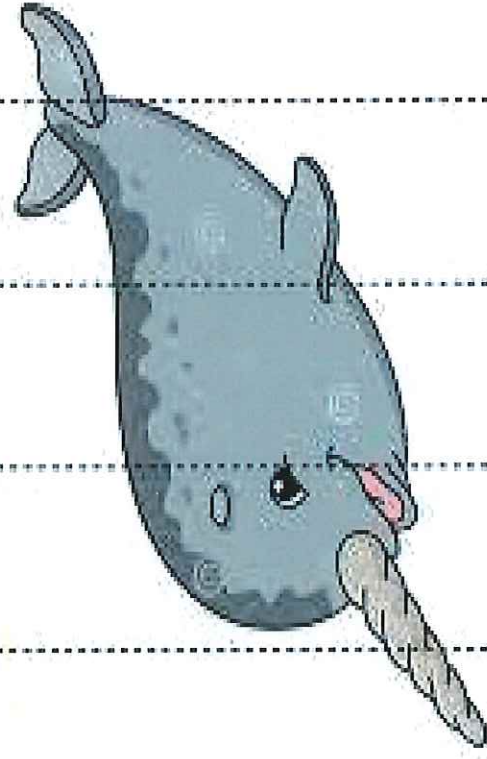
1 2 3 4 5

Cut and play!



1 2 3 4 5

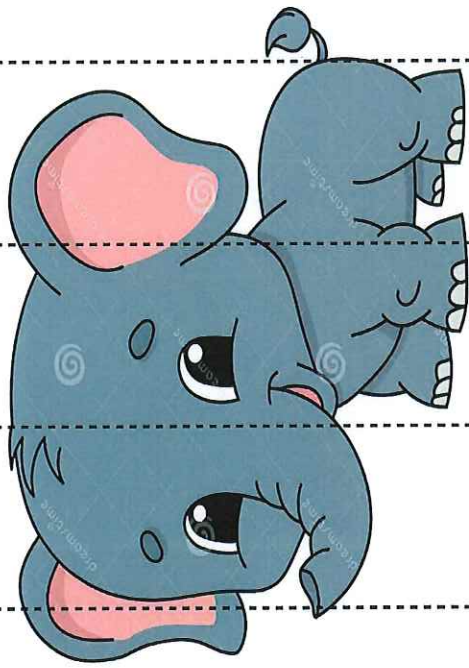
Cut and play!



1 2 3 4 5

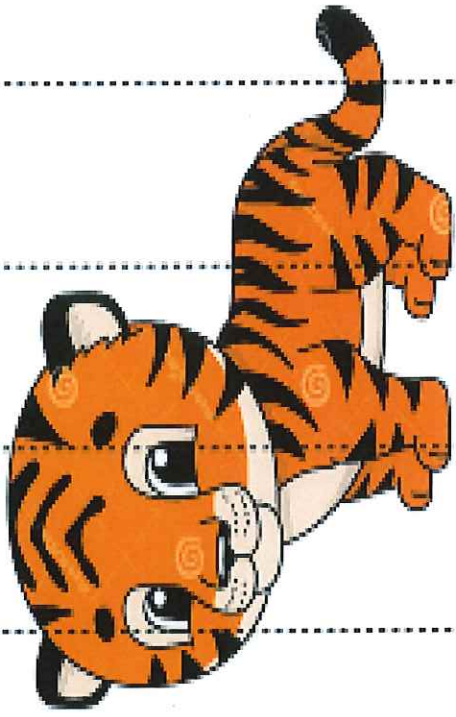


¡Recorte y a jugar!



