



Stay
at
Home

RECOMMENDED
ACTIVITIES

#distancelearningASFM



FROM EPU VOLUNTEERS'
CARING HEARTS

INDEX

**Celebrate Easter
as a Family**

For the Eager Reader

**For the Museum
Enthusiastic**

**Fun Family
Movie Nights**

For Food Lovers

For the Musical Soul

For the Body & Mind

**Home Heroes -
Helping out With Chores**

For the Passionate Artist

**San Pedro -
Secretaria de Cultura**

Celebrate Easter as a Family



There are lots to celebrate and be grateful for even during these uncertain times. A great way to keep the family happy and optimistic is by planning a family Easter Party. Let's show our children, that even during unpredictable times, we can still be resilient and have some fun!

Plan a Family Easter Party!

Click on each title for instructions

Easter Party Games for Kids

The Spruce

Egg Commands
Easter Bingo
Basket Head Relay Race
Runaway Eggs
Jelly Bean Race
Decorate the Giant Egg
Blind Taste Test
Easter Basket Scavenger Hunt
Peep Eating Race
Jelly Bean Toss
Eggs in a Haystack
Bunny Pokey
Easter Bonnet
Musical Easter Baskets
Decorate an Easter Tree
Easter Pinata
Bunny Hop-Scotch
Blind Bunny
Plastic Egg Race
Hop-A-Thon

How to Plan Easter Games for a Children's Easter Party

Wiki How

Guess the-eggs
Guess who I am?
Switching Places
Easter Egg Hunt
Golden Ticket Egg Hunt
Egg and Spoom Race
Bunny's Egg
Decorate a Boiled Egg or Cookie

Six Easy Easter Bunny Craft Ideas to Make for Your Kids

Party Delights

Easter Bunny milkshakes
Make your own Easter Bunny ears
Play Pin the Tail on the Easter Bunny
Design an Easter Bunny bonnet
Make Easter Bunny party bags
Put up some Easter Bunny bunting

5 Tips for Hosting the Perfect Family Get-Together this Easter

House Beautiful Magazine

Plan an egg hunt.
Don't forget about the older kids.
Send a greeting to distant friends.
Save time when cooking Easter feast.
Create an atmosphere.

9 Easter Party Ideas the Whole Family Will Love

Taste of Home

Sow some seeds
Make bunny bait
Try napkin origami
Trim the tree
Build a bunny house
Host an Easter game night
Create a countdown
Make S'mores
Hold an egg-dying contest

For the Eager Reader



If you are in this section, it means you are getting ready to enjoy a new adventure that will take you on an unforgettable journey. "That is the thing about reading books, you will travel without moving your feet," consider this advice from Jhumpa Lahiri. While Mason Cooley, sure predicted our future with his quote, "Reading gives us someplace to go when we have to stay where we are." And let's not forget Dr. Seuss, who said, "The more that you read, the more things you will know. The more that you learn, the more places you'll go". Remember, "Reading is essential for those who seek above the ordinary," said Jim Rohn. So keep in mind, reading is a marvelous adventure anyone can have!

Amazon Top 10 Recommended Books By Ages

One - Two Year - Olds

Baby Touch and Feel: Animals by DK

Baby Faces by Kate Merrit

Things That GO! by Stephan Lomp

The Itsy Bitsy Spider by Maddie Frost

Busy City by Maddie Frost

I Love You Through and Through
by Bernadette Rossetti- Shustak

Dear Zoo by Rod Campbell

Baby Let's Eat by Stephan Lomp

Never Touch a Dragon by
Make Believe Ideas

Number Colors Shapes
by Roger Priddy

Three - Five Year- Olds

I Will Love You Forever
by Caroline Jayne Church

Hello World, Solar System
by Jill McDonald

Dr. Seuss's ABC: An Amazing
Alphabet Book by Dr. Seuss

Waiting is not Easy! By Mo Willems

Hello, World Weather
by Jill McDonald

The Going to Bed Book
by Sandra Boyton

The Thank You Book by Mo Willems

I Like to Be with My Family
by Rachel Kalban

What is Special at Night
by Daphne Pendergrass

Llama Llama Yum Yum Yum!:
A Scratch and Sniff Book
by Anna Dewdney

Six - Nine Year-Olds

There's No Place Like Space: All About

Our Solar System by Dr. Seuss

The Day the Crayons Quit
by Drew Daywalt

River Rose and the Magical Lullaby
by Kelly Clarkson

The Incredible Book Eating Boy
by Oliver Jeffers

Monsters Love Colors by Mike Austin

Dragon Love Tacos by Adam Rubin

The Lorax by Dr. Seuss

The Legend of Rock Paper Scissors
by Drew Daywalt

The Heart and the Bottle
by Oliver Jeffers

Enemy Pie by Derek Munsony

Ten - Thirteen Year-Olds

Special Edition Harry Potter
Paperback Book Set by J.K. Rowling

When the Earth Shakes: Earthquakes,
Volcanoes, and Tsunamis
by Simon Winchester100

Events That Made History:
Momentous Moments that Shaped
the Modern World by DK

Holes by Louis Sachar

Smile by Raina Telgemeier

Just Kidding by Trudy Ludwig

The Great Adventures of Thomas
Trumpet by S.T. Adams

Four You Say Which Way Adventures:
Pirate Island, In the Magician's House,
Lost in Lion Country, Once Upon an
Island by Blair Polly

