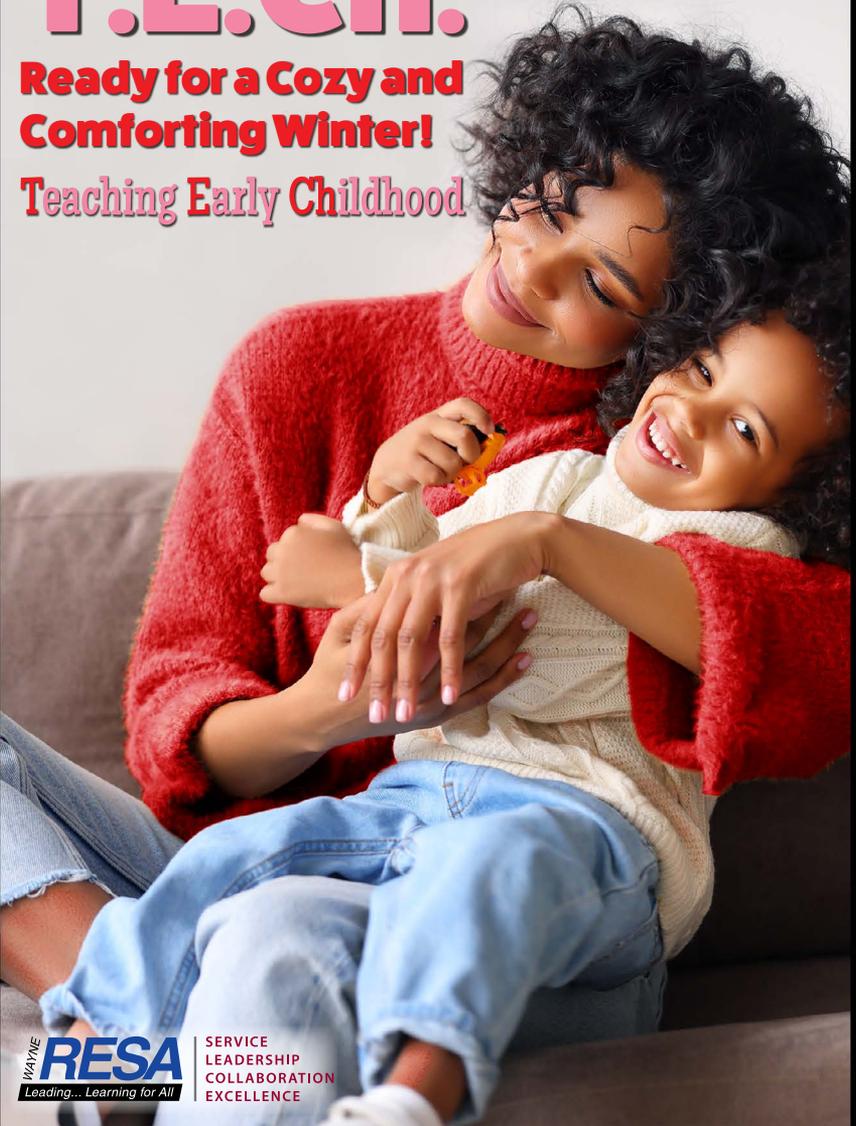


# T.E.Ch.

**Ready for a Cozy and  
Comforting Winter!**

**Teaching Early Childhood**



WAYNE

**RESA**

Leading... Learning for All

SERVICE  
LEADERSHIP  
COLLABORATION  
EXCELLENCE





*These materials were developed under a grant awarded by the Michigan Department of Education.*



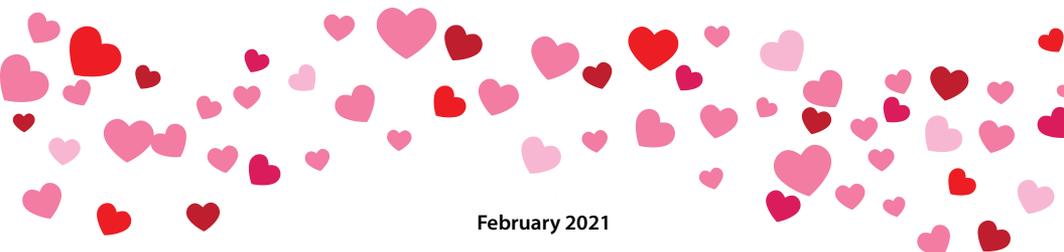
SERVICE  
LEADERSHIP  
COLLABORATION  
EXCELLENCE



**Wayne RESA:** 33500 Van Born Road, Wayne, MI 48184  
(734) 334-1300 • (734) 334-1630 fax • [www.resa.net](http://www.resa.net)

**Board of Education:** James S. Beri • Mary E. Blackmon • Danielle Funderburg  
Lynda S. Jackson • James Petrie

**Randy A. Liepa, Ph.D., Superintendent**



February 2021

# How to Use This Guide

This interactive guide has information and tools for young children, families, and educators.



