

# LIVEN UP WITH LIVE YERS @ HOME



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

During times like these, we want to unite as a community in innovative ways that we are able to. We hope that we can provide you with ways to engage as a family, keep your kids on their toes, and tap into education while we are out of school.

The goal of this daily email is to provide you with information and tools to deviate from the daily routine at home and provide a little calm and fun in this storm.

We'd like to take this next month to focus on reading and writing each day. We will provide you with materials to encourage your kiddos to participate in these daily educational activities, with the help of your enthusiasm and guidance.

Apart from our daily education, we will also be focusing on something different each day of the week. To get your kids excited... share this schedule with them:

- Move it Monday
- Try it Tuesday
- Wonders of Wednesday
- Thinkers Thursday
- Family Fun Friday
- 'We are all in this together' Weekends

Be sure to check out

<https://www.dmymca.org/y-programs/health-well-being-and-fitness/at-home-with-the-y> if you'd like to view past day's resources! Don't be afraid to request other information from me.

Please feel free to shout out any ideas/topics on what you'd like to see in the future and we can see what we can do!

## Reading Help

Looking for ways to enhance your kid's reading over this unexpected extended break?

Use the link in the Supportive Resources section on the following page to direct you to the Reading Journal.

This would be a GREAT way for you to get involved with your child's independent reading. Take a few minutes and sit down with them to prompt them in their reading journals.

These will be the times your kids truly cherish. **Give them those cherishable moments!**

## Wonders of Wednesday 03/24/20

### Colored Your World with Kindness

"Boy, is the world my boys are growing up in different from the one of my childhood. So much social media, the pressure of perfection, the push to grow up too fast ... at times, as a parent it is overwhelming. Until I settle back in and remember that we are all doing the best we can with what we have been given. If nothing else, I can try to combat some of that darkness with a little light, kindness and generosity. And you better believe I am going to encourage my boys to do the same." -  
Maker of this activity



You ever feel like this? Join us in showing your kids, even in a time like this (especially in a time like this) that showing kindness is possible and very much needed. I HIGHLY recommend you participate in both activities.

### Supplies Needed (pick from food/drink items below):

#### "Recipe for Kindness" Random Acts of Kindness Treat Bags!

- fruit
- bags of snack mix or mini muffins
- boxes of raisins or craisins
- fruit snacks
- krispie treats
- mini cups or bags of cheese crackers
- mini bags of popcorn or boxes of cereal
- Goldfish
- granola bars or breakfast bars
- juice boxes or mini water bottles
- mini sport drinks
  
- Ziploc baggies or brown paper lunch sacks
- Printer to print printable: (or copy with paper and markers)  
<https://docs.google.com/document/d/1wO3a0VRXNBkQAb-JGSEAZ5fA8lpX5alKOPmyBh3cQYA/edit>

### Instructions:

Talk through who you'd like to show kindness to and use this link to help.

<https://thecraftingchicks.com/random-acts-of-kindness-treat-bags/>

### Supplies Needed:

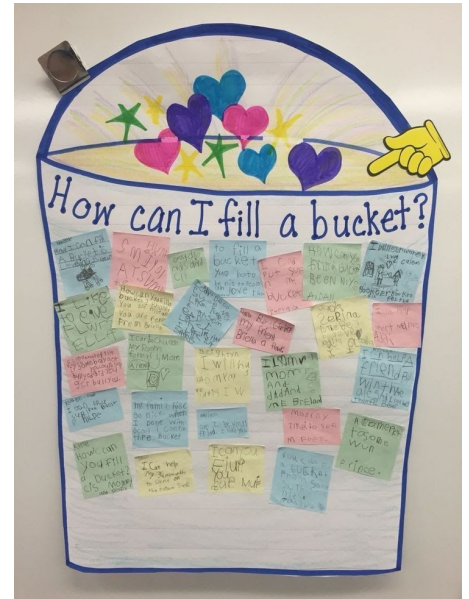
#### Fill Your Bucket with Kindness

- Large paper or tape pieces of paper together

- Tape
- Sticky notes (or small pieces of paper and tape)
- Pen
- Markers
- Large area to post your bucket for your family to use and see

### Instructions:

1. Watch this amazing and impactful link together  
<https://www.youtube.com/watch?v=UCCb85TgeEU>
2. Throughout the next few weeks, add post it notes of kind words, acts, or experiences that your family saw or experienced.
3. This is a FULFILLING and REWARDING way to stay focused on good things, even in the midst of the bad, and to focus on these things together as a family.



### Supportive Resources:

\*\*Reading Journal\*\*

<https://convertkit.s3.amazonaws.com/assets/documents/38826/2138402/journals.pdf>

Kindness Coloring Cards

<https://www.highlights.com/parents/family-activities/printable-cards>

Additional Kindness Activities (for elementary aged too)

<https://www.virtualbookclubforkids.com/kindness-week-activity-plan-for-preschoolers-featuring-try-a-little-kindness/>

Kindness book read aloud

<https://www.youtube.com/watch?v=kAo4-2UzgPo>

## Writing



### Supplies Needed:

- Printer if you wish (can use paper instead of if needing additional writing space)
- Paper (lined if possible)
- Pencil and eraser
- Coloring supplies can be helpful AFTER they've completed their writing to encourage them to draw about what they wrote.
- Quiet space is preferred

### Instructions:

- Writing prompts are great creativity and imagination starters for kids, giving them a framework and starting point to write something interesting, funny or help them practice formulating a point of view.
- Help guide your child to get into the right frame of mind to begin writing time. They are only a page, so it shouldn't be too intimidating for kids.
- Consistency is key. Come up with a good time in your day that this writing time can happen. Let your kids have a voice in what time and how long. Maybe you cap their time at 20 minutes and they are able to continue where they left off on the next day, or maybe you expect your child to write 2 paragraphs.
- Show your child the writing prompt and have them write it on the top of their paper ( or print it off on the computer). (You may assist with this- it may help with the spelling of some key words for younger students)
- You may need to sit with your child during this writing time to help with spelling and concentration.

