



WEEKLY LEARNING · January 11, 2021

Educational Resources

Even though we can't fully recreate the social bonds that students make during the year, simply maintaining our relationship with you is beneficial for your child's learning routine. We gather the best information to share with our parents and families to support you at home during this time. Please use these resources and continue helping your child learn and grow.

EDUCATIONAL RESOURCES

The documents below are educational materials provided by your Head Start Team.

**1,000
HOURS
OUTSIDE**



استبدال وقت الشاشة لأشعة الشمس

- الأطفال يستهلكون وسائل الإعلام من خلال شاشات 1200 ساعة في السنة في المتوسط. العمل من أجل تحقيق نتيجة أكثر إنتاجية وصحة من خلال قضاء الساعات في الخارج!



ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something physically active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Happier · Kinder · Together

موضوع هذا الشهر: تقويم يناير أكثر سعادة

- ومن المؤكد أن الأمور لم تكن سهلة خلال العام الماضي. هذا الشهر التركيز على خطوات صغيرة في محاولة لتعزيز السعادة - لأنفسنا والأخرين من حولنا - لنشر اللطف ونأمل أن تلهم الآخرين أن تفعل الشيء نفسه.

وجبة وعاء واحد : الطبخ لم يكن بهذه السهولة

• العدس Minestrone

STORIES TO READ AT HOME

Download the story below and enjoy the reading time with your child at home.



Read & Play
Together As A Family



الحصول على التحرك! العب وتعلم في الداخل والخروج مع طفلك

- فقط لأن الأطفال الصغار يحافظون على أباؤهم مشغولين لا يعني أنهم نشطون كما يجب أن يكونوا. تعلم كيفية الحصول على الخاص بك توت صغيرة ممارسة بطرق صحية.

- اطفئ شاشاتك واتحرك مع طفلك الصغير. العب مع طفلك في الداخل.

HELPFUL RESOURCES

Below is a list of online resources that are helpful during your week of educational online learning with your child



- الطب الشمالي الغربي توفير قائمة التحقق من السلامة للأباء والأمهات يمكنك الحفاظ على سلامة طفلك باتباع هذه الاحتياطات واستخدام الحساسليم.



**ILLINOIS
POISON
CENTER**

EDUCATION

Education is a huge part of IPC's work to prevent poisoning harm.

- الحصول على تعليم حول الوقاية من السموم يقدم مركز إيلينوي للسموم موارد كبيرة حول الأدوية والنباتات السامة والمواد الكيميائية وأكثر من ذلك. [تعرف على المزيد هنا.](#)

Ready4K

Fact: Parenting children, especially toddlers, can sometimes be challenging. During times of uncertainty and change it can be extra hard. Pausing to stretch and breathe can clear your mind. It also helps you to feel ready to take on what is next.

Tip: Before lunch, take a breath break. Inhale a big breath and shrug your shoulders. Exhale and let your shoulders fall. Try two more times and take on the day! Encourage your children to join you. Teach them how to blow out air by pretending to blow out candles, blow on a dandelion, or blow bubbles.

Growth: Keep breathing to relax. Now try adding big breaths before bed. With each inhale and exhale, think of something that made you laugh or smile today. What is something that made your child smile?

Fact: Rhyming games are a great way to build your child's knowledge of sounds. As your child rhymes, they learn that words can share common endings.

Tip: As you give your child a spoon to eat, say words that rhyme with spoon: moon, soon, cartoon, etc. Can your child say the rhymes too?

Growth: Keep rhyming. Now say words that rhyme with book:

Try: look, took, nook, etc. Even add silly words too (splook, zook, etc.) Can your child add a silly rhyme?

Fact: Daily learning & play routines help kids thrive. Knowing what to expect helps kids feel more confident and independent. If your child is learning at home, you can create a daily schedule that works for everyone.

Tip: In the evening, spend a moment thinking about the times your child learns best. Focused in the morning? It may be the perfect time to read together. Need to get your work done after lunch? Put out a few favorite toys so they can play next to you.

Growth: Keep sticking to a daily schedule as best as you can. Make sure to work in active moments. Kids need to move their bodies. When you notice your child starting to lose focus with an activity, try a wiggle break. Turn on some music for a little dance party!



FAMILY ACTIVITES WITH EASTERSEALS

JOIN US FOR WINTER THEMED
ACTIVITES FOR THE WHOLE FAMILY
VIA ZOOM

Tuesday, January 12th | 5:30 PM
Meeting ID: 950 5855 2063
Passcode: 703624
One tap mobile +13126266799
Access: 95058552063#...*703624# (Chicago)



[انقر هنا للانضمام على المتعة!](#)