

April 6, 2020

Five Tips To Create A New Sense Of Normal

<https://consciousdiscipline.com/covid-19-five-helpful-responses-for-families/>

- 1. Young children co-regulate with trusted adults and older children feed off our internal states.** Remember, our calm nurtures their calm. Our distress increases their distress.
- 2. Focus on safety and connection.** Answer your children's questions honestly, without offering too much detail.
- 3. Create your new normal.** The brain thrives on predictable patterns so make a new daily schedule with plenty of time for play.
- 4. Give children ways to contribute.** Mail handmade cards to family and friends.
- 5. Shift toward seeing the best.** Change your perspective and choose positive words.

Look for something positive in each day, even if some days you have to look a little harder

Kool-Aid Play Dough

This makes a big batch for a group of kids.

Ingredients:

- 2 1/2 cup flour
- 1/2 cup salt
- 2 pkg. unsweetened Kool-aid (just the dry Kool-aid, don't mix it into juice)
- 2 cup boiling water (Can heat it in microwave)
- 3 Tbsp vegetable oil

Directions:

1. In a bowl, mix flour, salt and Kool-aid.
2. Stir in water and oil
3. Knead with hands for about 5 minutes.
4. Store in ziploc bag.



Messy Sensory Play

[HTTPS://WWW.LEARNING4KIDS.NET/LIST-OF-SENSORY-PLAY-IDEAS/](https://www.learning4kids.net/list-of-sensory-play-ideas/)



Supplies: Ziplock bag, Paint, Tape



Supplies: Spaghetti Noodles, Food Coloring



Supplies: Ice Cube Tray, Water, Food Coloring, Uncooked Rice



Supplies: Spaghetti Noodles, Dirt, Tweezers or Tongs



Supplies: Water, Soap, Bottle Caps

ABC Scrub With Me!

1. Talk about germs. What are they? What do they do?
2. Cover foam letters with sprinkles or flour to make them "dirty." Tell your child that the letters are covered in germs. Have your child use soap and water to make bubbles in the sink or water table.
3. Call out a letter and have your child find it and clean the "germs" off of the letter. Practice each letter as you child cleans it by making its sound and listing words that start with that sound.
4. Once the letters are clean, practice their names/sounds again as you dry them.