The Everything Kids' Science
Experiments Book by Tom Robinson

Mister Lee's Fantasy Football Dream
by PJ Robert and Marc Roberts

Teenagers 14 +

Percy Jackson and the Olympians
5 Book Paperback Book Set
by Rick Riordan

Chaos Walking Trilogy Boxed
Set by Patrick Ness

The to All the Boys I've Loved
Before Paperback Collection Set
by Jenny Han

The Selection 5 Book Set:
The Complete Series by Kiera Cass

The Legend Trilogy Boxed Set:
Legend/Prodigy/Champion
by Marie Lu

Divergent Series Set: Divergent,
Insurgent, Allegiant, Four
by Veronica Roth

The Heroes of Olympus Boxed Set:
The Lost Hero/ The Son of Neptune
/The Mark of Athena by Rick Riordan

The Fifth Wave Trilogy by Rick Yancey

The Fifth Wave - First Book

The Infinite Sea - Second Book

The Last Star - Third Book

The Maze Runner Series Complete
Collection by James Dashner\

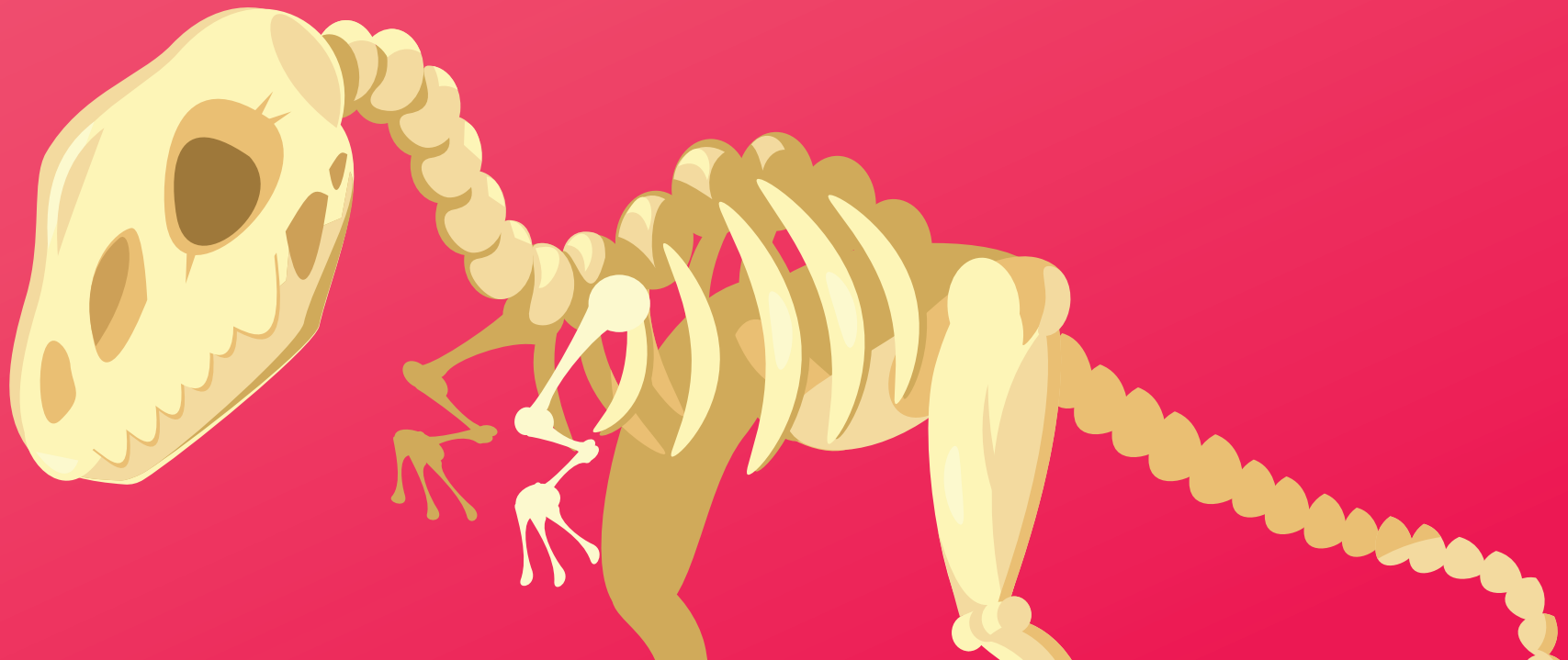
If you are an avid story listener, you might enjoy this Amazon option, audible stories. They entertain, teach, keep your mind active and engaged. **Click on the title below to access an incredible collection of free audiobooks, organized by age and genre.**

AMAZON AUDIBLE STORIES

There are other reading resources that I am sure young children will enjoy. One is titled "#Operation Storytime" where your favorite authors host storytime online! **Click on the hashtag below and choose your favorite author. #Operation Storytime**

Storyline Online is an online library where you can find your favorite titles read by a celebrity. They are organized in alphabetical order. To listen to your chosen story just click on the book cover. **Click on the title below to access your favorite books. Storyline Online**

For the Museum Enthusiastic



Google Arts & Culture teamed up with over 2500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world. Take a look at just some of Google's top museums that are offering online tours and exhibits. Museums around the world are also sharing their most zen art on social media to help people cope with staying home.

TOP Virtual Tours and Exhibitions

Click on the museum's name to visit it virtually.



