

Salt Dough Decorations

Supplies: flour, salt, water, mixing bowl, parchment paper, string, markers, glitter, paint

Activity:

1. Grab your large mixing bowl, and add in 4 cups of flour and 1 cup of salt. Stir until well combined. Then, slowly stream in the 1 ½ cups of warm water while stirring. Keep stirring until you've added all the water
2. Once the dough starts to come together, keep kneading with your hands for a few minutes until the dough is smooth and pliable (just like making a pizza!).
3. Use a good chunk of dough and roll it out about a 1/8" thick
4. You can now use your creativity on this step and create any shape you would like. You can even use cookie cutters!
5. Use a straw or cut out a small hole so you can hang your decoration.
6. Once you have your shapes cut out, grab some parchment paper and place it on top of a baking sheet. Place your decorations on the sheet and bake at 300 degrees F for an hour.
7. Once cooled down, you can decorate your shapes however you would like! Don't forget to use a string to hang them up!

As Seen on Tv

Supplies: Props like a small pile of toys, hats, and costume accessories.

Activity: In As Seen on TV, one player (usually the parent) serves as the "TV" and acts out what's on the "screen." Give one child the remote (real or pretend), and ask them to flip through the channels until they land on what they want to watch. Once they pick their favorite program, which could be anything from a cartoon to a sports game to a commercial, they'll announce their choice and the TV will have to act it out.

As the TV, you can use any props at your disposal, but you have to be every character on the show. After 10-15 seconds, ask the player with the remote to change the channel and pick a new show for the TV to act out. Once kids get the idea of the game, they can swap in to play the TV.

Mindfulness Activities

Websites:

1. <https://www.education.com/activity/article/back-to-back-breathing/>
2. <https://www.education.com/activity/article/practice-mindful-eating/>
3. <https://www.education.com/activity/article/creating-uplifting-spaces/>
4. <https://www.education.com/activity/article/my-emotions-wheel/>

Activities:

1. Back to Back Breathing: Help your child breath, help with calming, creating connection and trust
2. Mindful Eating: A good way to practice mindfulness and appreciation for food. Can help children focus on aspect of their lives, from interacting in the classroom and relationships with friends
3. Creating Uplifting Spaces: Happiness, contentment, and peace—all of these feelings can grow when we notice that we feel this way! When we practice feeling these things, it is like watering flowers to allow these emotions to grow in our lives and in our bodies! In this social emotional learning activity, your child will reflect on, draw, and collect things that make them feel happy and peaceful.
4. Emotions Wheel: Use this social emotional learning activity to help your second or third grader build emotional awareness by creating a wheel full of pictures that make them feel certain emotions: angry, sad, happy, worried, peaceful, loved, bored, fear, disgust. By helping children craft their own emotions, you will foster important skills, such as self-awareness, mindfulness of emotions, and the ability to recognize and manage emotional triggers.