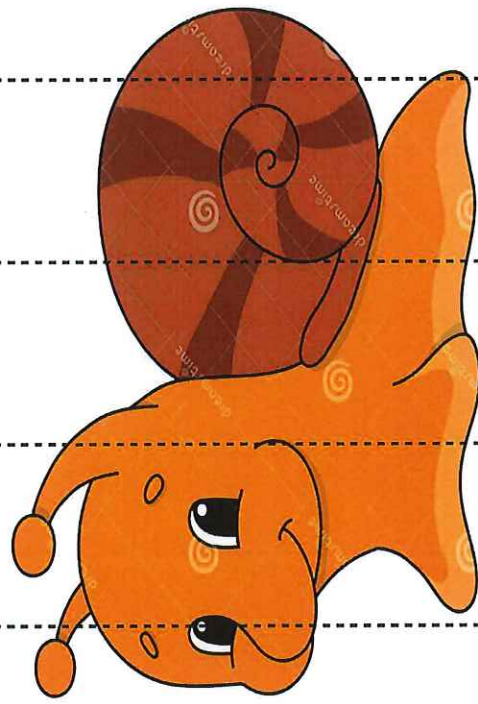
1 2 3 4 5

¡Recorte y a jugar!



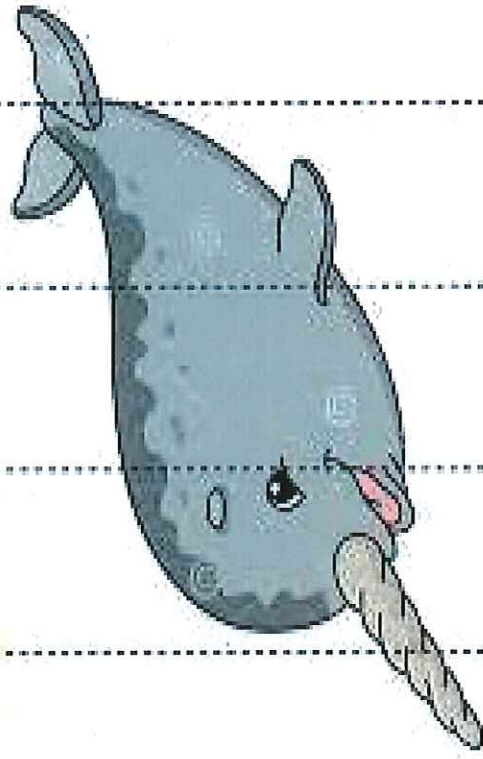
1 2 3 4 5

¡Recorte y a jugar!



1 2 3 4 5

¡Recorte y a jugar!



1 2 3 4 5

# Spring Bingo

## Bingo de Primavera



1. Look at the picture cards and say the words.
1. Mira las tarjetas de dibujos y di las palabras.



2. Cut the picture cards and the Bingo cards out.

2. Corta las tarjetas de dibujos y las tarjetas de Bingo.



3. One person can call out the words and 4 more can play.
3. Una persona puede llamar las palabras y 4 más pueden jugar Bingo.