The Louvre Museum
- Paris, France



Musée d'Orsay
- Paris, France



The National Archeological
Museum - Athens, Greece



The British Museum
- London, UK



The Pergamon Museum
- Berlin Germany



The Rijksmuseum Museum
- Amsterdam, Netherlands



The Van Gogh Museum
- Amsterdam, Netherlands



The Uffizi Gallery
- Florence, Italy



National Gallery of Art
- Washington, USA



The Solomon R. Guggenheim
Museum - New York, USA

TOP Virtual Tours and Exhibitions

Click on the museum's name to visit it virtually.



The J. Paul Getty Museum
- Los Angeles, USA



The National Museum
of Anthropology
- México City, México



The Modern Museum of Art
- Sao Paulo, Brazil



The National Museum of
Modern & Contemporary Art
-Seoul, South Korea



Cincinnati Zoo and
Botanical Garden



Cirque du Soleil

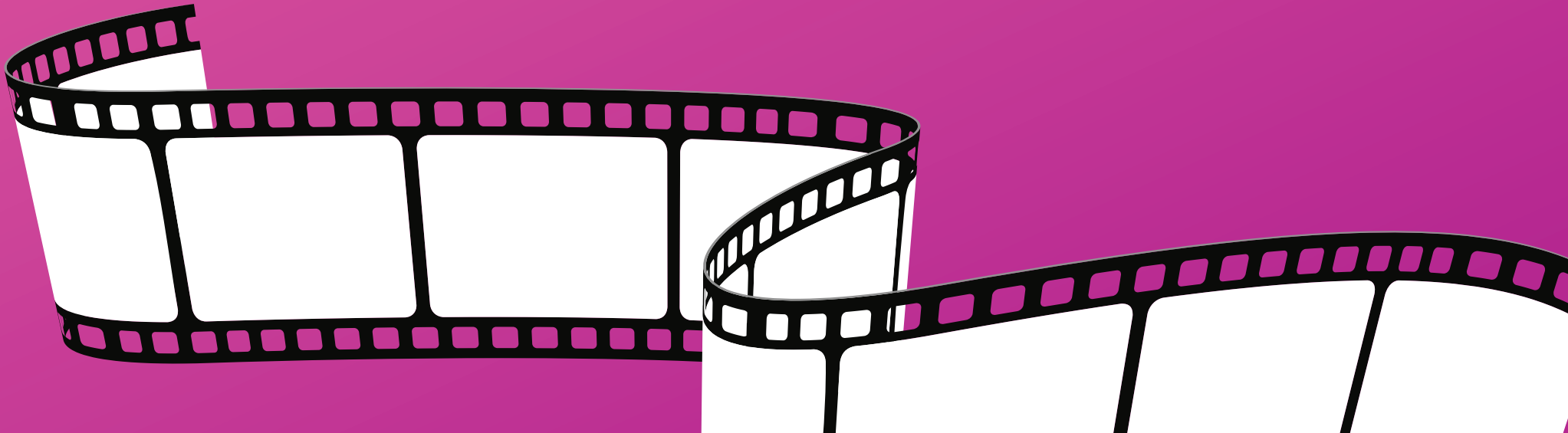


Virtual Disney World



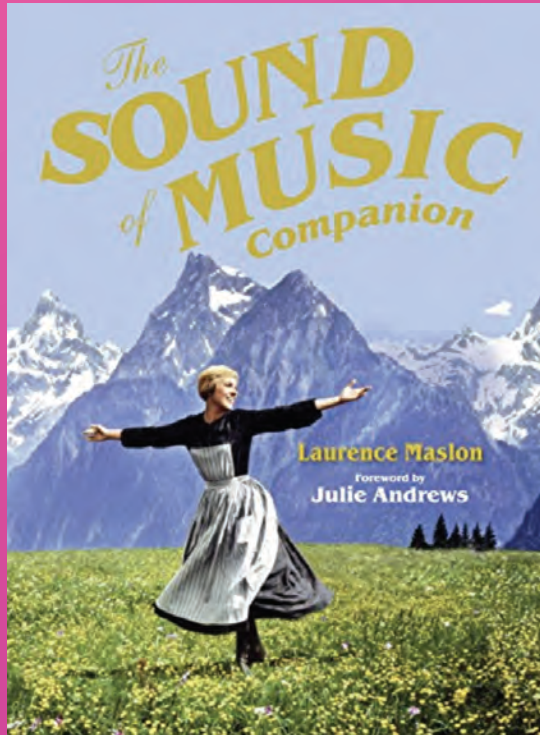
Monterey Bay Aquarium

Fun Family Movie Nights



There is nothing more entertaining for the family than “Family Movie Night”. You get to choose the movie you want to watch, prepare your munchies, and lay down on the couch. Surprisingly enough, besides enjoying a great motion picture, there are many benefits to this recreational activity. Studies show that watching a movie with your loved ones strengthen bonds, promotes family togetherness, builds tradition, increases trust among family members, decreases siblings rivalry, among others. There are thousands of movies to choose from, however, the following movies are considered to be the best movies of all time.

