

# Midland County Family Activity Guide



Winter 2019





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Hello Families!

Warmest Winter wishes! You've probably noticed your child has already learned so much this year. This guide provides some quick tips for learning at home and fun FREE or low cost Midland County events. In this guide you will find:



**Kindergarten Readiness** It is important in the early years to prepare children for Kindergarten. Kindergarten Readiness is the result of a partnership between teachers, community partners, and parents. Each page of this guide contains a checklist for the skills we are building to help your child prepare for kindergarten and beyond.



**Home Connection** A child's family is their first teacher. Families are busy, and preparing for kindergarten can be overwhelming. Each box labeled "home connection" has free, easy, and fun ideas that fit into your daily routine. Have fun learning while playing "I Spy" in the car, pretending to be a "clean up robot" or making a healthy snack together.



**Community Connection** Have you ever heard the African proverb "It takes a village to raise a child?" Midland County certainly understands that philosophy. In the bottom right hand corner of each page, you'll find FREE and low cost community activities and resources to help your child grow. Additionally, a complete list of this season's family fun activities is on page 7. Research shows children who participate in community events have higher achievement and school success. Have fun learning and exploring all of the exciting resources Midland has to offer!



# Home Connection

## Big Body Play

**Big body play is the very physical, vigorous, boisterous, and sometimes bone-jarring play style many children love and crave. Big body play is...**

- WHEN A CHILD THROWS HERSELF ONTO A SOFA.
- WHEN CHILDREN WRESTLE.
- WHEN FRIENDS JUMP OFF CLIMBING EQUIPMENT.
- WHEN FRIENDS CHASE EACH OTHER AS THEY LAUGH, OR RACE TO A FINISH LINE.

**This play can make adults nervous, but it's very important. The best things adults can do is supervise this play carefully and coach their child on what is safe. Below are a few of many benefits of big body play:**

**SOCIAL SKILLS ARE READING BODY LANGUAGE--WHILE WRESTLING OR PLAYING TAG CHILDREN LEARN THAT LAUGHING MEANS "KEEP GOING" OR IF A FRIEND HOLDS UP A HAND IT MEANS "STOP."**

**SUPPORTS CHILD'S CARDIOVASCULAR HEALTH**

**PROMOTES BRAIN CONNECTIONS THAT ARE ESSENTIAL FOR FOCUS AND LEARNING**

### How you can support big body play:

**SUPERVISE PLAY CLOSELY. IF YOUR CHILD NEEDS HELP TELLING A PLAYMATE TO STOP OR TO DO SOMETHING IN A DIFFERENT WAY, YOU'LL BE THERE TO HELP.**

**TALK WITH YOUR CHILD AND SET SOME GROUND RULES FOR BIG BODY PLAY. FOR EXAMPLE, SHOW YOUR CHILD SAFE SPACES TO TUMBLE AND WRESTLE. MAKE A RULE ABOUT HOW LONG EACH WRESTLING BOUT CAN LAST BEFORE TIME IS CALLED. YOU MIGHT ALSO HAVE A RULE ABOUT ALL WRESTLING MOVES BEING BETWEEN SHOULDERS AND WAISTS, AND NOT AROUND NECKS OR HEADS.**

# Kindergarten

## Checklist



Healthy Families



- Stand on one foot for at least 8 seconds
- Do a somersault and hop
- Walk up and down stairs without help
- Walk forward and backwards easily
- Pedal a tricycle
- Copy a triangle, circle, square, and other shapes
- Stack 10 or more blocks
- Use a fork and spoon
- Dress and undress, brush teeth, and take care of other personal needs without much help

## Cooking Matters Recipe: Apple Wraps

Serves 4, ½ wrap per serving

These crunchy wraps are perfect for a quick after-school snack!