4. When you fill out a line you yell BINGO!

4. Cuando llenes una línea grita ¡BINGO!





**lawn mower**

**el cortacésped**



**ladybug**

**la mariquita**



**umbrella**

**el paraguas**



**raincoat**

**el impermeable**



**tulips**

**los tulipanes**



**sprout**

**el brote**



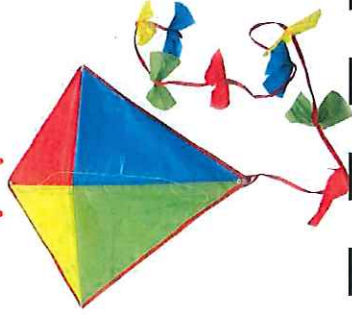
**puddle**

**el charco**



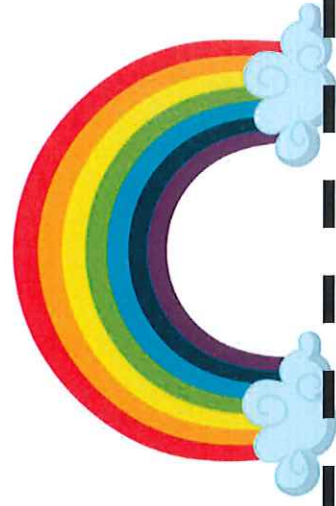
**kite**

**el papalote**



**rainbow**

**el arco iris**





# Spring Bingo

## Bingo de Primavera

sprout  
el brote



puddle  
el charco



tulips  
los tulipanes



ladybug  
la mariquita



kite  
el papalote



rainbow  
el arco iris



raincoat  
el impermeable



umbrella  
el paraguas



lawn mower  
el cortacésped



# Spring Bingo

## Bingo de Primavera

kite  
el papalote



ladybug  
la mariquita



lawn mower  
el cortacésped



puddle  
el charco



umbrella  
el paraguas



raincoat  
el impermeable



rainbow  
el arco iris



sprout  
el brote



tulips  
los tulipanes





# Spring Bingo

## Bingo de Primavera

rainbow

el arco iris



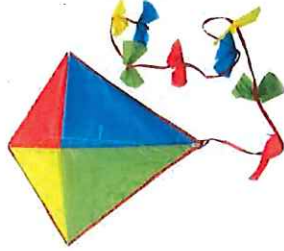
raincoat

el impermeable



kite

el papalote



ladybug

la mariquita



tulips

los tulipanes



sprout

el brote



lawn mower

el cortacésped



umbrella

el paraguas



puddle

el charco



# Spring Bingo

## Bingo de Primavera

umbrella

el paraguas



sprout

el brote



raincoat

el impermeable



tulips

los tulipanes



rainbow

el arco iris



lawn mower

el cortacésped



ladybug

la mariquita



puddle

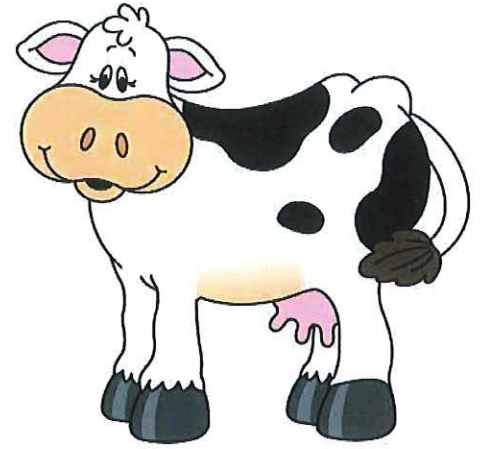
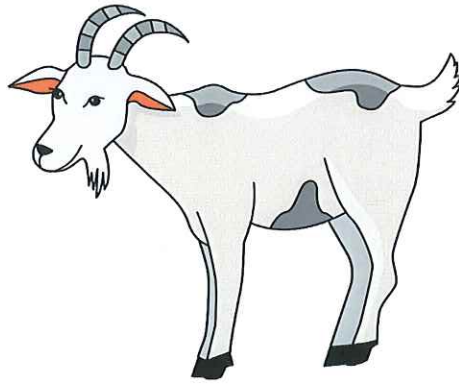
el charco



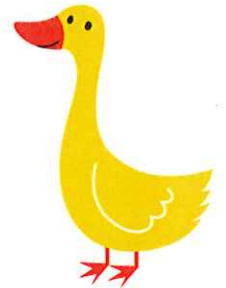
kite

el papalote

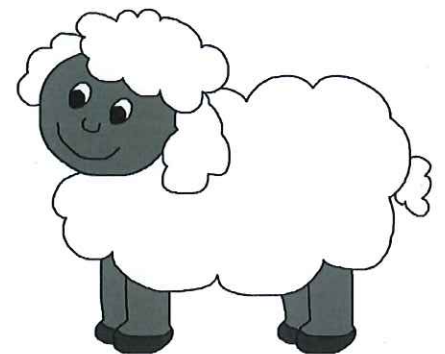
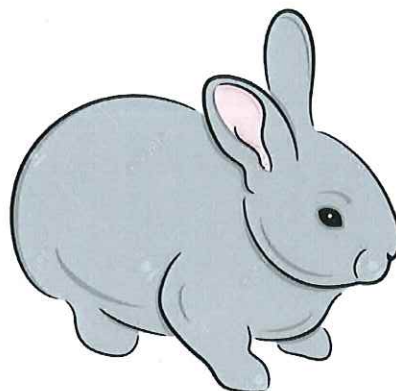
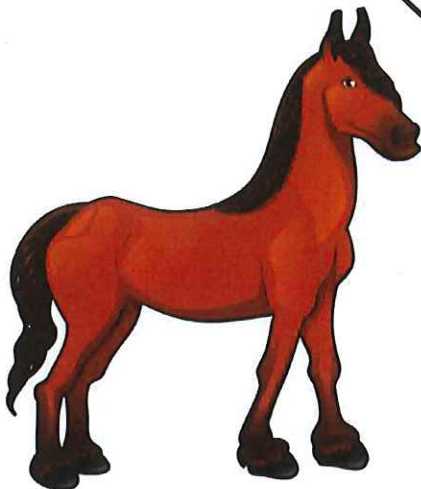