Movies rated G



"THE SOUND OF MUSIC" - 1964



"WILLY WONKA & THE CHOCOLATE FACTORY" - 1971



"MARY POPPINS" - 1972

"BEAUTY AND THE BEAST" - 1991

"THE LION KING" - 1994

Movies rated PG

"ANNIE" - 1982

"THE GOONIES" - 1985

"BACK TO THE FUTURE" - 1985

*"E.T. THE EXTRA-
TERRESTRIAL" - 1982*

"HOME ALONE" - 1990

"THE WITCHES" - 1990

"THE PARENT TRAP" - 1998

"MATILDA" - 1996

*"WHERE THE WILD
THINGS ARE" - 2009*

"FREAKY FRIDAY" - 2003

"THE INCREDIBLES" - 2004

"UP" - 2009

"HUGO" - 2011

*"THE GREATEST
SHOWMAN" - 2017*

"INSIDE OUT" - 2015

"THE SECRET LIFE OF PETS" - 2016

"COCO" - 2017

Movies rated PG-13



"THE BREAKFAST CLUB" -1985



*"FERRIS BUELLER'S
DAY OFF" - 1986*



"CLUELESS" - 1995

"HARRY POTTER" 1-8 - 2001

"MEAN GIRLS" -2004

For Food Lovers



There is no age to get your children involved in the kitchen. Although it requires time, patience, and extra clean up, there are plenty of benefits of cooking with your kids. We can consider cooking a life skill necessary to learn to become independent as they grow and reach their milestones. The younger our children start cooking, and it will soon become a skill that they are well adapted to by adulthood. When children are involved in the cooking process, they stimulate their curiosity and develop an adventurous and varied taste palette, making them keener to try new ingredients and foods. Cooking at home also promotes a healthier lifestyle by consuming less sugar and processed foods. Besides, cooking can be fun and an excellent opportunity to strengthen family bonds. There are thousands of recipes you can find online. Here are a few that are easy, delicious, and fun for kids to cook with you.

"Good Food = Good Mood"

Click on the recipe's name for instructions



Breakfast Toast Cups

The "cups" are just discs of flattened bread punched out with a cookie cutter.



Peanut Butter & Chocolate Pancakes

Kids will jump out of bed with the smell of peanut butter and chocolate.



Egg in a Hole with Broiled Tomatoes

Egg-in-a-hole toast is pretty silly, your kids will surely love this.

Peanut Butter-Banana Quesadillas

Children love Quesadillas!
Try this new Quesadilla Recipe.

Vegan French Toast

The hardest part is replacing the egg.
Check this recipe out!

"Good Food = Good Mood"

Click on the recipe's name for instructions

French Bread Pizzas

Set up a toppings bar and let little ones customize their own creations.

Baked Parmesan Zucchini Fries

Every kid loves french fries, try this cool variation of fries.

Salad Jar

Trick to get your kids to eat more salad? Letting them build their own.

Pappardelle with Leeks and Corn

Vegetarian and perfectly filling.
Get the recipe.

Mini Lasagna Cups

Food presentation is always very attractive.

Taco Pizza

Kids love tacos and pizza. Put them together and awesome things will happen.

Roasted Cauliflower Steaks

Some children just don't like vegetables. Get them involved to spark their curiosity.

Creamy Mac 'n' Cheese

Even the pickiest of palates will enjoy this recipe.

Pressed Picnic Sandwich

Ingredients are key for this recipe, in a sandwich, everything goes!

Chicken or Steak Fajitas

Let your kids be creative, you can be impressed!

"Good Food = Good Mood"

Click on the recipe's name for instructions



Vanilla Sugar Cookies with Sprinkles

Kids love decorating cookies!
Get the recipe



Donut Hole Skewers

Let your children be creative
by choosing the order of ingredients.

No-Bake Snack Bars with Cheerios

Just about any dried fruit,
nut, or seed can be included.

Watermelon and Berry Fruit Salad

Long live the cookie cutters!
See more here

No-Bake Chewy Oreo Bars

It can't get easier and appetizing
than this. Oreos + marshmallows + butter.

