

June 2020

Woburn Creative Start



School is about to end for some of our kids and the summer begins! While you are outside, please follow our suggested 5 Sun Safety Tips!

Apply sunscreen, put on a hat, wear sunglasses, wear protective clothing, seek some shade especially during 10am-4pm when the sun is the strongest.

We wish all our school year families a Happy Summer!

We will keep in touch!

We miss you all!

CURRICULUM for the MONTH

Go to Distance Learning on our website:

<https://www.communitiesunitedinc.org/distance-learning>

And continue to watch the Book of the Week and do suggested activities with your child!



Social-Emotional for Infants and Toddlers

The toddlers have been continuing to learn about the feelings: happy, sad and mad. They are learning that when they are mad, they can calm themselves down by being a S.T.A.R. S.T.A.R. stands for Smile, Take a deep breath, And Relax. Something to try at home is cutting out a star and using it to teach your child about how to be a S.T.A.R. You can model the steps for your toddler. The infants are learning the positive nursery rhyme called Three Nice Mice as well as a fun new dancing hello song. You could try this hello song out at home. Singing and dancing together can help infants grow in many areas of development in-



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Reminders:

Please visit our website:

www.communitiesunitedinc.org

For updates about COVID-19 and resources.

For Science Activities go to

<https://www.pbs.org/parents/thrive/how-to-help-your-child-think-like-a-scientist>

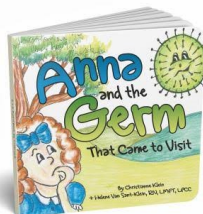
For OUTDOOR Activities
check out :

<https://tinkergarten.com/activities>



Social Emotional Corner

In May, Puppy and Snail talked about wearing face masks. In one video, Puppy wore a face mask and Snail asked questions about what it is like to wear a mask. If your child is reluctant to wear a mask out, you could show them this video and they may feel more at ease about wearing one. Last week Puppy and Snail said good-bye to some friends who will soon be ending school and their google meets for the summer. Puppy and Snail reviewed what they had learned this year with the children. We talked about feelings, calming down and fair ways to play. All children are welcome to continue watching the second step videos even if their school year has ended. In the videos we have also been discussing problem solving and ways to apply the three steps of problem solving to various situations. The three steps are 1) calm down 2) say the problem 3) think of ideas. You can help your child go through these steps when they encounter a problem like losing something or when a sibling takes their toy.



Here is a children's book that talks about the virus and what is happening right now.

Anna and the Germ that came to visit by Christianne Klein

Here is a link to YouTube of the book being read:

<https://www.youtube.com/watch?v=SZj1qeoVBQY>

*Happy Father's Day to all
our Amazing Dads!*



Let's get ready for summer

This summer may be a little different, but we can still enjoy it and have fun with the family.

Enjoy great food during the summer

Eat lots of fruits and vegetables that are in season.

Add color and fun to salads by adding both fruits and vegetables.

Grill chicken, lean meats, fish, and vegetables.



Enjoy the sunshine

Do not forget to apply sunscreen to everyone while outside, even on a cloudy day.

Sunscreen should be reapplied every 2 hours and after swimming.

**Stay hydrated
and drink lots
of water**



Enjoy the outdoors

There are lots of ways to enjoy the outdoors while staying safe.

Go for a walk

Ride bikes

Kick a ball around

What's in Season for June?



Blackberries



Corn



Melons

Artichokes
Asparagus
Avocados
Bananas
Beets
Blueberries
Bok Choy
Broccoli
Carrots
Cauliflower
Celery

Cherries
Cucumbers
Grapes
Green Beans
Greens
Leeks
Lemons/Limes
Mango
Mushrooms
Okra
Papaya

Peas
Pineapple
Potatoes
Raspberries
Stone Fruit
Strawberries
Summer Squash
Tomatoes
Vidalia Onions
Zucchini

Visit ProduceforKids.com for more info & recipes!



JUNE 2020

Notes:

Here are some ideas for learning, active, summer fun: Visit the local library for books, videos, music, games, activities, story times, and summer reading programs.

TIPS:

Remember these are just ideas. Feel free to substitute and use whatever you have at home to complete activities your desire activities.

	MATH	LIBRARY	NATURE	ART	MOTOR Skills	OPEN-Ended
	1	2	3	4	5	6
	Make homemade playdough	Tell a story using any type of Stick-er.	Go on a walk to find grass, leaves and put in a box.	With the things you found on your nature walk take the items and a white piece of paper and do rub-bings with crayon	Play with playdough give those fine motor skills some exercise	Family Time *Laugh *Play *Dance *Have Fun
7	8	9	10	11	12	13
Write and draw what the weath-er was like on each day of the week.	"I Spy" Play "I spy" in the car, on a walk for shapes and numbers	Alphabet Scaven-ger Hunt Head outside! Can you spot something to match every letter in your name?	Scavenger Hunt with nature items exp. Rock, sticks in your back yard or neighborhood.	Draw a Map from your house to school. Be detailed exp. Left at stop & shop, right at Applebees	Write your name with a marker, pencil or crayon	Family Time *Laugh *Play *Dance
14	15		17	18	19	20
Predict how many sunny days we will have this week. Write and draw what you predicted.	Count EVERY-THING! Exp. How many pret-zels are in your bowl? How many bananas are in the bunch?	Library Field trip or Virtual Library field trip	Sensory box Add anything to a box have child close eyes and feel what is inside. They guess before	Draw an Ocean or color an Ocean	Positional Words Have child hold an item then ask them to place them Over, under, be-side, behind	Family Time *Laugh *Play *Dance *Have Fun
21	22	23	24	25	26	27
Predict how many rainy days we will have this week. Write and draw what you predicted.	Scavenger Hunt for Shapes around the house.	Read Rainbow Fish When you're done, can you act out the parts of the story with your hands?	Finger Paint with shaving cream. Add food color-ing for different colors.	Bring Books to Life Decorate your very own Rainbow Fish Rainbow Fish Tem-plate Then act out your favorite part.	Zoo Zen: A yoga story for children then you can have your child to the posses.	Family Time *Laugh *Play *Dance
28	29	30				
Graham Cracker Sea Scape With cream cheese add blue food coloring and multi-color gold fish for a snack	Count the total days it was sunny and rainy this month. Draw a Chart to see which one has more.	Write a letter or drawing to your family members you have not seen in a while.				