Think about your favorite farm animal. Find three facts about that animal and write them down. Then draw an illustration for your words.



Piensa en tu animal de granja favorito. Encuentre tres datos sobre el animal y anótelos. Luego dibuja una ilustración para tus palabras.

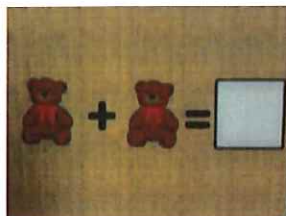




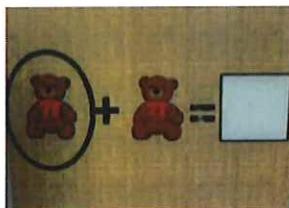


# Adding Bears

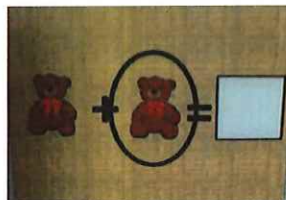
1. Take a bear card.



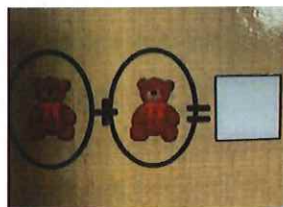
2. Look at the bears on the left side of the +.



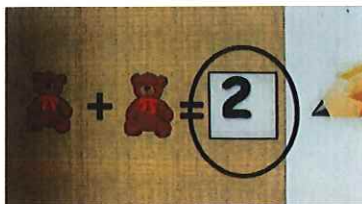
3. Look at the bears on the right side of the +.



4. Add the bears.



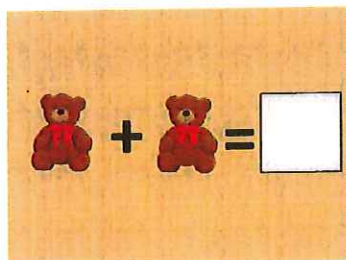
5. Write the answer inside the square.



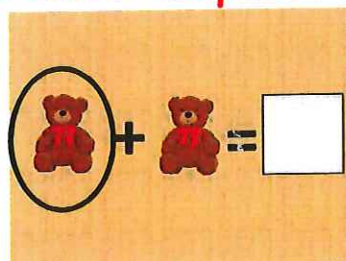


## Sumando Osos

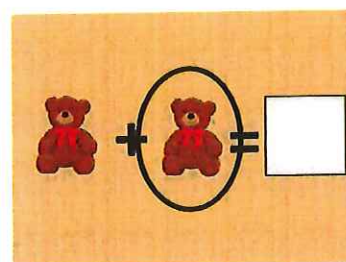
1. Toma una tarjeta de osos.



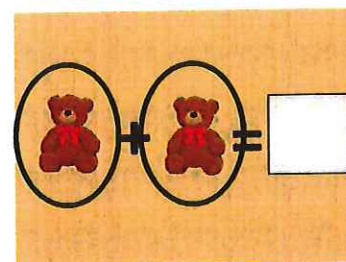
2. Mira los osos al lado izquierdo del signo mas +.