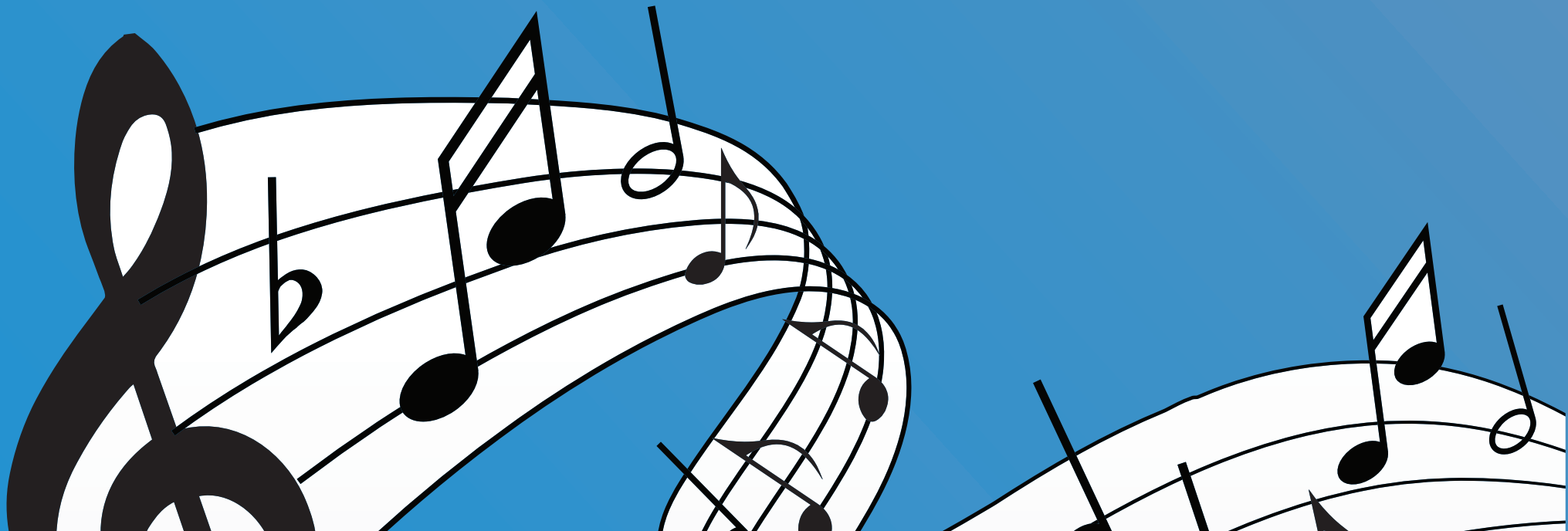
Easy Jello Ice Pops

Kids will love customizing their
treats with different colors and molds.

3-Ingredient Nutella Brownies

Impossibly easy and
incredibly delicious!

For the Musical Soul



Music is a great way to bring the family together for an afternoon of fun and to create memories. People who appreciate music, experience plenty of benefits. Music can improve our mood and overall well-being. It helps regulate emotions, boosts happiness, and relaxation in everyday life. Besides, it reduces stress, lessens anxiety, and provides comfort. Sharing an interest in music is a great way to create a positive family environment. So take a look at the following options, click on the link of your option chosen, relax and enjoy!

Theatres, Dance, and Comedy

Click on each title to learn more

**Online Free Broadway Musicals
For a Limited Time - 7 Day Trial.
Broadway HD - Stream Your
Favorite Broadway Hits!**

- The Sleeping Beauty
- Alice at the Palace
- Alice's Adventures in Wonderland
- Daddy Long Legs
- Disney's Broadway Hits at Royal Albert Hall
- Hans Brinker
- Hetty Feather
- Peter Pan
- Puffs
- The Prince and the Pauper
- The Wind in the Willows

Teatro Aberto

Teatro Aberto suspended the show "Alma", by Tiago Correia, winner of the Grand Prix of Portuguese Theater. However, Teatro Aberto will be more open than ever by bringing the theater to the digital world. Every night at 9:00 pm, you can watch streaming videos of some shows that were on stage at Teatro Aberto, directly from the official website.

Marquee TV

Arts and culture streaming platform Marquee TV has extended its trial period to 30 days, giving free access to a huge array of theatre and ballet productions and a large and varied collection of operas that include most of the Glyndebourne festival's recent productions. Other must-sees include Arvo Parts's Adam's Passion, and Opera North's award-winning production of Jonatan Dove's children's opera, Pinocchio, and one of the greatest opera events of the last decade: Aldeburgh festival's outdoor production of Peter Grimes, staged on the beach where Britten's opera is a set.

Music: Billboard Concerts

**Parents, please make sure the concerts' content is age-appropriate, these concerts have not been rated.*

Click on the words in bold to access links

April 3	Hozier (5 p.m. ET/2 p.m. PT) Billboard Live At-Home performer. Tune in to Billboard's Facebook page to watch live. The Grammy Museum is releasing its digital public program with Greta Van Fleet here .
April 4	G. Love plays Martin Guitar Presents Jam In Place at 4:30 p.m. ET.
April 5	ACM Presents: Our Country on CBS (8 pm ET) will feature at-home performances from country superstars on April 5. Chris Freeman plays Martin Guitar Presents Jam In Place at 12.
April 6	The Grammy Museum is releasing its digital public program with Kool And The Gang here .
April 8	The Grammy Museum is releasing its digital public program with Andrea Bocelli, Matteo Bocelli and Bob Ezrin here .
April 10	Coachella: 20 Years in the Desert, the documentary about the annual music festival, hits streaming services on the date it was originally supposed to open.
April 11	The Grammy Museum is releasing its digital public program with Tanya Tucker, Brandi Carlile and Shooter Jennings here .

Music: Billboard Concerts

Click on the words in bold to access links

April 13	The Grammy Museum is releasing its digital public program with Common here .
April 15	The Grammy Museum is releasing its digital public program with Alice Merton here .
April 18	The Grammy Museum is releasing its digital public program with Los Tigres del Norte here .
April 20	The Grammy Museum is releasing its digital public program with Richard Marx here .
April 22	The Grammy Museum is releasing its digital public program with Courtney Barnett here .
April 25	The Grammy Museum is releasing its digital public program with Ben Platt here .
April 27	The Grammy Museum is releasing its digital public program with Sabrina Carpenter here .
April 29	The Grammy Museum is releasing its digital public program with Brett Young here .

Opera

Click on each title to learn more

Gstaad Menuhin Festival and Academy

Gstaad Digital Festival presents concerts highlights, backstage interviews, and masterclasses from the Gstaad Menuhin Festival - free of charge for everyone....simply because they love music. Register today and enjoy their wonderful artists as you access the English language version of the written content.

Vienna State Opera

Vienna State Opera has opened its archives and is offering a different opera available to watch each day, for free, via a streaming platform.

