

**REMINDERS:** You — yes, you! — can help prevent the spread of germs. Please encourage your children to follow these practices:

- Wash your hands often, especially before eating and after coughing, sneezing, or blowing your nose.
- Keep your sneezes and coughs to yourself (use a tissue or your elbow instead of your hand).
- Keep your hands out of your eyes, mouth, and nose.



## **JANUARY**

## **7 ACTIVITIES TO GET YOU THROUGH WINTER**

- **1.** Build a cardboard play house (or rocket ship) Pick up a large box from a local builder or furniture store. Encourage your child to use things around the house to decorate the house.
- **2. Make homemade play dough or slime** The internet has many great recipes, plus your kids will have so much fun making it and then playing with it afterward.
- **3. Make marshmallow structures** Use dried spaghetti and mini marshmallows to build anything your child can imagine!
- **4. Let your child take a "Mad Scientist" bath** Gather up various sized plastic cups, small containers, spray bottles and funnels, and set up a plastic stool in the bathtub. Add soap and bubbles and let them use the stool as a table to line up the "experiments".
- **5. Indoor scavenger hunt** Hide clues around the house for a hunt that will keep them busy solving riddles and working as a team. Leave a "treasure chest" at the end with a few treats for a special surprise.
- **6. Make a marble race track** Cut a pool noodle in half lengthwise to make two race tracks. Set them up side by side on your stairs or propped up on the couch. Let the kids race their marbles or small cars.
- **7. Make a reading nook** Build a reading nook with pillows, blankets and favorite stuffed animals. Then join your child for a reading marathon.



Read the Story of Joseph and The Colorful Coat in Genesis 37 - 50





## FAIR

...conforming with established standards or rules.

- Practice Turn-taking. This is a good starting point
- 2. Notice **Fair** and Unfair. Draw attention to behaviors in books, movies, and in life when others are acting in a **fair** or unfair manner. ...
- 3. Praise Fairness. Take a moment to recognize and verbalize when your **child** is acting out of fairness

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