Activity	Cosmic Kids Yoga and meditation videos on YouTube
Materials	YouTube
Skills Targeted	Self-regulation
Instructions:	https://www.youtube.com/user/CosmicKidsYoga/videos This YouTube channel has so many great yoga, meditation and relaxation videos for preschool through tweens! Check it out!
Modifications:	FInd the videos right for your child! There are different themes including Frozen and Star Wars!

Activity:	**Silly Picture Prompts for writing**
Materials:	Pencil, paper
Skills targeted:	Handwriting and written language skills
Instructions:	Open the link below to view the various pictures. Have your child choose a picture and use that picture to generate writing. • Young or pre-writing students (preschool, kindergarten) – talk about the picture with your child. Ask questions (who, what, where, how, why, etc). • Early writers (1st and 2nd grade) – write a sentence or two about what they see in the picture. • Writers (3rd-5th grade) – work on paragraph writing skills. Describe what's happening in the picture or make up a story about the picture. https://drive.google.com/file/d/14YeG5f9UddO8MEN5ZfWGdxPQx4LrMPKi/view?usp=sharing (you may need to press down "Ctrl" key while clicking on the link)
Modifications:	1. See above for different grade/skill level ideas. 2. Print the picture if able, or have your child view the picture on the computer. 3. Ask your child questions to help them think of ideas to write. 4. If writing a paragraph, use a graphic organizer or checklist to organize ideas (such as topic sentence, 3 detail sentences, conclusion sentence).

Activity	Paper Clip Fun!
Materials	Paper clips, toilet paper tubes, paper
Skills Targeted	Finger dexterity, finger strength
Instructions:	1. Put paper clips together to make a chain. Turn that chain into numbers or letters! 2. Use paper tubes to decorate with paper clips! 3. Add eyes and put paper clips on strips of paper to make caterpillars! 4. Put paper clips all around paper to make a border. Draw a picture in the middle!

| Modifications: | You can come up with other fun ideas! Bigger paper clips will make this easier, smaller lips will be more difficult. Have fun! |