The Metropolitan Opera

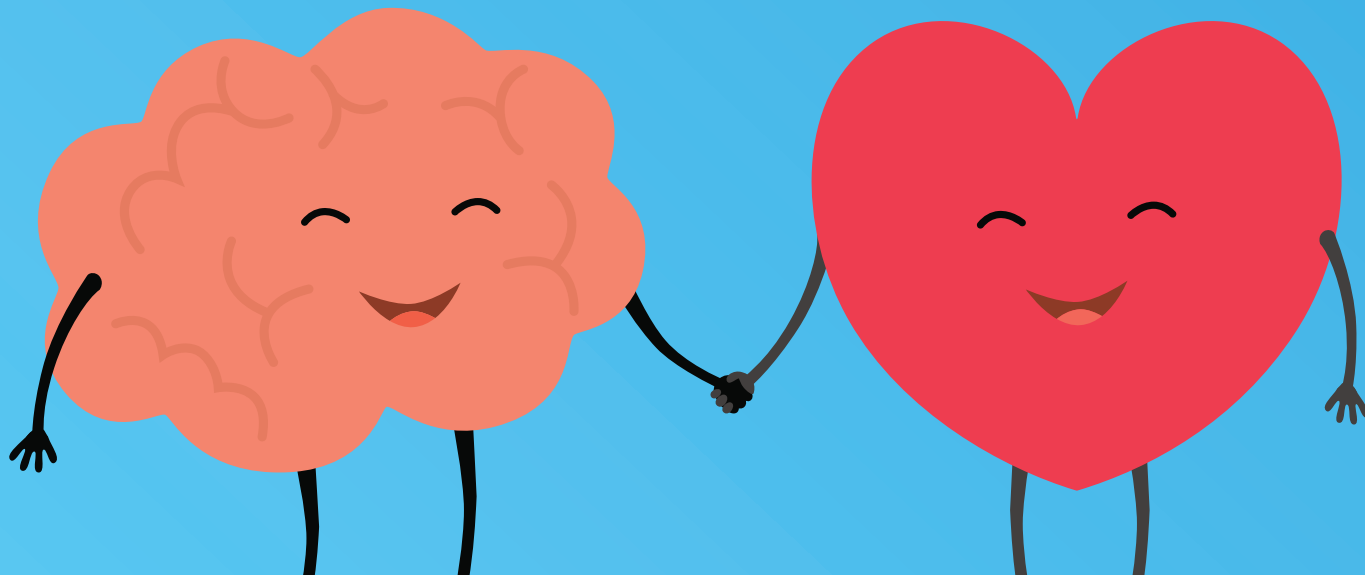
Every day for the duration of the Met's closure due to the Coronavirus pandemic, a different encore presentation from the company's Live in HD series will be made available for free streaming on the Met website, with each performance available for 20 hours, from 7:30 pm EDT until 3:30 pm the following day. The schedule will include outstanding complete performances from the past 14 years of cinema transmissions, starring al of the opera's greatest singers.

Nightly Opera Stream - Watch Now: IL Barbiere di Siviglia
Nightly Opera Streams: March 30th - April 5th

Berlin's Pierre Boulez Saal

Intermission series features a regularly updated selection of past concerts each available for two or three days. This week you can see the Belcea Quartet performing Haydn, Dvorál & Ligeti and a 2017 Daniel Barenboim Schubert recital.

For the Body & Mind



This section is divided into two parts, body and mind.

The first segment is on exercising our bodies from home. This might be a challenge, considering that some of us enjoy outside activities, such as walking, hiking, or swimming. But let's try to stay focused on our health and stay safe at home. You can create an exercise routine that involves your family; this way, you can all motivate each other as you enjoy an activity together. Remember, physical activity stimulates the release of dopamine, norepinephrine, and serotonin. These brain chemicals play an important part in regulating our mood. For example, regular exercise can positively impact serotonin levels in our brains and make us feel happy. Here are some free resources that can guide you through your family's exercise routine. Click on each title to access the videos and websites.

Exercise Videos

Click on each title to learn more

The Learning Station

Children love this energizing collection of fun, interactive activity, and dance songs. Their songs encourage youngsters to stay active, heart-smart, and healthy. Here are a couple of videos that will surely bring some joy to your home!

Move and Freeze

Jump Up, Bend Down

Cosmic Kids

A Cosmic Kids yoga adventure is designed to be a workout. It moves at a good pace to hold the attention of the kids and makes sure there is an aerobic activity in the exercise. With the sequence of poses working to bring a story to life, there is a continuous flow of poses, which means the heart rate stays in a healthy cardio range. In a Cosmic Kids yoga adventure, there is always plenty of hopping, jumping, running on the spot, swimming actions and dancing to be enjoyed.

Baby Shark Wash Your Hands

A fun way to teach young children how to stay healthy during the holidays is by teaching them how to wash their hands.

A Quick and Easy Family Workout

The routine is suitable for all ages and can be done in any space. In addition to having fun together, you'll strengthen muscles throughout the whole body, especially in the arms and legs, and you'll practice stretches that will help you move fluidly and comfortably.

Pinkfong Dancing Songs

This website offers educational songs that will have your children simultaneously singing, dancing, and learning. Come join the fun!

Have a Blast With This Family Fun Cardio Workout

Get your heart rate up in your living room with this fun workout from Class FitSugar host Anna Renderer. Featuring cardio moves that feel like games and challenges where the winner gets prizes.

Mindfulness

Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgment. Mindfulness is now being examined scientifically and has been found to be a key element in stress reduction and overall happiness. Research has found that mindfulness improves well-being, physical, and mental health.

Mindfulness can be cultivated through mindfulness meditation, a systematic method of focusing your attention. You can learn to meditate on your own, following instructions in books or on apps.

Here are the top recommended Apps to meditate at home.

