Personal Care and Well Being

Yoga

Option A: Ten minute chair yoga session with Yoga Ed. For this physical activity you need one chair per participant, and a screen with internet connection (i.e., phone, tablet, laptop, television) to access the Yoga Ed YouTube link. Once both materials are set up, simply follow-along and enjoy the chair-yoga session.
10 min Chair Yoga

Option B: Twenty-five minute yoga session for students of all ages and for parents who wish to participate as well. The yoga instructor leads a fun and family-friendly introduction to yoga. Participants will need a screen with internet connection (i.e., phone, tablet, laptop, television) to access the YouTube link and a free space to move their bodies around. Once set-up, get ready to warm up, practice breathing and poses, and relax into a power down.
25-min Yoga Session From Maa Yoga Studios

Tarheel Book

Keeping Busy (book)

Follow-up writing activity:
Writing Activity

Communication

Option A:
Beginning communicators can be offered choices to select from. You can write the word for him/her in the provided space, or cut and glue a picture from a flyer or magazine.

Option B:
Your child can share his/her idea verbally and can then write the word (support can be provided if needed) in the blank space.

Recipe of the Week!

Strawberry Banana Parfait Click here for recipe
A simple recipe for all levels of ability. If safety using a knife is a concern, strawberries and bananas can be sliced using a butter knife or plastic serrated knife. Encourages following simple instructions, counting and sequencing in the layering with the ingredients.

Outdoor Scavenger Hunt

If you have a printer, please bring a print-out of the Scavenger Hunt items. If you do not have a printer, please have the list of Scavenger Hunt items open on your phone.
Task: Have your child identify the items on the list. Take your child for a walk around the block. Ask him/her to find and identify the items on the list.

Option A:
Scavenger Hunt 5 Items

Option B:
Scavenger Hunt 10 Items

Home & Community Life

Live Cams Zoo

Watch an informative video or documentary about nature or animals that is rated G. Watch the video for short periods of time (5-10 minutes) together and talk about what you see. Ask your child to tell/show you what he/she sees.

You can also take a virtual field trip to the zoo. Live camera videos of animals at the zoo can be viewed anytime.

San Diego Zoo:
https://zoo.sandiegozoo.org/live-cams

Monterey Bay Aquarium
https://montereybayaquarium.org/animals/live-cams/

Leisure