- 1 large apple
- 2 medium, ripe bananas
- 2 tablespoons peanut butter
- 2 (8-inch) whole wheat tortillas

1. Rinse and cut apple in half, lengthwise. Remove any stems. Cut out center core that contains the seeds. Do not peel.
2. Lay apple halves flat side down. Cut into ¼-inch thick slices. Cut slices into small cubes.
3. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.
4. Add peanut butter to mashed banana. Stir well to blend.
5. Spread peanut butter mixture over one side of each tortilla.
6. Sprinkle diced apple over peanut butter. Tightly roll each tortilla. Cut each wrap in half.
7. Chill in refrigerator until ready to serve, up to 24 hours.

## MSU Extensions: Cooking Matters



MICHIGAN STATE UNIVERSITY | Extension

Cooking matters is a free 6 week class that offer information on healthy snacks, shopping smart, planning balanced meals, and eating out

- Taught by a chef and nutritionist
- FREE GROCERIES-Make these recipes at home!
- FREE COOKBOOK

**For information on current Cooking Matters classes, please visit [www.greatstartmidland.org](http://www.greatstartmidland.org) or visit the Midland County Great Start Collaborative Facebook page.**

## Get Out and Explore!

Midland has many fun places to explore and things to do this winter season! For more details on these and other FREE events, see page 7:

**Snowshoe Sampler  
SAT 2/2/19 2PM-4PM FREE, all ages  
Chippewa Nature Center**

**Horse Drawn Carriage Rides  
FRI 2/15 & SAT 2/16 6PM-9PM FREE  
Downtown Midland**





# Home Connection

## Help Your Preschooler Gain Self-Control

*When asked about school readiness skills, many teachers say children who succeed in kindergarten know when and how to control their impulses. They can follow through when a task is difficult and listen to directions for a few minutes. These skills are linked to self-control. Children can develop them at preschool and at home. Here are a few ways families can help children learn self-control.*

### **Change the rules of a game to make it an opposite game.**

For example, instead of playing the familiar version of Simon Says, play Simon Doesn't Say. Explain the new rule in words and actions: "Do the opposite of what Simon asks you to do. If Simon Says 'Touch your head,' you should touch your toes." Be sure to demonstrate how this works. Keep directions simple. Take turns being Simon.

### **Finish what you are doing, then respond to requests for attention.**

For example, if you are on the phone and your child asks for something (and it's not an emergency), let her know you need to take time to complete your conversation. This is a good way to let your child practice waiting for a short time.

### **Do activities together that require following directions.**

For example, put together a model, play follow the leader, or cook or bake: "I'm going to read the recipe aloud. Listen carefully so we will both know what to do. I'll read them again as we do each step."

**Help children understand how long they will have to wait for something and suggest activities to do while they wait.** Say to your child, "Grammy and Grampy are coming over before dinner. Would you like to draw some pictures to give them?" or "As soon as I put your sister to bed, I will read you some stories. You can choose three books for us to read together."

**Work with your child to complete a puzzle that has a few more pieces than he or she is used to.** Set up the puzzle in a place where you can work on it for several days, if needed. Celebrate together when one of you puts the last piece in place.

**Plant some easy-to-grow marigold seeds in a pot or in a garden.** Check together every day until the plants pop up. Over time, watch the plant grow leaves and flowers.

*Adapted from National Association for the Education of Young Children — Promoting excellence in early childhood education*

**DID YOU KNOW....we offer FREE Conscious Discipline classes for parents? Check out pg. 7 for current classes or visit [www.greatstartmidland.org](http://www.greatstartmidland.org) to learn more.**

# Kindergarten

## Checklist



### Social Emotional



- Controls strong emotions in an appropriate manner most of the time
- Manages classroom rules, routines, and transitions with occasional reminders
- Engages with familiar adults as resources, to share ideas, and interests
- Identifies basic emotions of others and their causes accurately
- Initiates, joins in, and sustains positive interactions with a small group of 2-3 children
- Initiates the sharing of materials in the classroom and outdoors
- Suggests solutions to social problems

*Adapted from Teaching Strategies Gold*

## Your Community

Community events are fun and exciting opportunities for children to learn, make friends, and practice the social-skills they're working to develop at home and school. Check out some of the free upcoming events below and page 7 for a full list of events.