Links in blue are intended for children ages 3-5.



Links in orange are intended for the families of children ages 3-5.



Links in green are intended for the educators of children ages 3-5.

Now with  
clickable  
links!

If you're reading a paper copy, **scan** the QR codes with your smart phone or tablet:



If you're reading a digital copy, **tap or click** on the QR codes:



# Cozy and Comforting



For Children

## BLACK HISTORY MONTH



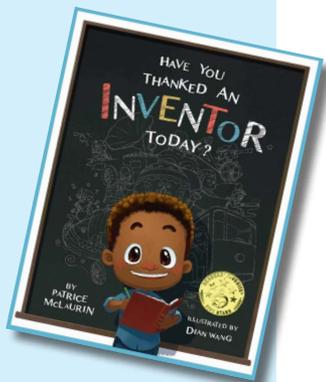
### [Have You Thanked an Inventor Today?](#) Read Aloud

*Written by: Patrice McLaurin*

*Illustrated by: Dian Wang*

Cozy up with your child and listen to this amazing book about African American Inventors.

*Parents, consider listening in small intervals.*

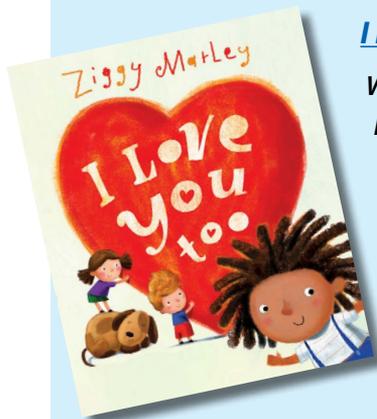


### [I Love You Too](#)

*Written by: Ziggy Marley*

*Illustrated by: Ag Jatkovska*

Cozy up with this book that explores a child's relationship with parents, nature, and the unstoppable force of love.



# Cozy and Comforting



## For Families

### 87 Fun Things to Do at Home



Here are ways to make self-isolation a little bit more fun for the whole family.

### Things to Do in the Winter to Boost Children's Development



The cold-weather months are the perfect time for simple, cozy activities that can build enduring memories and boost your child's development!

### Ages and Stages Activities

#### *Help Your Child Learn and Grow!*

Try these easy activities with your five and four-year-old child. It's a great way to have fun together and encourage healthy development!

#### 5-year-olds



#### 4-year-olds



## For Educators

### Cozy Winter for Educators

Six ways to relax and rejuvenate over Winter Break!



### A Comforting Classroom

As classrooms continue, or begin, to offer face-to-face learning look to these suggestions from Scholastic for creating a comforting classroom.



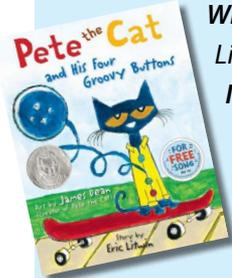
# Literacy, Math and Science

Helping children engage with language, numbers, and the world around them.



## For Children

### [Pete the Cat and His Four Groovy Buttons](#)



Written by: Eric Litwin

Illustrated by: James Dean

Count down with Pete in this rocking story that makes counting fun!

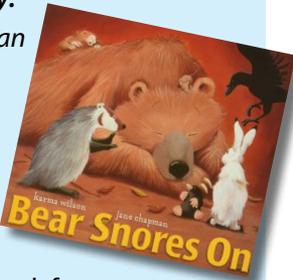


### [Bear Snores On](#)

Written by: Karma Wilson

Illustrated by: Jane Chapman

Bear's cave fills with animal friends as he sleeps in this classic book from *New York Times* bestselling team of Karma Wilson and Jane Chapman.



## For Families

### [How to Build a Snowman: Engineering for Kids](#)



### [The Mitten](#)

Written and Illustrated by: Jan Brett

A book about snow and animals

### [The Mitten Family Activity](#)

Use homemade story stones for a variety of literacy and math activities for *The Mitten*.



# Literacy, Math and Science

Helping children engage with language, numbers, and the world around them.

## For Educators

### Erikson Institute Early Math Collaborative Resources for K



### Virtual Manipulatives for Math

Looking for a virtual math resource? Check out Didax for some free virtual manipulatives.



