

Southeast Alaska Parent Tips ~Preschooler~

Mindfulness Tip of the Day

Kindness with Every Step

Prepare for this activity by marking two lines on the floor, about 6 feet apart, with tape or objects. You and your child will begin at one line and slowly walk to the other line, keeping your gaze downward to make it easier to concentrate. Every time you step, you'll silently send a friendly wish. Wait until everyone participating reaches the other line before you turn around and walk back to the other line. This time, silently send a friendly wish to someone you love with every step. Once more wait until everyone reaches the line before going again. This time, with every step, have you and your child send a friendly wish to the planet.



Source: Mindful Games: Activity Cards, by Susan Kaiser Greenland with Annaka Harris

Taking Care of You!

Schedule Time With Friends or Family Maintaining your social connections is an integral part of self-care. However, it can be difficult to find time to see friends and family, especially if the activities don't involve the kids and especially now. Try scheduling with your friends and family a time to connect on Zoom, Google Hangouts, FaceTime, or even a simple phone call. If you schedule a future social activity for yourself, it gives you something to look forward to (which can be a good self-care strategy in itself). Then, actually engaging in social activity will give another boost to your psychological well-being.

Source: <https://www.verywellfamily.com/self-care-for-parents-4178010>



Daily Activity Collage



Recycle your old magazines and exercise the imagination, all in one! Let children choose and cut their favorite pictures out of magazines (or help them). Then they glue them on paper, then draw and decorate all around it. Scissors and glue are a must; markers, crayons, oil pastels, stickers and glitter are optional. In addition to magazines, recycle wrapping paper, postcards (you know, like the ones for take-out pizza), tissue paper and (clean) cotton balls to make even grander creations.

Source: <https://www.parentmap.com/article/25-indoor-play-activities-from-a-preschool-teacher>

Read with Me!

Ask your child to categorize by naming things that are alike or different, such as types of clothing, holidays, things we use for transportation (bicycles, cars, four-wheelers, trucks, buses, snow machines). Engage your child in activities where they are.



Source: <https://www.alaskaelg.org/domain-5-communication-language-and-literacy-36-60-months/>