### **Groundhog's Day Party**

**Friday, February 1st, 6:00PM-8:00PM, FREE**

Chippewa Nature Center

### **Family Night @ WMFC**

**SAT 2/23/19 4PM-6PM FREE, all ages**

West Midland Family Center

### **Little Midland - indoor play area 0-6 years (\$4/child)**

**MON/THUR 10:30AM-12PM & TUE 4:30PM-6:30PM**

The Loft @ Ashman Plaza





## Home Connection

### Alphabet Knockdown



#### Materials Needed:

- pool noodles
- sharp knife
- popsicle or ice cream sticks
- alphabet stickers, and a ball (optional)

#### Preparation:

Put an alphabet letter sticker on each ice cream stick so that each letter of the alphabet is represented. (This could also be done using a sharpie to write the letters if you don't have stickers.)

Using the knife, cut the pool noodle into 2 inch slices and then slice each circle in half so that you have "c" shapes. Then cut a slit at the top middle of each arch so that the popsicle sticks can slide in easily.

#### To play:

Spread the little alphabet sticks (attached to the pool noodles) around so that each one is a foot or two apart from one another and standing up. When ready, call out a letter to go and "find" (you may need use abc flashcards for a visual aid).

When your child finds the letter, they can either kick it over or throw a ball at it to knock it down. Continue until all the letters have been knocked down.



# Kindergarten

## Checklist



### Language and Literacy



- Follows directions of two or more steps (ex. put your food in the trash and rinse off your plate)
- Uses complete 4-6 word sentences
- Tells stories about places and past events in a logical order that includes major details
- Matches beginning sounds of some words
- Recognizes name and as many as 10 letters
- Produces correct sound for 10-20 letters
- Orients book correctly, turns pages from front to back, recognizes familiar books by their cover
- Identifies story-related problems, events, and resolutions during conversations with an adult
- Pretends to read using some of the language from the text, describes action across pages using pictures
- Writes strings of letters, not necessarily words

Adapted from Teaching Strategies Gold

## Story Time and Reading Activities

Check out page 7 for more details on the events listed below:

**Chippewa Nature Center - Story Hour**  
1st & 3rd Thursdays of the month  
9:30AM & 11:00AM

**Grace A. Dow Memorial Library - Tiny Tots Stories**  
Wednesdays, February 13th, & 20th  
10:00AM

**Barnes and Noble @ Midland Mall - Story Time**  
Mondays @ 7:00PM and Wednesdays @ 11:00AM  
Saturdays @ 11:00AM



### Dolly Parton's Imagination Library

Dolly Parton's Imagination Library is a nonprofit organization that promotes early childhood literacy by giving free age-appropriate books to children through age 5.

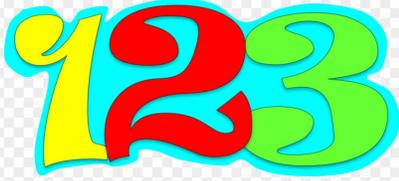
To enroll your child in Midland County Imagination Library or for more information please call Madison Schwind at 989-492-7702 ext. 1101.



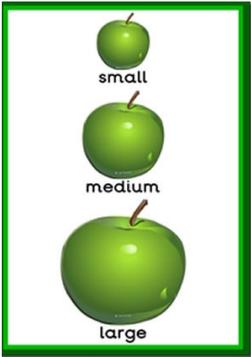
# Home Connection

## ~ MATH ~ EVERYDAY & EVERYWHERE!

**TALK MATH.** Use words such as *more, less; longer, shorter; heavy, light; etc.*



**Count out LOUD every day.** Start at one and count steps as you walk, or count as you put plates on the table, or add apples to your grocery cart, etc. Ask your child to count with you! Pause and ask, "What number comes next?" **Hold up 5 fingers in front of your children then quickly hide your hand.** Ask, "how many fingers did you see?"



