



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**



用屏幕时间代替阳光

- 孩子们平均每年通过屏幕使用媒体1200小时。[花一个小时在外面，努力实现更有成效、更健康的结果！](#)



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

				1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day
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

本月主题：快乐一月日历

- 在过去的一年里，事情肯定不容易。这个月的重点是小步骤，试图提高幸福 - 为自己和我们周围的人 - 传播善良，并希望激励其他人做同样的事情。

一锅饭：烹饪从未如此简单

- [伦蒂尔矿体](#)

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

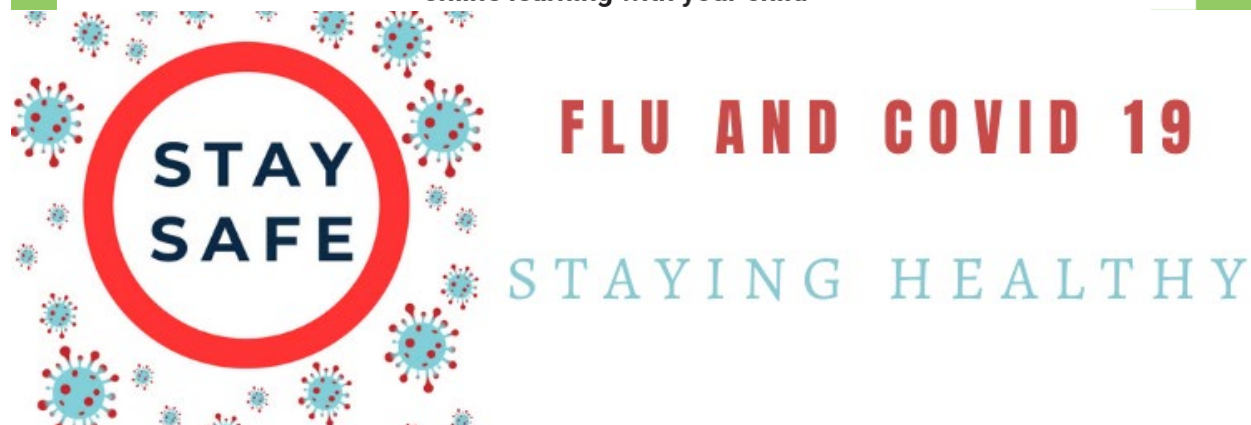


动起来！与你的孩子在室内和室外玩耍和学习

- 仅仅因为蹒跚学步的孩子让父母忙碌并不意味着他们像他们应该这样活跃。[了解如何以健康的方式进行小托运动。](#)
- 关掉你的屏幕，和你的小孩一起移动。[玩你的幼儿室内。](#)

HELPFUL RESOURCES

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



西北医学为家长提供安全检查表

- [通过遵循这些预防措施并使用常识，您可以保证孩子的安全。](#)



**ILLINOIS
POISON
CENTER**

EDUCATION

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

获得关于毒物控制预防的教育

- 伊利诺伊州毒物中心提供药物、有毒植物、化学品等大量资源。[在此处了解更多信息。](#)

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)



[点击这里加入的乐趣！](#)