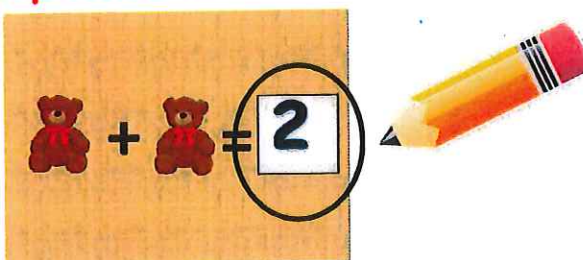
3. Mira los osos al lado derecho del signo mas +.

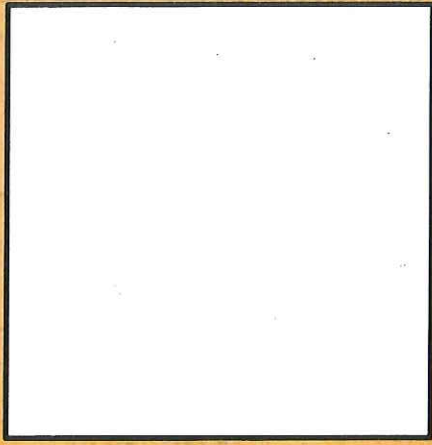


4. Suma los osos.

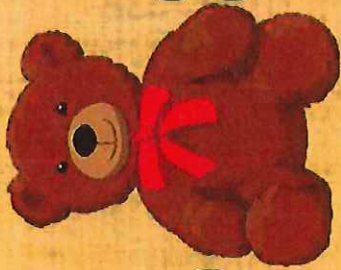


5. Escriba la respuesta dentro del cuadrado.

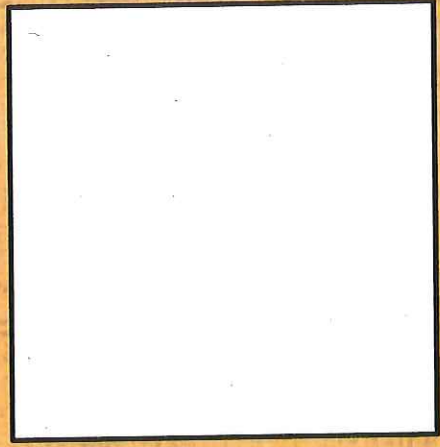




=



+



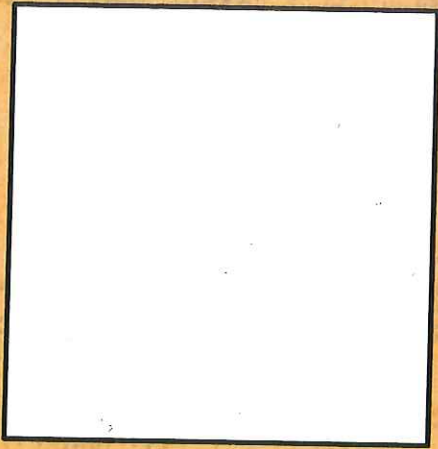
=



+



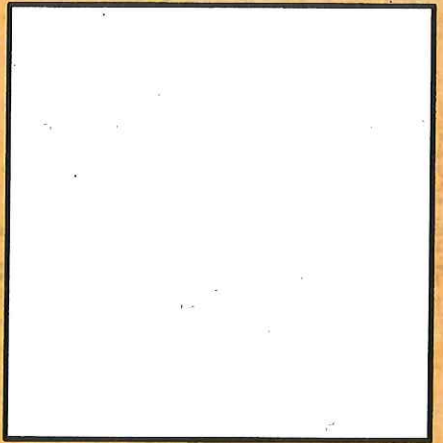
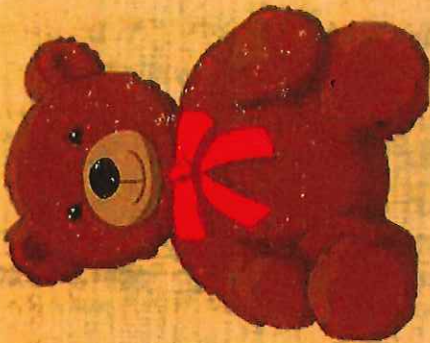