**Name and describe shapes when you see them.** That is a *square* napkin. The box of cereal is a *rectangle*. That tire is a *circle*.

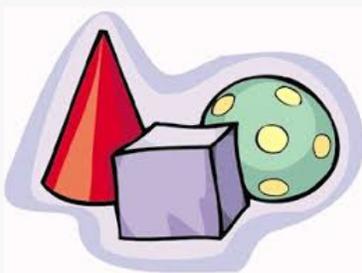
**Count:** "Let's count the blocks"  
"Can you count the legos with me?"

**Compare:** "Which plate has more crackers?"  
"Which ball is smallest? Which one is largest?"

**Explore:** "Let's go on a shape hunt - how many circles can you find?"

**Question:** "I wonder how many cars we can fit in this basket?"

**Sort:** "Let's put all the round pieces in this pile."



# Kindergarten

## ⊕ Checklist <sup>1 2</sup><sub>3</sub>

### Math

- Identifies numbers to 10 by name and connects each number to an object when counting
- Counts groups of 6-10 objects and labels which groups have less, more, or the same number of objects
- Uses and responds appropriately to positional words indicating location, direction, and distance (under, over, between, close, far, behind, in front, etc.)
- Identifies 2 and 3 dimensional shapes (circle, square, triangle, rectangle) and describes them (round, has four sides, has 3 corners, etc.)
- Compares and orders a small set of objects according to size, length, weight; knows usual sequence of basic daily events
- Uses numbers to compare, knows the purpose of standard measuring tools
- Extends and creates simple repeating patterns



## Math in the Mail

Math in the Mail is FREE to families who qualify\*, and focuses on developing math skills in three-year-olds by providing tools needed for families. Math in the Mail packages include:

- Materials designed for hands on play
- A book
- Ideas for hands-on activities using the provided materials
- Ideas for extension activities using items found in any home
- "Tools for Talking", a guide on how to use the materials provided

### To enroll in Math in the Mail:

- Visit [www.mathinthemail.org](http://www.mathinthemail.org)
- Call (989)737-9532 to enroll over the phone
- Ask home visiting partners, Head Start, and GSRP Preschool teachers and staff for help

\*If families do not meet eligibility requirements to receive Math in the Mail for free, they may subscribe for a fee.



# Home Connection

The Lending Library

## Winter Spotlight



# Music & Movement

The Lending Library has many activity tubs designed to introduce your child to the science, technology, and the arts. Featured this season is the Music & Movement tub. This tub is perfect for inspiring your young musicians! In addition to the many books and music & movement CDs, there are tambourines, drums, & cymbals to help them march to the beat. There are also multiple rhythm instruments like maracas, castanets, & sandpaper blocks for making many different sounds. And don't forget the rhythm sticks complete with a "rhythm stick activities" CD for having fun while making music. This tub is so much fun!

Consider checking out these and other Lending Library activity tubs this season and keep the learning happening all winter long!



# Kindergarten

## Checklist

### Science, Technology, Art

- Explores dance and movement concepts
- Explores the visual arts
- Explores drama through actions and language
- Demonstrates knowledge of characteristics of living things (pretends to feed a baby doll or animal, puts baby doll to sleep, etc.)
- Understands physical properties of objects (heavy, light, rough, smooth)
- Demonstrates knowledge of Earth's environment (seasons, weather, day and night)
- Demonstrates scientific inquiry skills (observing, planning, predicting, sharing ideas about what happened, using tools such as magnifying glasses, rulers, scales to make observations)

## Explore Science and the Arts!

Midland has many FREE opportunities for you and your child to explore science and the arts. Check out some of the events happening this winter! (See page 7 for a full list and details.)

