

Dear Families,

We are celebrating literacy this week and would like you to enjoy the book, *Ruby Finds a Worry*, with your family. The book is yours to keep! We are including a bingo card and a cootie catcher with activities for you to do as a family. Resources for the activities are on the reverse side of this page. To be entered in the prize drawing, please send a picture of your students and the completed bingo card to ansnowden@wsd.net, OR return the completed card to school by MARCH 15th.

**Literacy
Week**

BINGO



<p>Feelings Story (see reverse for details)</p>	<p>Belly Breathing (see reverse for details)</p>	<p>Write/draw about something that makes you HAPPY</p>
<p>Yoga (see reverse for details)</p>	<p>As a family, READ <i>Ruby Finds a Worry</i></p>	<p>Feelings Charades (see reverse for details)</p>
<p>Where in my body? (see reverse for details)</p>	<p>Listen to Calming Music (see reverse for details)</p>	<p>Cootie Catcher (create using the attached page)</p>

BINGO Resources

Feelings Story- Read an additional story about feelings. The stories below are available on YouTube.

The Rabbit Listened by Cori Doerrfeld <https://youtu.be/rHPaj53dy8o>

What Do You Do With a Problem by Kobi Yamada <https://youtu.be/fYeHODPyfno>

Jack's Worry by Sam Zupardi <https://youtu.be/TQ0wyzjr5mg>

My Many Colored Days by Dr. Seuss https://youtu.be/iR0-5f-L_LQ

Hug Machine by Scott Campbell <https://youtu.be/H-xbQpFGQAU>

My Blue is Happy by Jessica Young <https://youtu.be/zZOMTAQICq8>

Wemberly Worried by Kevin Henkes <https://youtu.be/tkuXc0htNGk>

The Blue Day for Kids by Bradley Greive <https://youtu.be/sliGijuE9ZU>

Something Might Happen by Helen Lester <https://youtu.be/wVvgzDEa3Tlg>

Grumpy Monkey by Suzanne Lang <https://youtu.be/37RVQ2vvy9w>

Don't Hug Doug by Carrie Finnison <https://youtu.be/Ph-Efsc666Q>

The Whatifs by Emily Kilgore <https://youtu.be/bAG7bzligY8>

Belly Breathing- Breathing exercises are an effective tool to reduce worries and stress. Open one of the following YouTube videos to practice calming breathing exercises with your family. When you have finished, discuss how the exercises made you feel and when would be helpful times to use them.

<https://www.youtube.com/watch?v=O29e4rRMrV4> Rainbow Breath

<https://www.youtube.com/watch?v=RiMb2Bw4Ae8> Belly Breathing

<https://www.youtube.com/watch?v=YFdZXwE6fRE> Square Breathing

Yoga- Yoga can help calm our bodies. Use one of the YouTube videos to do yoga with your family.

Yoga for relaxation – Good Night Yoga <https://www.youtube.com/watch?v=4IfjNAXGPzA>

Yoga for energy/waking up – Good Morning Yoga <https://www.youtube.com/watch?v=u-a4iOERMrs>

Yoga for kids (focus/getting ready to learn) <https://www.youtube.com/watch?v=LloIRO5R3ys>

Feelings Charades- How to Play

1. Write words that describe feelings on individual slips of paper. (ex. happy, worried, disappointed)
2. Place paper slips in a hat or bowl.
3. Take turns pulling a slip from the hat or bowl.
4. The person who pulls the slip reads the word and acts it out without making any noise.
5. Everyone else guesses which word is being acted out.
6. The person who guesses the word correctly becomes the person to act out a new word.

Where in my body?- As a family, talk about where on your body you feel worry. Do you feel it in your stomach, in your head? What does it feel like?

Watch this video on how emotions might affect you! <https://www.youtube.com/watch?v=wpYWTJCyYbw>

Listen to Calming Music- Choose some relaxing music. Listen and clear your mind.

Morning Relaxing Music–Positive Background Music for Kids (Sway) <https://youtu.be/WUXEeAXywCY>

Relaxing Music For Children–Be Calm and Focused (cute animals) <https://youtu.be/5HrkXT5Bc9E>

Disney songs on the piano https://www.youtube.com/watch?v=g8NVwN0_mks