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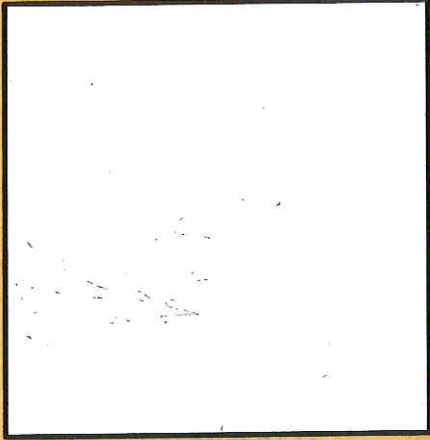


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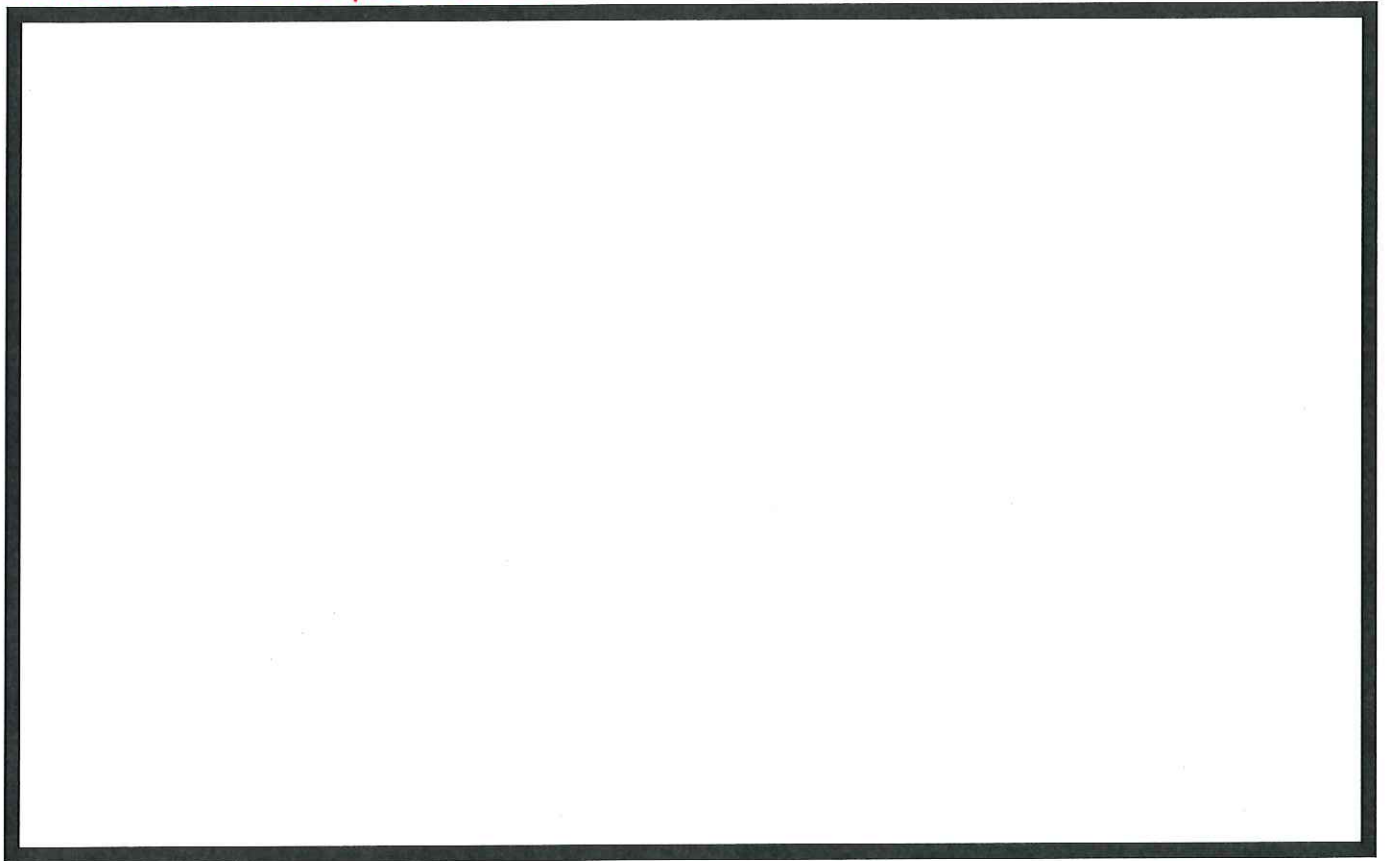