### LEGO @ the Library

#### Grace A. Dow Memorial Library

Create masterpiece with our collection of LEGO bricks and mini-figures! We'll have LEGOs for big builders and DUPLOs for little builders!

### Snakes Alive: The Wonders of Snakes

#### Chippewa Nature Center

Come see how fascinating and beneficial these reptiles can be in this live snakes program. Get as close a look at the snakes as you feel comfortable!



For more about the Lending Library and all the educational materials they have to offer, contact the Central Resource Center at (989) 492-7102.

# Free & Low Cost Community Events

## Reoccurring Weekly Activities...

### Barnes & Noble STORY TIME

**Mondays @ 7PM Wednesdays @ 11AM**

**Saturdays @ 11AM**

Barnes and Noble at Midland Mall

### Little Midland, Indoor play city (ages 0-6 years)

**\$4/child, under 1yr free Winter Hours –**

**M/TH:10:30AM-12:30PM, T: 4:30PM-6:30PM,**

**SAT hours vary 2x/month**

Kid-sized city, giant-sized imagination! Visit

Facebook: Little Midland for more information

The Loft @ Ashman Plaza 713 Ashman St, Midland

## February

### Groundhogs Day Party

**FRI 2/1/19 6PM-8PM FREE, all ages**

Enjoy activities, nature crafts, games, shadow play

and a puppet show starring the groundhog!

Chippewa Nature Center, 400 S Badour Rd, Midland

### Take Your Child to the Library Day

**SAT 2/2/19 11AM – 2PM (all ages)**

Bring the whole family to explore what the library has to offer.

Dow Library 1710 W St Andrews Rd, Midland

### Snowshoe Sampler

**SAT 2/2/19 2PM-4PM FREE, all ages**

Drop by any time to give CNC's snowshoes a try, do

a winter scavenger hunt or warm up by a campfire.

Chippewa Nature Center, 400 S Badour Rd, Midland

### Move & Groove

**WED 2/6/19 11AM (ages 2-6)**

Drop in and dance to fun action songs and

movement activities!

Dow Library 1710 W St Andrews Rd, Midland

### Story Hour: What Makes a Shadow?

**THU 2/7/19 9:30AM & 11:00AM (ages 3-5)**

Chippewa Nature Center, 400 S Badour Rd, Midland

### Storytime Yoga w/ Well Bean\*

**THU 2/7/19 6:30PM (ages 4-8)**

Wear comfortable clothes for moving and bring a

yoga mat or bath towel. **\*Registration is required.**

Dow Library 1710 W St Andrews Rd, Midland

### LEGO @ the Library

**SAT 2/9/19 10:30AM – 12PM (all ages)**

Create masterpiece with our collection of LEGO bricks and mini-figures! We'll have LEGOs for big

builders and DUPLOs for little builders!

Dow Library 1710 W St Andrews Rd, Midland

### Families in Nature: Snow!

**SAT 2/9/19 2PM-3PM FREE, all ages**

Winter is a time to celebrate snow, with activities surrounding the solid state of water (even if there's

none on the ground!).

Chippewa Nature Center, 400 S Badour Rd, Midland

### Winter in the Wigwam

**SUN 2/10/19 2PM-4PM FREE, all ages**

Drop by the wigwam (near the Visitor Center) and explore how the Ojibwa people used to thrive in this environment.

Chippewa Nature Center, 400 S Badour Rd, Midland

### Storytime Yoga for TWO\*

**TUESDAYS in FEBRUARY 2/12, 2/19, 2/26**

**11AM (ages 3-5, w/ a caregiver)**

Introduce your little ones to yoga in an engaging storytime adventure! Wear comfortable clothes for moving and bring a yoga mat or bath size towel. **\*Registration is required.**

Dow Library 1710 W St Andrews Rd, Midland

### Tiny Tots Storytime\*

**WEDNESDAYS in FEBRUARY 2/13 & 2/20**

**10AM (ages 0-23 mos)**

Stories, songs, and rhymes to encourage bonding between parents and children. **\*Pick up a ticket at the Youth Services Desk up to 30 minutes prior to the program to reserve your place.**

Dow Library 1710 W St Andrews Rd, Midland

### Horse Drawn Carriage Rides

**FRI 2/15 & SAT 2/16 6PM-9PM FREE**

Town's End Clydesdales & Carriage will be providing FREE carriage rides for this awesome event in downtown Midland! Pick up a free ticket for carriage rides at participating downtown businesses.

