

Week 2 - Animals

	Monday	Tuesday	Wednesday	Thursday	Friday
Parent Self-Care	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.
Breakfast 8:30am-9am	Discussion Question: If you could choose a new name for yourself, what would it be, and why?	Discussion Question: Would you rather put your head in a lion's mouth or waterski over a shark tank?	Discussion Question: What is the most interesting fact you've learned about your animal so far?	Discussion Question: Would you rather become five years older or two years younger?	Discussion Question: If you could change anything about your family what would it be?
Educational Time 9am-9:45am	<p>This week, have your child(ren) pick a favorite animal, research the animal, and create a project, report, and/or presentation about the animal to share.</p> <p>Start today by viewing animals to help your child(ren) decide which to research.</p> <p>San Diego Zoo Live Cams</p> <p>San Diego Zoo Pre-Recorded</p>	<p>Time to start your research!</p> <p>Make a list of the questions you want to answer about your animal. Then, visit one of the suggested weekly websites or do your own research! We've also included research templates on the SPSN website for you to use (or copy ideas from) to guide your research!</p>	<p>Finish up your research today if you need to! If your research is done, keep working on your project/presentation.</p>	<p>Researching these animals, might have your child(ren) wanting a pet of their own. Watch this short video about what pets needs.</p> <p>https://www.youtube.com/watch?v=FOLP8p0jSoA</p> <p>Have your child discuss, write down, or draw a picture about why the animal they are researching would/would not be a good pet.</p> <p>Mindfulness</p>	<p>Finish up those projects so you can present them during family time!</p> <p>Already done? Practice how you will present it to your family.</p>

	<p>Reid Park Zoo</p>			<p>Activity: Mindfulness 5-4-3-2-1. Use this technique to ground kids and young adults. This is an especially great activity to help kids manage anxiety or anger. Have students look around their current surroundings and find five things they can see, four things they can touch, three things they can hear, two things they can smell, and one thing they can taste. By the time they get through listing all of those, they will be more present and calm.</p>	
<p>Art & Music 10am-11am</p>	<p>Art: Use a paper plate, markers, crayons, paint, construction paper, or whatever you have to make different animals! Here is an example of a lion (https://www.pinterest.com/pin/681310249861658636/) and a cow (https://www.pinterest.com/pin/539869074081682681/).</p> <p>Music: Go outside for</p>	<p>Art: Create a paper chain snake! How big can you make your snake? https://www.pinterest.com/pin/651966483541596379/</p> <p>Music: Sing “Twinkle Twinkle Little Star: using words about staying home.</p>	<p>Art: Have an extra egg carton? What animals can you create? Check out these examples: https://www.pinterest.com/pin/821907000731635606/</p> <p>Music: Use body percussion (pats, claps, snaps) to go along with a favorite song.</p>	<p>Art: Using paint, an ink pad, or markers, create fingerprint animals. You can create a whole zoo using just your fingers! https://www.pinterest.com/pin/821907000731635606/</p> <p>Music: Play an instrument. If you do not have one see if you can make one out of materials you can</p>	<p>Art: Who knew toilet paper rolls could be so cute?! Use leftover cardboard tubes to create animals. Here are some ideas to get your started: https://www.pinterest.com/pin/822047738221876147/ https://www.pinterest.com/pin/560346378639261607/ https://www.pinterest.com/pin/637400153500078543/</p>