# Create your own pet

## Crea tu propio mascota

With your parents, create a pet you would like to have. How would it look like? What color would it be? Would it be tall or short? Draw your pet in the box and write a sentence about the pet you created.

Con tus padres, crea una mascota. ¿Cómo es tu mascota? ¿Que color es, o es alta o pequeña? Dibuja tu nueva mascota en la caja y escribe una oración explicando como es la mascota que crearon.



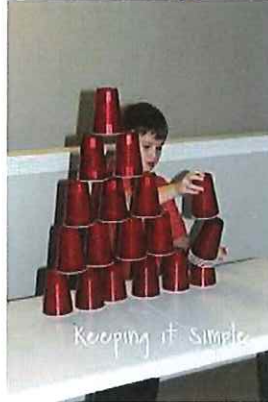
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# Kick the cups

1. Set up plastic cups on the ground.



2. Grab a ball, count 10 steps away from the cups and kick the ball to knock over the cups.



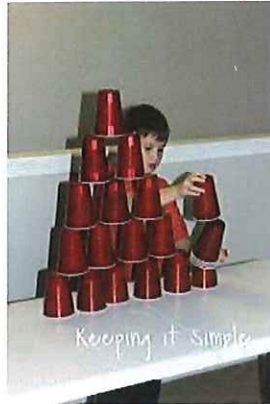
3. Write a sentence explaining what you did.



I kicked down 6 cups with my ball.

# Patear los vasos

1. Ponga vasos de plástico en el piso.



2. Agarra una pelota, camina 10 pasos de los vasos y pateas la pelota derribando los vasos.




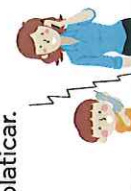
















3. Escribe una oración explicando lo que hiciste.



Patea 6 vasos con mi pelota.



# CONEXIONES CARIÑOSAS: Fortaleciendo relaciones al practicar la amabilidad, gratitud y tiempo de calidad con los que amamos.


















DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>Haz algo de ayuda por un familiar o amigo.</p> 	<p>Conéctate con algún familiar para saludarlo y platicar.</p> 	<p>Cuenta tus bendiciones: haz una lista con actos amables que otros han hecho por ti.</p> 	<p>Crea y comparte una tarjeta o dibujo con alguien que amas.</p> 	<p>Sal al jardín o patio y encuentra algún objeto que te recuerde a alguien. Compártelo con tu familia.</p>	<p>Crea un "estacionamiento para celulares/tablets" para momentos libres de electrónicos cada día.</p>	<p>Encuentra un juego de cartas y juega en familia.</p> 
<p>Encuentra un chiste que te guste y compártelo con otras dos personas por teléfono o videollamada.</p>	<p>Planeen juntos una comida de 3 tiempos. Escriban o dibujen cada platillo para compartir después como menú.</p>	<p>Sal al jardín o patio y encuentra material para crear un centro de mesa para disfrutarlo con los demás.</p> 	<p>Nombra tres cosas por las que estás agradecido. Dibuja o escribe una lista y colócala en un lugar visible.</p>	<p>Crea 5 "tarjetas felices" para personas de la tercera edad dentro de tu comunidad. Entrégalas siguiendo las sugerencias de cuidado.</p>	<p>Mientras te lavas las manos mírate en el espejo y di una cosa que te guste sobre tí.</p> 	<p>Haz un acto amable que facilite la vida de alguien más.</p>
<p>Piensa en 3 personas con las que te sientas agradecido y dales las gracias.</p> 	<p>Sonríe a las personas con las que estas para iluminar su día.</p> 	<p>Aprende algo nuevo hoy y compártelo con alguien.</p> 	<p>Escoge tu canción o canciones favoritas y disfruta de un fiesta espontánea de baile.</p> 	<p>Consigue uno o dos juegos de cartas y construye una casita. Platica acerca de lo que tu crees que forma un hogar seguro y qué nos conecta con otros.</p>	<p>Sal al jardín o patio y disfruta del juego. "Luz roja, luz verde". Asegúrate de correr, caminar, deslizarte, brincar y disfruta de otras formas creativas de moverte.</p> 	<p>Diseña y crea un instrumento musical. Disfruta el concierto al compartir.</p>
<p>Pídele a alguien hacer lo que mas te gusta hacer hoy.</p> 	<p>Manda un mensaje o carta a alguien con quien no hayas podido estar hoy.</p> 	<p>Encuentra tu libro favorito y léelo o compártelo con alguien.</p> 	<p>Disfruta de una búsqueda del tesoro con alguien. Ambos escriban una lista de 5 cosas que la otra persona debe encontrar, cambien listas y ¡empiecen!</p> 	<p>Nota 5 cosas que son hermosas en tu mundo. Comparte tu lista con alguien.</p>	<p>Aprendan a jugar "avioncito" y jueguen juntos.</p> 	<p>Dale las gracias a alguien y déjale saber cómo hace la diferencia para tí.</p> 

