



# FAIRFIELD PUBLIC SCHOOLS

## Make Your April Break a #FPSselfcarestaycation!

Dear Students, Families and FPS Staff,

The much deserved April break is upon us, and many of us are wondering how to adapt to a very different break than we are used to. What do we do when we finally have the time, but not the luxury of travelling far from our home?

These are suggested activities to help maintain some semblance of purpose and routine, and to remain engaged with FPS and each other. Try to select one or two per day, but be mindful of not being overambitious. While consistent routines are often reassuring and feel safe, sometimes we have to be flexible and give ourselves a break. This is an opportunity for us to nurture ourselves and each other, and to promote social-emotional learning (SEL).

Try to do these activities as a family, or have caregivers facilitate with younger members of the family. Take pictures, and tag with [#FPSselfcarestaycation](#), and any other hashtags associated with your school! We would love to see everyone in action!

Wishing you a restful and healthy time with you and yours!

### Suggested Activities for Self-Care and Connectedness

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## Creation Station

- a. Make a calming [glitter jar!](#)
- b. Make a stress ball or squishy. Fill a balloon with flour, cornstarch, rice, sand, or dried beans using a funnel and tie the end of the balloon. You can also decorate the balloon using a marker (make sure the marker works on the balloon). [Watch this how to video for help!](#)
- c. [Create a vision board collage representing your goals and values!](#)
- d. Brighten your day with [kindness rocks!](#) Share with others to spread the love!
- e. Can't go shopping? Refresh old clothes with [tie-dye](#) at home!
- f. Explore your creativity in the kitchen! Choose a few recipes to try as a family this week!
  - i. [Groovie Smoothies](#)
  - ii. [Carrot Coconut Pineapple Muffins](#)
  - iii. [Swiss Berry Muesli and Parfait](#)
  - iv. [Jewish Sour Cream Cake](#)
  - v. [Chocolate Chip Cookies](#) (or change to a different add-in!)
  - vi. [Pizza with Overnight Crust](#)
  - vii. [Quick Tomato Sauce](#) (from Cooks Illustrated)
  - viii. [Homemade Pasta and Bolognese](#) (Jamie Oliver)
  - ix. Make your own [quesadillas!](#) Use corn tortillas, or try these [Homemade Flour Tortillas](#) from the Pioneer Woman
  - x. [Oven Fried Chicken](#) (If you don't have buttermilk, no worries! Make your [own!](#))



#FPSselfcaestaycation

## Get Moving and Grooving

- a. Start your day with a dance party! Each morning, let a different family member choose their preferred [song](#).
- b. Stay inside, or go for a walk, but be mindful of the beautiful world around you! Here is a [list of scavenger hunts for both inside and outside!](#)
- c. [Gardening with Gratitude](#)
- d. Check out the [Cosmic Kids Youtube Channel](#) for yoga for little ones! Parents and older kids - check [this](#) out!
- e. Get everyone in the family laughing and moving! Check out [21 Creative Outdoor Games](#) for folks of all ages.



## Cool, Calm and Connected

- a. Set up a virtual “playdate” with school friends or “party” with loved ones using [Google Hangout](#) or [Zoom](#).
- b. Have a virtual game night! Games that work well are Scattergories, charades and/or Pictionary.
- c. Just [BREATHE](#) - a variety of breathing exercises you can use to calm your physical body and regulate emotions.
- d. [Coping Calendar Link](#)
- e. Explore, create and connect with [Flipgrid](#)!
- f. Set aside 15 minutes per day to connect as a family. These [topics](#) are great starting points!



## Kindness and Gratitude 101

- a. Check on loved ones who live on their own (e.g., grandparents, neighbors, etc.) who are physically isolated with phone calls and texts.
- b. Write a note or letter to a long-lost friend, or even a near and dear neighbor, to let them know you are thinking of them.
- c. Mrs. Allen of FWMS created this amazing assignment for her Family & Consumer Science classes. Check out [Kindness 101](#) with Steve Hartman of CBS News!
- d. Let caring and gratitude radiate with a [random act of kindness!](#)
- e. Make your own gratitude journal! Using any notebook you have, glue cardstock, construction paper, or printer paper to the front cover and decorate! Use stickers, cut/paste pictures and quotes, or draw on it yourself. Then start to journal what you're grateful for everyday! Here are some [gratitude journal prompts](#) if you need a little inspiration!
- f. Here's an opportunity to thank all the essential workers out there! Spread the love with [hearts in your windows!](#)
- g. Write messages of encouragement and hope on driveways and sidewalks!  
[#ChalkYourWalk](#)