### Supportive Resources:

You can supplement a writing prompt with writing in response to their reading for the day. The 25 probing questions are below in the link, just as pasted above with the reading curriculum.

<http://www.libraryadventure.com/25-questions-to-spark-book-discussions-with-young-readers/>

The website has helpful tips on providing beneficial assistance and support with spelling while your kids are writing.

<https://www.fortheteachers.org/friday-five-ways-parents-can-help-with-spelling/>

This website has great ideas on how to help older children review and edit their writing.

<https://writeshop.com/why-self-editing-is-hard-make-it-easier/>

### Today's writing prompt on next page:



## Reading



### Daily Supplies Needed:

- Printer to print the BINGO sheet on next page (OR you can have them cross it off electronically or make their own BINGO sheet by copying the one with paper and markers)
- A book (according to the bingo slot your child chooses that day)
- Marker (for you to assist signing off on the box that your child completed)
- Quiet place is preferred
- May need additional supplies according to the bingo slot your child chooses (for example: stuffed animal, snack, family member, etc)

### Instructions:

- The idea of Reading BINGO can help kids feel like they want to read by placing a goal in front of them. It can also help encourage him/her to read different genres.
- Come up with a reward system for your child. (For example: by completing 5 tasks and getting a BINGO, a prize/reward can be picked)
  - Examples of rewards: screen time, a treat/snack, picking out a prize at the store next time
- Consistency is key. During no school days and Summer Day Camp, we include 30 minutes of literacy in our schedule after lunch time daily. Come up with a good time in your day that this reading time can happen. Let your kids have a voice in what time and how long. We recommend 30 minutes a day.
- Help guide your child to get into the right frame of mind to begin reading.
- If your child wants to complete more than one bingo box a day, all of the power to them.
- Let me know if you need additional BINGO sheets when one is completed.
- You may need to sit with your child during this reading time to help with pronunciation and concentration.

### Supportive Resources:

The Waukee Public Library is providing many online resources that you can utilize to access books. Check out different genres to spice up your child's reading: -Sports  
-Music - Animals - Tech - Friends - Creativity -Science - Emotions

<https://www.waukeepubliclibrary.org/online-library>

Great websites/files talking about how parents can be involved with kids' reading.

<https://www.thethinkerbuilder.com/2015/08/show-parents-how-to-read-with-their.html>

[https://convertkit.s3.amazonaws.com/assets/documents/38826/2144164/parent\\_guide.pdf](https://convertkit.s3.amazonaws.com/assets/documents/38826/2144164/parent_guide.pdf)

# Let's Read

.....bingo.....

|                |                      |                                                                                     |                      |                     |
|----------------|----------------------|-------------------------------------------------------------------------------------|----------------------|---------------------|
| in my room     | a book about science | under a tree                                                                        | to my family         | a scary book        |
| a mystery book | a poem               | after dinner                                                                        | in a fort            | on a Tuesday        |
| a chapter book | my favorite book     |  | while eating a snack | on the couch        |
| under a tree   | on a Thursday        | a book about animals                                                                | to a stuffed animal  | a book about sports |
| in my pajamas  | to a friend          | a non-fiction book                                                                  | on a Monday          | with a flashlight   |

## Supportive Reading Discussion Questions:

Here are 25 open-ended questions to get kids talking about books at the dinner table, in casual conversation, and anywhere else you want to chat about reading.



1. What do you think about the cover for this book?
2. Why do you think this book has this title?
3. What is the setting of this book?
4. If you wanted to convince someone to read this book without giving away the ending, what would you say?
5. What is one thing you learned from reading this book?
6. How did you feel about the main character?
7. How did the main character solve his/her problem?
8. If you could be friends with any character from this book, who would you choose, and why?
9. How did you picture the main character?
10. Which of the characters in this book is most like you? Explain.
11. Which of the characters in this book is least like you? Explain.
12. Did the kids in this book seem realistic to you? Why or why not?
13. What was the most exciting part of the story?
14. What was the most surprising thing about this book?
15. What do you think the author is trying to tell the reader in this story?
16. What is one question you would want to ask the author?
17. Did this book remind you of any others you have read? Which ones? Why?
18. How did this book make you feel?
19. What is one thing you really liked about this book?
20. What is one thing you really disliked about this book?
21. What did you think of the way this book ended?
22. If you had written this story, what would you have done differently?
23. If you had to recommend this book to someone you know, who would you choose, and why?
24. What are some interesting words you saw in this book?
25. Was there anything in this book you would like to learn more about? Why?