	a walk. Listen for high and low, sounds, and loud and quiet sounds.			find in your house.	https://www.pinterest.com/pin/577657089692822179/ Music: Sing along with a favorite song using a spoon as a microphone.
Screen Time 11am-11:30am	Tablet, Computer, Video Games, TV, etc. Suggested Websites: https://switchzoo.com/ https://kids.sandiegozoo.org/ https://rangerrick.org/ https://pbskids.org/wildkratts/ https://www.calacademymy.org/learn-explore/animal-webcams	Tablet, Computer, Video Games, TV, etc. Suggested Websites: https://switchzoo.com/ https://kids.sandiegozoo.org/ https://rangerrick.org/ https://pbskids.org/wildkratts/ https://www.calacademymy.org/learn-explore/animal-webcams	Tablet, Computer, Video Games, TV, etc. Suggested Websites: https://switchzoo.com/ https://kids.sandiegozoo.org/ https://rangerrick.org/ https://pbskids.org/wildkratts/ https://www.calacademymy.org/learn-explore/animal-webcams	Tablet, Computer, Video Games, TV, etc. Suggested Websites: https://switchzoo.com/ https://kids.sandiegozoo.org/ https://rangerrick.org/ https://pbskids.org/wildkratts/ https://www.calacademymy.org/learn-explore/animal-webcams	Tablet, Computer, Video Games, TV, etc. Suggested Websites: https://switchzoo.com/ https://kids.sandiegozoo.org/ https://rangerrick.org/ https://pbskids.org/wildkratts/ https://www.calacademymy.org/learn-explore/animal-webcams
Lunch 11:30am-12:30pm	Animal Food Art: Ants on a log and celery snails & caterpillars https://www.pinterest.com/pin/192177109087577316/ https://www.pinterest.com/pin/96686723238867082/	Animal Food Art: Owl, fox, bear, or monkey made with peanut butter/Nutella, bread, and fruit https://www.pinterest.com/pin/486388828508938016/	Animal Food Art: Animal pancakes https://www.pinterest.com/pin/367536019579594935/	Animal Food Art: Octopus Pizza (or other animals!) https://www.pinterest.com/pin/393994667397202021/	Animal Food Art: Animal Tracks Snacks made with cheese, crackers, deli meat, etc. https://www.pinterest.com/pin/69383650496764638/
Quiet Time 12:30pm-1:30pm	Nap time, reading, puzzles, building blocks, etc. This is NOT an additional	Nap time, reading, puzzles, building blocks, etc. This is NOT an additional	Nap time, reading, puzzles, building blocks, etc. This is NOT an additional	Nap time, reading, puzzles, building blocks, etc. This is NOT an additional	Nap time, reading, puzzles, building blocks, etc. This is NOT an additional

	<p>screen time. This is a time for independence building and to give everyone a little space to themselves.</p> <p>Mindfulness Activity: Mindful Coloring. You can use any coloring pages for this activity. I love to gather assorted coloring books with different themes and levels. Let kids choose their own coloring page, whether it is a page with dragons, cats, or just patterns. Give access to the coloring materials that best suit your needs. Colored pencils, flair pens, and gel pens are some of my favorites. Encourage kids to quietly color on their own. Tell them that if they've made a mistake, just to breathe and move on. Mindfulness is about just letting the experiences pass us by without making judgements about them.</p>	<p>screen time. This is a time for independence building and to give everyone a little space to themselves.</p> <p>Mindfulness Activity: Practice Yoga. Spend ten minutes practicing some simple yoga postures, like tree, warrior, and half moon pose. If you're not sure about how to teach the postures, you can always search for a video and play it while you practice together. I always love to end yoga practice with a relaxing pose of laying on our backs. It's a great way to incorporate meditation, too!</p>	<p>screen time. This is a time for independence building and to give everyone a little space to themselves.</p>	<p>screen time. This is a time for independence building and to give everyone a little space to themselves.</p>	<p>screen time. This is a time for independence building and to give everyone a little space to themselves.</p>
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<p>Physical Time 1:30pm-2:30pm</p>	<p>Practice your animal walks! Jump like a frog, walk like a bear or crab, crawl like a caterpillar, and jump like a kangaroo! https://chicagooccupationaltherapy.com/wp-content/uploads/2018/09/OT_Exercises_AnimalWalks.pdf</p> <p>Or try out the Animals in Action video: https://www.youtube.com/watch?v=DYPTJj6hd44</p> <p>Or Animal Freeze Dance: https://www.youtube.com/watch?v=jqz4z9aQRJY</p>	<p>Dance Videos: Get a little exercise in with these fun dance videos! https://www.youtube.com/watch?v=fLTjpMORuhl https://www.youtube.com/watch?v=gCzgcReIbA</p>	<p>Go on a nature walk and search for as many different animals as you can find. Depending on the age of your children, have them make a bar graph of all the animals found when they return home. You could also make a friendly competition and the winner gets extra screen time or another prize.</p> <p>Mindfulness Activity: Connect with Nature. Take a ten minute nature walk to help kids breathe in fresh air and experience the outdoors for a change. While you are out there, encourage kids to look around and take in the environment with their senses.</p>	<p>Have a pet? Take your dog/pet for a walk. If you don't have your own pet, offer to walk a friend or neighbor's dog.</p>	<p>Dance Videos: Get a little exercise in with these fun dance videos! https://www.youtube.com/watch?v=f3XyYOLfTU4 https://www.youtube.com/watch?v=xQ79cheWg5g</p>
<p>Educational Time 2:45pm-3:30pm</p>	<p>Continue to view animas on the Zoo websites or suggested websites. Start thinking about which</p>	<p>Now that the research is done, or almost done, time to think about what kind of project you want to do. Here are some ideas: diorama,</p>	<p>Animal project work time!</p> <p>If child(ren) have finished their project,, have them write in a journal, practice basic</p>	<p>Animal project work time!</p> <p>If child(ren) have finished their project,, have them write in a journal, practice basic</p>	<p>Practice presenting your project one last time! This is the last chance for final touches!</p> <p>If child(ren) have</p>