### Snakes Alive: The Wonders of Snakes

**SAT 2/16/19 1PM-2PM or 3PM-4PM (all ages)**

Come see how fascinating and beneficial these reptiles can be in this live snakes program. Get as close a look at the snakes as you feel comfortable!

Chippewa Nature Center, 400 S Badour Rd, Midland

### Story Hour: In the Snow - Who's Been Here?

**THU 2/21/19 9:30AM & 11AM (ages 3-5)**

Chippewa Nature Center, 400 S Badour Rd, Midland

### Cooking Matters class for Adults 6 week series

**THURSDAYS 2/21, 2/28, 3/7, 3/14, 3/21, 3/28**

**6PM-8PM @ Greater Midland Community Center**

This course is taught by a nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Adult participants make a recipe and take home groceries at the end of each class. The class is FREE but registration is required. Limited childcare is available. For more information and to register visit [www.greatstartmidland.org](http://www.greatstartmidland.org).

### Family Night @ WMFC

**SAT 2/23/19 4PM-6PM FREE, all ages**

Join us for a fun family night! There will be games, snacks, recreational activities, and prizes!

West Midland Family Center, 4011 W Isabella Rd

### LEGO Movie 2 Event

**SAT 2/23/19 2PM** Exciting activities including a 'make n take' Mini Emmet's Dream House, plus other giveaways while supplies last.

Barnes and Noble at Midland Mall

### LEGO WeDo for TWO\*

**MON 2/25/19 4:15PM & 6PM**

**(ages 5-9, w/ a caregiver)**

Work together with a parent, grand-parent, or adult caregiver to build a Lego model that uses drag-and-drop programming to move, make sounds, and light up! Ignite your child's curiosity while enhancing skills in science, engineering, technology, and coding.

**\*Registration is required.**

Dow Library 1710 W St Andrews Rd, Midland

### Move & Groove

**WED 2/27/19 11AM (ages 2-6)**

Drop in and dance to fun action songs and movement activities!

Dow Library 1710 W St Andrews Rd, Midland

## March

### An Afternoon at the Sugar House

**SATURDAYS & SUNDAYS in March\***

**1PM-4PM FREE, all ages**

**\*except Sat 3/16 Maple Syrup Day**

Discover the magic of maple syrup season as you experience the process from start to finish. Visitors are invited to peek in buckets on tapped trees, watch the steam rise in the sugarhouse and learn how to change maple sap into sweet maple syrup.

Chippewa Nature Center 400 S Badour Rd, Midland

### Conscious Discipline for Parents\*

**MONDAYS 3/4, 3/11, & 3/18 6PM-8PM (you must attend all three)**

In this training you will discover how the brain and child develop and learn; Learn skills to teach your children self-control and anger management; Learn effective discipline techniques.

This training is FREE, a meal is provided, childcare is NOT available. **\*Registration is required.**

Visit [www.greatstartmidland.org](http://www.greatstartmidland.org) for more information on how to register. Training held at West Midland Family Center, 4011 W Isabella, Midland

## HEY PARENTS!

Would you take 30 seconds and share with us your feedback? Just scan the QR code or go to



<https://www.surveymonkey.com/r/midlandparents2019>

and tell us what you think! And just for completing our survey, one winner will be selected at random to receive a prize!

These materials were developed under a grant awarded by the Michigan Department of Education and Great Start Parent Coalition