Creado por Kim Hughes. Traducido y adaptado al español por Lizbeth Gómez.

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# CARING CONNECTIONS: Strengthening Relationships by Practicing Kindness, Being Grateful, and Spending Quality Time With Those We LOVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Do something helpful for a family member or friend.</p>  <p>Find a joke that you love and share it with 2 other people in person, by phone, or virtually.</p>	<p>Connect with a relative to say hello and chat.</p>  <p>Work together to plan a 3-course meal. Write down / draw each part of the meal to share as the menu for the evening.</p>	<p>Count your blessings: List the kind things others have done for you.</p>  <p>Go outside and find materials to create a centerpiece for others to enjoy!</p> 	<p>Create and then share a card or a piece of art with someone you love.</p>  <p>Name 3 things you are grateful for. Draw a picture or write a list of these things and then post in a prominent place.</p>	<p>Go outside and find one thing that reminds you of someone. Share what you find and your why.</p> <p>Work to create 5 "happy cards" for seniors that are in a local nursing home. Drop them off for them to enjoy.</p>	<p>Create a cell phone / device parking lot so you can enjoy device-free moments together each day.</p> <p>While washing your hands look at yourself in the mirror and tell yourself one thing you like about YOU!</p>	<p>Find a deck of cards and play a game like Crazy Eights, Spoons or Go Fish.</p>  <p>Do one act of kindness to make life easier for someone.</p> 
<p>Thank 3 people you are grateful to and tell them why.</p>  <p>Ask someone to do what you LOVE to do today.</p> 	<p>Smile at the people you are with to brighten their day.</p>  <p>Send a message or letter to someone you cannot be with today.</p> 	<p>Learn one new thing today and share what you learned with someone.</p>  <p>Find a favorite book and read it or share it with someone.</p> 	<p>Choose a favorite song(s) and enjoy a spontaneous dance party.</p>  <p>Enjoy a scavenger hunt with someone. Both write lists of 5 things the other person will look for, switch lists and then GO!</p>	<p>Get a deck or two of cards and build a home. Talk about what makes a home safe and what connects us to others.</p> <p>Notice 5 things that are beautiful within your world. Share your ideas with someone.</p> 	<p>Go outside and enjoy a game of "Red Light, Green Light." Be sure to run, walk, slide, jump and enjoy other creative ways to move.</p> <p>Learn how to play hopscotch and then PLAY!</p> 	<p>Design and create a musical instrument. Enjoy a sharing concert.</p>  <p>Thank someone and tell them how they make a difference for you.</p> 