



SPAULDING FAMILY CONNECTIONS

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COVID-19 Updates and Resources

The Spaulding team is working hard to provide lots of tips, ideas and resources to help you with remote learning, activities and more. Visit SpauldingYouthCenter.org/Families to view the updates, resources and other communications already available to families.

For COVID-19 updates, the best source of accurate information is the Centers for Disease Control and Prevention website CDC.gov/coronavirus. The most important current recommendations are to practice social distancing and wash your hands.

If you have questions about Spaulding's COVID-19 updates or if you need a resource as a result of the pandemic, please call me at 286-8901 ext. 205. I am here to help you keep your family safe and healthy.

Together, we are #SpauldingStrong.

COVID-19



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COVID-19 Daily Schedule Suggestions

Prodigy recently published suggestions for a daily family schedule at home during the COVID-19 pandemic. Take a look at the schedule below and get some ideas of activities and structure you can implement in your own home.

Time	Activity	Examples
Before 9:00 a.m.	Wake up	Make bed, freshen up, get dressed, eat breakfast
9:00 to 10:00 a.m.	Get active	Cosmic Kids Yoga, GoNoodle, Just Dance Kids
10:00 to 12:00 a.m.	Academic time #1	ELECTRONICS NOT ALLOWED: Work on what they've been learning or what teachers sent home; do crafts, LEGO etc. with spare time
12:00 to 12:30 p.m.	Lunch	Remember to wash your hands first
12:30 to 1:00 p.m.	Chore time	Wash dishes, disinfect surfaces
1:00 to 2:00 p.m.	Quiet time	Nap, puzzles, read, journal
2:00 to 4:00 p.m.	Academic time #2	ELECTRONICS ALLOWED: Educational games or resources like Prodigy, Khan Academy, PBS Kids Games, etc.
4:00 to 5:00 p.m.	Get outside	Sports, tag, hide and seek, lawn games, Frisbee, bicycle
5:00 to 6:00 p.m.	Dinner	Remember to wash your hands first
6:00 to 8:00 p.m.	Free time	Showers, shows, mobile devices, games, books
8:00 to 8:30 p.m.	Bedtime	Brush teeth; well-behaved kids get to go to bed later

The Very Lonely Firefly

Materials

- [The Very Lonely Firefly](#) by Eric Carle
- Black or blue paper
- Yellow and orange or flesh-colored bandages
- Yellow and white crayons
- *Optional:* glue and googly eyes

Instructions

1. Read the book!
2. Draw your night scene including a moon and stars.
3. Stick orange or flesh-color bandages as firefly bodies.
4. Criss cross yellow bandages over the body to make wings.
5. Add details with white and yellow crayons and optional items if using.

Ask your child: Why is the firefly feeling lonely? How are you feeling right now?

Book & Craft

Read



Make

Special thanks to
notimeforflashcards.com
for this great idea!

Keeping Kids Busy and Connected

For Younger Children

1. Make a painter's tape maze on the carpet to use with toy cars and trucks.
2. Explore boxes filled with seasonal or themed sensory items.
3. Download a nature scavenger hunt and get outside!
4. Make homemade crafting dough or slime.
5. "Draw" pictures on the walls with flashlights and see if others can guess what they are.
6. Let your child teach you! This is a great way for them to practice their own skills and retain knowledge.
7. Plant seeds in cups and set in a sunny spot to get an early start on your summer vegetable garden.
8. Practice writing skills with pen pals.
9. Check out [Storyline Online's YouTube channel](#), which features celebrities reading books.

For Older Children

1. Bake cookies and other treats.
2. Assign older kids the task of cooking dinner one night each week.
3. Check in with older kids on how they're doing in general, making sure to listen fully. Being stuck at home can be especially difficult for teenagers.

For All Ages

1. Build puzzles together.
2. Get creative and color in coloring books or on downloaded coloring sheets.
3. Use FaceTime and other apps to virtually connect with friends for socializing or studying.
4. Build a fort and use it for play or as a reading nook.
5. Play board games.
6. Mail hand-drawn pictures and letters to residents of local nursing homes.
7. Watch the Lunch Doodles video series every weekday at 1:00pm ET during which Mo Willems, Artist-in-Residence at The Kennedy Center, provides quick drawing lessons.

Activities