	<p>animal you would like to research and come up with questions you might like to learn about.</p>	<p>poster, paper, PowerPoint, video, book, write a song, make a play about your animal, etc.</p> <p>If child(ren) have finished their project, have them write in a journal, practice basic math facts, etc.</p>	<p>math facts, etc.</p>	<p>math facts, etc.</p>	<p>finished their project, have them write in a journal, practice basic math facts, etc.</p>
<p>Family Time 3:30pm-4:30pm</p>	<p>Watch Dr. Doolittle (pick your favorite version!).</p>	<p>Watch Dr. Doolittle (pick your favorite version).</p>	<p>As a family, create your own board game with an animal theme.</p>	<p>Play your animal board game that you created yesterday.</p>	<p>Present animal projects (play, song, PPT, etc.)</p> <p>Mindfulness Activity: Use Breathing Visuals. Some kids and young adults need a more concrete and visual method for practicing breathing. A “breathe board” is just a set of shapes or lines that kids can follow with their fingers as they breathe in and out. Different shapes will work differently for different kids, so it’s helpful to try a few!</p>
<p>Question of the Day Anytime 5-8pm</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with</p>	<p>Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with</p>

	you. Question: What are you looking forward to tomorrow?	you. Question: Teach me something I don't know.	you. Question: What made you feel loved today (or this week)?	you. Question: How would you change the world if you could?	you. Question: What do you think you're going to dream about tonight?
<p>Bedtime 3-6 years: 6-8pm 7-12 years: 7:30-9pm Teenagers: 8-10pm (keep in mind that teenagers need at least 9 hours of sleep)</p>					

Weekend Suggestions:

- Cook and teach your kids a family favorite recipe
- Play at night with glowsticks (can be found at most dollar stores)
- Roast marshmallows
- Go for a bike ride
- Have a water fight
- Have a thumb war tournament
- Have a spa day/night
- FaceTime/Zoom other family members/friends

COVID Resources:

- [Supporting Teenagers and Young Adults During the Coronavirus Crisis](#)
- [Single Parenting During the Coronavirus Crisis](#)
- [Self-Care in the Time of Coronavirus](#)

Mindfulness Resources:

- [Teaching Mindfulness to Teenagers: 5 Ways to Get Started](#)
- [Guided Meditations](#)