

EXTENDED SCHOOL CLOSURE RESOURCES FOR FAMILIES

MARCH 2020

Food Resources

Dunedin Cares, Inc.

1630 Pinehurst Road, Dunedin

727-410-8495

<https://dunedincares.org/>

Helping Hands (Countryside Cares)

2565 Blackburn Street, Clearwater

727-724-1290

<https://www.countrysidecares.com/about/>

Mattie Williams Neighborhood Family Center

1003 Dr. Martin Luther King Jr. St N, Safety Harbor

727-791-8255

Food available for those residing in the following ZIP codes:

34695, 34677, 33761, 33759

RCS Food Bank

700 Druid Road, Clearwater

727-443-4031

Pinellas residents from the following zip codes: 33755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 767, 785, 786, 770, 771, 773, 774, 778, 34677 and 34698.

Oldsmar Cares

149 SR 580 West, Oldsmar

813-415-7373

Food available for those residing in the following ZIP codes:

34677, 34695, 34684, or 33635

Additional food assistance locations can be found online at:

<http://feedingtampabay.org/find-a-pantry/>

<https://www.foodpantries.org/ci/fl-clearwater>

Other Resources

211 Tampa Bay Cares

<http://211tampabay.org/>

Aunt Bertha

Search for free or reduced cost services like medical care, food, job training, and more.

<https://www.auntbertha.com/>

Free Spectrum Internet for Eligible Families

1-844-488-8395

Online Educational Resources

[Scholastic Learn at Home](#)

[Free online learning due to school closure](#)

[Free online learning sites](#)

[Free Social Emotional Learning Activities](#)

[Virtual Museum Tours](#)

Talking with Your Kids About Coronavirus

[Information for Parents](#)

[Handout for Students](#)

[Comic for Kids](#)

[PBS Article with Video Links](#)

Non-screen activities you can do at home

Pobble

25
Ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.



1 How many different words can you make from the letters in this sentence, below?
Grab a pencil and paper and write a list!

'Learning from home is fun'

2 Thank a community hero.
Think of someone that helps you in some way and write a short letter to thank them.

Thanks!

3 Get building!
You could build a Lego model, a tower of playing cards or something else!



4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!



8 Use an old sock to create a puppet. Can you put on a puppet show for someone?



9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.

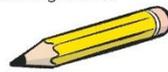


11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?



12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.



14 Design and make an obstacle course at home or in the garden. How fast can you complete it?



15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.



17 Write a play script. Can you act it out to other people?



18 Read out loud to someone. Remember to read with expression.



19 Write a song or rap about your favourite subject.



20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.



23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.



25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Things kids can do at home for social-emotional health:

1. Practice taking 3 belly breaths every hour. Keep a chart!
2. Name all the emotions and feelings you can think of.
3. Play emotions charades. Can your family guess the feelings on your face?
4. Write a letter to encourage someone or tell them what you appreciate about them.
5. Ask how you can help at home by doing 3 extra chores.
6. Make a colorful poster about kindness for a school bulletin board.
7. Make a list of ten ways kids can show respect to other kids at school.
8. Write a story about a character who has the super power of compassion.
9. Take a long walk and count how many colors of blooming flowers you see or draw them in a journal.
10. Make a list of 30 things you are grateful for or appreciate.
11. Make cinnamon toast or some other tasty treat for a family member.
12. See if you can be second all day-- try to let others go first all day long.
13. Choose something you care about that is at-risk or endangered and find out how you can be an ADVOCATE.
14. Make up a play or script where Bearcubs talk about ROAR (Responsible, On Task, Aim High, Respect).
15. Look up and practice yoga animal poses.
16. Play Red Light-Green Light to practice self-control.
17. Write or draw what it means to be a good friend.
18. Practice the "Grounding Exercise": Name 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste.
19. Think of 5 places you have visited that make you happy.
20. Invite a family member to watch this flipped lid video with you:
<https://www.youtube.com/watch?v=3bKuoH8CkFc&t=38s>
21. Practice sitting still for one minute and focus on the sounds you hear.
22. Practice "5 Finger Breathing": Trace your fingers slowly, inhale on the way up, exhale on the way down.
23. Make an acrostic of your full name with positive character qualities or things you can do to be kind.
24. Make a list of things that help you calm down when you're angry.
25. Make greeting cards with cheerful pictures and positive messages.
26. Create a recipe for what makes a good friend (like "1 cup of Kindness...")
27. Draw a picture of your future self in your future career.
28. Create a board game about making good choices (move forward) and bad (move backward!).
29. Help a parent clean out a closet and take things you don't use anymore to a charity organization.
30. Make a coupon book of helpful things you can do for a friend or family member.