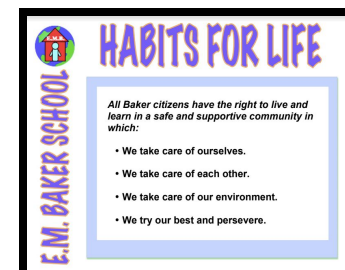


Habits for Life Home Connection Menu

Each day at E.M. Baker, our school community says our Habits for Life pledge in the morning and strives to follow these Habits throughout the day. In order to practice the Habits for Life at home, below is just a small list of suggested activities for you and your child to engage in on Tuesdays. This list isn't exclusive as the possibilities are endless! Our hope is that the time spent together will encourage and support conversation along with a spirit of curiosity and wonder.



<u>Building</u>	<u>Connecting</u>	<u>Creating</u>	<u>Dancing/Singing</u>
<ul style="list-style-type: none"> • Build with Legos or blocks • Build something using recycled materials (ex. A cardboard box race track, time machine, robot...) • Create something with modeling clay or playdough • Make a fort • Invent something • Build a model • Use household objects to build a new musical instrument 	<ul style="list-style-type: none"> • Play a board game • Play a card game • Have a debate • Teach someone something you learned in school today • Read aloud to someone • Act out a story • Call a family member or friend • Visit a relative or friend • Have a playdate • Write a thank you note • Write a letter, address an envelope, and mail it • Interview a parent or grandparent about their childhood • Ask someone who speaks another language to teach you • Talk with family members about their favorite music or about traditional music from your family's culture/background • Take an art class with an adult or a friend • Start a sketchbook, journal, or scrapbook with an adult or friend 	<ul style="list-style-type: none"> • Complete a puzzle • Make a craft • Create a drawing • Create a game or toy • Make a painting or a collage • Write and illustrate a card • Write a comic strip/flip book • Create a sculpture • Make art using natural materials • Make a creation with sidewalk chalk • Draw a map (ex. Bedroom, classroom, imaginary land...) • Set up a chain reaction with dominoes and household items (Rube Goldberg machine) • Write a poem • Write your own riddles/jokes • Use straws or popsicle sticks to compose a rhythm pattern on a table or the floor • Try out a fun science experiment (ex. Making bubbles or slime) 	<ul style="list-style-type: none"> • Write a song • Sing a song • Listen to music • Create a dance routine • Teach someone a song from Music class • Have a concert for others • Play an instrument • Play musical chairs

Habits for Life Home Connection Menu

Exploring

- Draw a picture of your favorite tree in each season; Visit the Library to check out a book to learn more about identifying your tree or growing plants
- Plant seeds and sketch them as they grow; Write a poem about your growing plant
- Keep a moon journal and draw a picture of the moon each night for a week
- Clear out a storm drain to keep trash from going into the water system
- Play in the leaves
- Play in the snow
- Visit your local library
- Go to the park
- Go for a walk or on a hike (your backyard counts!)
- Go to the grocery store
- Go out to a restaurant (Try a new food!)
- Plan a scavenger hunt
- Attend a concert in your community
- Visit a museum or local art gallery/sculpture park

Helping

- Help with dinner
- Set the table
- Make/pack a snack
- Cook/bake, try a new recipe
- Vacuum a room
- Take care of a pet
- Organize your toys
- Clean your room
- Do an act of kindness
- Find items to donate
- Volunteer time
- Take out the garbage
- Shovel snow
- Help a neighbor
- Coupon search
- Help out by gardening or watering plants

Moving

- Ride a bike or scooter
- Play in the rain
- Play your favorite sport
- Play in the sprinklers
- Go rollerblading
- Practice a mindful activity
- Practice yoga
- Jump rope
- Have a catch
- Play with a frisbee

How will YOU practice the Habits for Life at home?