### How to Build Comprehension Skills with Read Alouds

Check out these effective ways to support the development of children's comprehension skills.



# Mindfulness

## Slowing down and being present



### For Children

#### [Joybob the Polar Bear](#) [Video for Children](#)

A Cosmic Kids  
yoga adventure!



#### [I Am Human](#)

A Book of Empathy

**Written by:**

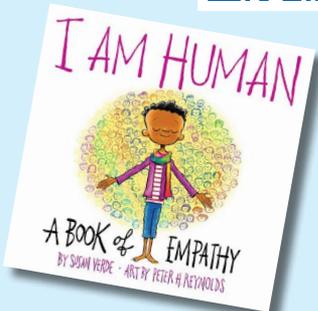
Susan Verde

**Illustrated by:**

Peter H. Reynolds



#### [I Am Human](#) [in Spanish](#)



### For Families

#### [Loving Kindness](#) [Meditation](#)

In this video,  
Giselle Shardlow  
from Kids Yoga  
Stories reads aloud  
the "Loving-Kindness  
Meditation".



#### [Cozy Corner](#)



Helping Children  
Create a Calm-  
Down Place



# Mindfulness

## Slowing down and being present



### For Educators



### 5 Tools to Help Children Access Their Emotions

Try these tools to help children understand and regulate their emotions.



Check out these three short mindful videos for teachers!



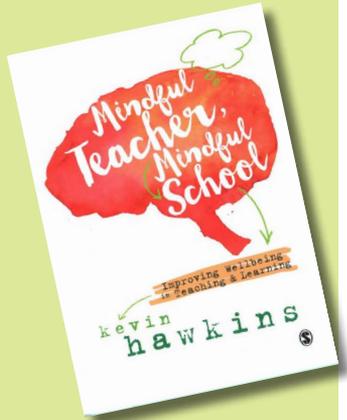
### Mindful Teacher Tip #1: Stop and Notice



### Mindful Teacher Tip #2: Take a Breath



### Mindful Teacher Tip #3: Make it Part of Your Day



### Digital Wellness Break: Sunrise Breath with Yoga Ed.

Refocus your mind and ease shoulder tension with this stretch you can do right from your chair.



# Health

## Keeping children safe and strong



### For Children



#### [Coronavirus is a Big Word](#)

Video from  
Conscious  
Discipline

#### [Shubert and Sophie Stay Home](#)

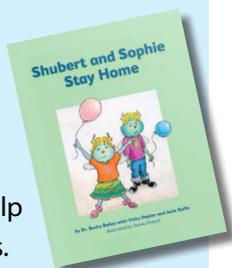
**Written by:**

*Dr. Becky Bailey*

**Illustrated by:**

*James Hrkach*

Shubert and Sophie learn to navigate their big feelings about COVID-19 with help from their parents.



### For Families

#### [How to Clean and Disinfect Your Home If Someone Has COVID-19](#)



Follow these steps from the CDC (Center for Disease Control)

to disinfect your home.

#### [Indoor Ice Skating](#)

Winter Gross Motor Activity

Slipping, sliding and skating! Let's use paper plates or wax paper to go skating across the carpet!



### For Educators

#### [When and Where to Wear Cloth Face Masks in Your Facility](#)

Michigan  
Department of  
Licensing &  
Regulatory Affairs

Updated January 2021



#### [COVID-19: Free Resources for Families and Educators](#)

Find free trainings, free resources and free webinars, in English and in Spanish, to support your students and families through trauma-informed, evidence-based practices from Conscious Discipline.



# Additional Resources

## Great Start Wayne Collaborative

Great Start Wayne provides resources and information to Wayne County families about child development and early childhood.



## Great Start Readiness Program (GSRP)

GSRP is a Michigan state-funded preschool program for four-year-old children.



## Talking Is Teaching

Learning begins at birth! When you talk, read, and sing with your child—even before they can use words—you're building their brain and helping to prepare them.



## Great Start Readiness Program—Wayne RESA



**Free Gift!**



## Survey

Please follow the link and tell us what you think about the **T.E.Ch. Ready** newsletters. The first 12 participants who complete the online survey will receive a gift!

# FREE! PRESCHOOL!



## Call

### 1-833-FourYearOld

**Great Start**  
**Readiness Program**  
Michigan's Nationally Recognized Pre-K Program

**MICHIGAN**  
Department of  
**Education**

**RESA**  
Ready to Learn for All

SERVICE  
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Wayne RESA – GSRP



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