Before downloading an app, check if they are offering free downloads due to the current situation. Remember, click on the title to go to the website or directly to the app. The last three apps are for children (#6, #7, and #8).

Mindfulness

Click on each title to learn more

CALM

This award-winning app has calming exercises, breathing techniques to help you relax, and even a Calm Kids section with meditations for kids between 3 and 17.

The Mindfulness App

Meditation beginners and gurus alike will find lots of options with The Mindfulness App. A 5-day guided practice and intro to mindfulness help you get started. Timed guided or silent meditations from 3 to 30 minutes.

Headspace

Find calmness, wellness, and balance in your life with this app's guided meditation and mindfulness techniques for daytime use. Before bed, try any of its 10 new sleep music tracks or 16 nature soundscapes.

Buddhify

With 200 + meditations, the buddhify app teaches you how to reduce anxiety and stress, promote sleep, and manage difficult emotions. Practice mindfulness exercises with categories suitable for whatever you're doing

Sattva

Sattva draws from Vedic principles of meditation, chants, and mantras delivered by Sanskrit scholars. Simple, authentic, and deep meditations begin at six minutes in length, and users can set goals to slowly extend their practice.

Headspace for Kids

The popular adult mindfulness app now has a kids' series of breathing exercises, visualizations, and meditations grouped into five categories: kindness, focus, sleep, calm, and wake-up.

Smiling Mind for Kids

This app offers mindfulness sessions, developed by a team of psychologists, that start with a quick series of questions to focus the mind followed by simple, easy-to-follow meditation exercises.

Stop, Breathe & Think for Kids

This app is designed to help kids with focus, quiet, peaceful sleep, and processing emotions. Your little one will learn mindful breathing and the importance of checking in with herself. Ages 5-10; download for free.

Mindfulness Exercises

*The following Mindfulness exercises have been shared by TecMilenio. Therefore, each exercise is in Spanish.
Please click on each title below to access the youtube videos with the mindfulness exercises.
They are recommended for all family members.*

Atención plena a la respiración (corto)

Atención plena a la respiración

Atención plena al cuerpo (escanear corporal)

Ejercicio mental de tu mejor versión

Espacio de respiración con fortalezas

Ejercicio mental con versos de fortalezas

Ejercicio mental de bondad amorosa

Ejercicio mental de exploración de fortalezas

Ejercicio mental de mirada fresca

Home Heroes - Helping out With Chores



Collaboration is a value that we must instill at home and what better to do so by involving our children in home chores. Through household chores, children can learn many life skills, such as caring for themselves and others, organization skills, preparing meals, and even keeping a garden. When children contribute to family life, it helps them feel responsible, competent, and reliable. Besides, sharing housework can help families work better as a team and reduce family stress.

Now, considering the community we live in, our children are not used to be in charge of chores, and it might be a challenge to bring them quickly onboard. But let's be optimistic and creative, there are various ways to involve children with household responsibilities. We first need to consider their age and abilities. A chore that's too hard for a child can be frustrating – or even dangerous – and one that's too easy might be tedious and annoying. Toddlers are always eager to help out, also if this means more work for us. A two-year-old child can help with three basic chores: pick -up toys, put dirty clothes in the laundry bin, and wipe up spills.

As children grow up, they might not be as eager to help out as a toddler. However, as parents, we need to be consistent with our expectations and praise their contributions, making them feel useful, valued, and reliable. Praising them will boost their self-esteem and motivate them to continue helping out. Here is an “Age-Appropriate Chores for Children” chart that parents can rely on during these weeks at home.

Ages 2-3	Ages 4-5	Ages 6-7	Ages 8-9	Ages 10-11	Ages 12+
Put toys away	Make their bed	Sweep the floors	Wash their laundry	Vacuum	Clean the garage
Throw away trash	Feed the pets	Empty the dishwasher	Walk the dogs	Wash mirrors	Organize closets
Put books on bookshelf	Water the plants	Get the trash out of rooms	Bring empty trash cans	Swoop garage and driveway	Help Grocery shop
Pick Up Blankets	Make easy snacks	Make a Simple Salad	Put groceries away	Clean the kitchen	Run errands 16+
Put dirty clothes in bin	Clean out under beds	Organize their closet	Wipe bathroom sinks	Clean the toilets	Mow the lawn
Help set the table	Clear table after dinner	Mop the kitchen floor	Make scrambled eggs	Make a simple meal	Mop the floors
Put things away inside drawers	Dry dishes and put them away	Fold Clothes	Fold clothes & put them away.	Bring the mail & packages inside	Cook and clean up afterward

For the Passionate Artist



You don't have to be a crafty or artistic parent to enjoy kids' crafts, sit and watch how your child develops their creativity and ends up with a product of their own. There are numerous arts & crafts projects that can engage kids and nurture their creativity. Through Arts & Crafts, young children develop fine motor skills, increase dexterity, improve hand-eye coordination, and encourage self-expression. Research also shows that creating art projects boosts their self-esteem, promotes innovation and creativity, and enhances decision-making skills. Try some of them out, and you might discover a new passion for yourself.

Here are some quick and easy kids crafts that can be made under 30 minutes using items that you probably already have around the house. For more information on each art activity, click on the name of the chosen craft to access the webpage.

Recycled Tin Can Windsocks

- Clean Recycled Can
 - Acrylic Paint and Paintbrushes
 - Glue
 - Assorted Ribbons
 - Masking Tape
 - Optional: Glitter, Stickers, and Sequins
- 1.** Start by painting the can in colors of your choice.
 - 2.** After the paint is dry, use glue to attach ribbons to the can's bottom.
 - 3.** Add a ribbon to the top of the can for hanging.

[Click here for Free Printable Easter Coloring Pages for Kids](#)

[Click here for Free Printable Mandalas for Teens and Adults](#)

Homemade Microwave Puffy Paint

- White paper
 - One cup of flour
 - Three teaspoons of baking powder
 - One teaspoon of salt
 - Water to make it the consistency of pancake batter
 - Snack-size Ziploc baggies
 - Food Coloring
- 1.** Mix flour, baking powder, salt, and water.
 - 2.** Divide the mix into four parts
 - 3.** Add food coloring to each part and mix it.
 - 4.** Put each color mix into the snack-size Ziploc baggies.
 - 5.** Rubber band the baggies like you would if you were icing a cake.
 - 6.** Snip off the teeniest bit of the tip.
 - 7.** Paint away on the white paper!
 - 8.** When finished, pop the painting into the microwave for 30 seconds.
 - 9.** Watch the paint puff up and grow.

Airplane Clothespins

- Clothespins
- Foam craft sticks
- Glue
- Scissors

Watch this one-minute video

Streamer Rainbows

- Paper plates
- Strips of colored tissue paper or any paper you have on-hand.
- Cotton Balls

1. Cut paper plates in half
Attach strips of colored paper to the backside.
2. Shred the cotton balls.
3. Glue cotton balls to the other side of the plate to create clouds.

DIY Paper Kite Craft

- Two wooden dowels
- 36" wide sheet of paper
- Crayons, markers or finger paint
- Yarn
- Tape
- Ribbons

[Click here for instructions](#)

DIY Cardboard Marble Run

- 11 Toilet paper rolls
- Cardboard base
- Tape
- Paint
- Glue
- Marbles / Pom Poms

1. Make 3 towers: 2 towers that are 3 toilet rolls high
1 tower that is 2 toilet rolls high
2. Tape each one together with tape
3. Connect the towers: Cut 3 toilet rolls in half longways
Tape them together to make shoots. Cut holes in the towers for the shoots to rest. Make sure they are tilted down so marbles roll down.
4. Test the marble run as you cut with a pom pom to make
make sure holes are high enough to allow balls through.
5. For the base, use a cardboard box, mark the towers and glue them.
6. Leave the project overnight to dry.
7. The next day, paint the towers, shoots, and base.

Cherry Blossoms Art Project

- Vase template
- Light blue construction paper
- Blue marker
- Scissors
- School Glue and Glue Stick
- Black paint
- Paintbrush
- Dark,light pink tissue paper squares

[Click here for instructions](#)

Nature Art Bugs

- Recycled heavy cardboard cut into squares
- Acrylic paint
- Craft glue
- Mod podge
- Hole punch
- Paintbrush
- Leaves, sticks, and twigs

[Click here for instructions](#)

San Pedro - Secretaría de Cultura



San Pedro
Garza García

superciudadanos
superciudad

Clases Virtuales Secretaría de Cultura

Horario	Lunes 30	Martes 31	Miércoles 1	Jueves 2	Viernes 3	Sábado 4
9:00 am	Yoga principiantes	Yoga avanzados	Yoga principiantes	Yoga avanzados	Yoga principiantes	Yoga avanzados
10:00 am	Ritmos latinos	Acondicionamiento físico	Ritmos latinos	Acondicionamiento físico	Ritmos latinos	Ritmos latinos
11:00 am	Piano principiantes	Mundo de la Orquesta	Piano principiantes	Mundo de la Orquesta	Manejo de emociones	Inicia tu huerto en casa
12:00 pm	Arte del bordado	Filosofía y meditación	Arte del bordado	Filosofía y meditación	Arte del bordado para niños	Escritura Creativa
1:00 pm	Fotografía digital básica	Intro. a la guitarra	Conoce tu Kit San Pedro Creativo	Intro. a la guitarra	Coaching: Mejora tu salud y bienestar	Arte para niños
2:00 pm						
3:00 pm	Inicia tu producción teatral	Plastilina para peques	Inicia tu producción teatral	Guitarra: Reparaciones y tonalidades	Trompeta para principiantes	Concierto de música infantil: Sandunga
4:00 pm	Arte para niños	Arte para niños	Arte para niños	Arte para niños	Arte para niños	
5:00 pm	Acondicionamiento físico	Acondicionamiento físico	Acondicionamiento físico	Acondicionamiento físico	Acondicionamiento físico	
6:00 pm	Piano Classics Concierto: Saverio Giandusa	Maquillaje y autocuidado de la piel	Ritmos latinos en familia	Círculo de lectura: "El dolor de la cigüeña"	Ritmos latinos en familia	
7:00 pm	Yoga Intermedio	Teoría Musical	Yoga Intermedio	Introducción al violín	Photoshop básico	
8:00 pm	Concierto de guitarra: Gilberto Manzanares	Concierto de pop/rock: Coco Ramírez y Georgy Manterola	Concierto Supernova de Silencio: Alejandro de la Garza	Concierto de cello: Ana Karen Rodríguez	Concierto de pop/rock: Sergio Zavalza	
8:30 pm	Tips para padres			Tips para padres		

Secretaría de
Cultura y Educación

Transmisión en vivo: www.facebook.com/culturadesanpedro

