

T.E.Ch.

**Ready for a Cozy and
Comforting Winter!**

Teaching Early Childhood



WAYNE
RESA
Leading... Learning for All

SERVICE
LEADERSHIP
COLLABORATION
EXCELLENCE





These materials were developed under a grant awarded by the Michigan Department of Education.



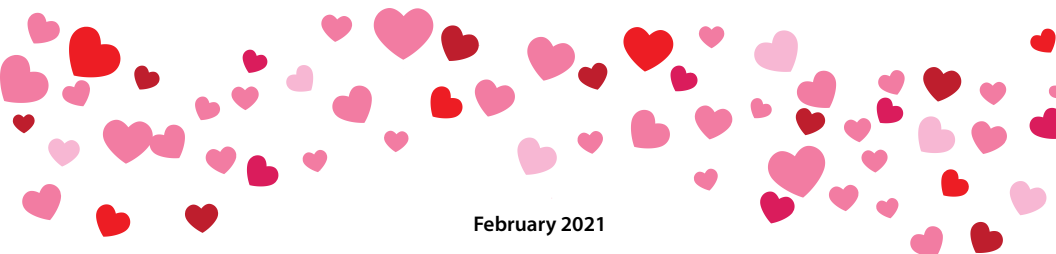
SERVICE
LEADERSHIP
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EXCELLENCE



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Lynda S. Jackson • James Petrie

Randy A. Liepa, Ph.D., Superintendent



February 2021

How to Use This Guide

This interactive guide has information and tools for young children, families, and educators.



Links in blue are intended for children ages 3-5.



Links in orange are intended for the families of children ages 3-5.



Links in green are intended for the educators of children ages 3-5.

Now with
clickable
links!

If you're reading a paper copy, **scan** the QR codes with your smart phone or tablet:



If you're reading a digital copy, **tap or click** on the QR codes:



Cozy and Comforting



For Children

BLACK HISTORY MONTH



[Have You Thanked an Inventor Today?](#) Read Aloud

Written by: Patrice McLaurin

Illustrated by: Dian Wang

Cozy up with your child and listen to this amazing book about African American Inventors.

Parents, consider listening in small intervals.

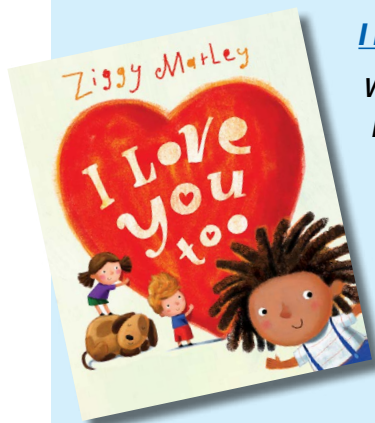


[I Love You Too](#)

Written by: Ziggy Marley

Illustrated by: Ag Jatkovska

Cozy up with this book that explores a child's relationship with parents, nature, and the unstoppable force of love.



Cozy and Comforting



For Families

87 Fun Things to Do at Home



Here are ways to make self-isolation a little bit more fun for the whole family.

Things to Do in the Winter to Boost Children's Development



The cold-weather months are the perfect time for simple, cozy activities that can build enduring memories and boost your child's development!

Ages and Stages Activities

Help Your Child Learn and Grow!

Try these easy activities with your five and four-year-old child. It's a great way to have fun together and encourage healthy development!

5-year-olds



4-year-olds



For Educators

Cozy Winter for Educators

Six ways to relax and rejuvenate over Winter Break!



A Comforting Classroom

As classrooms continue, or begin, to offer face-to-face learning look to these suggestions from Scholastic for creating a comforting classroom.



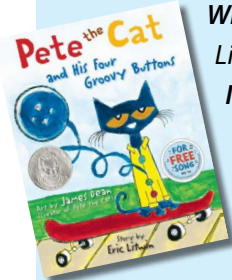
Literacy, Math and Science

Helping children engage with language, numbers, and the world around them.



For Children

[Pete the Cat and His Four Groovy Buttons](#)



Written by: Eric Litwin

Illustrated by: James Dean

Count down with Pete in this rocking story that makes counting fun!

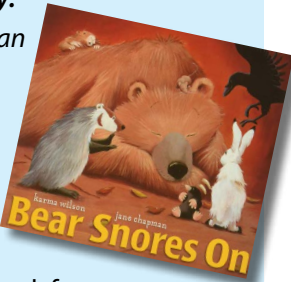


[Bear Snores On](#)

Written by: Karma Wilson

Illustrated by: Jane Chapman

Bear's cave fills with animal friends as he sleeps in this classic book from *New York Times* bestselling team of Karma Wilson and Jane Chapman.



For Families

[How to Build a Snowman: Engineering for Kids](#)



[The Mitten](#)

Written and Illustrated by: Jan Brett

A book about snow and animals

[The Mitten Family Activity](#)

Use homemade story stones for a variety of literacy and math activities for *The Mitten*.



Literacy, Math and Science

Helping children engage with language, numbers, and the world around them.



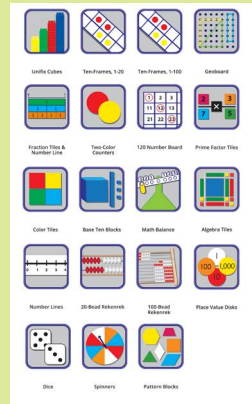
For Educators

Erikson Institute Early Math Collaborative Resources for K



Virtual Manipulatives for Math

Looking for a virtual math resource? Check out Didax for some free virtual manipulatives.



How to Build Comprehension Skills with Read Alouds

Check out these effective ways to support the development of children's comprehension skills.



Mindfulness

Slowing down and being present



For Children

[Joybob the Polar Bear](#) [Video for Children](#)

A Cosmic Kids
yoga adventure!



[I Am Human](#)

A Book of Empathy

Written by:

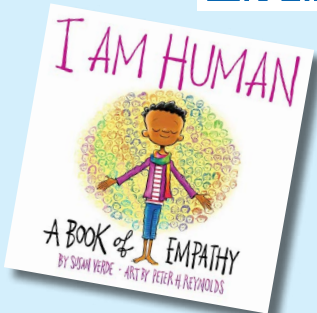
Susan Verde

Illustrated by:

Peter H. Reynolds



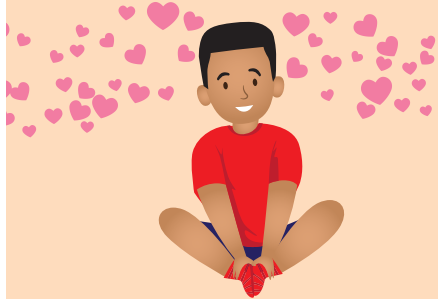
[I Am Human](#) [in Spanish](#)



For Families

[Loving Kindness](#) [Meditation](#)

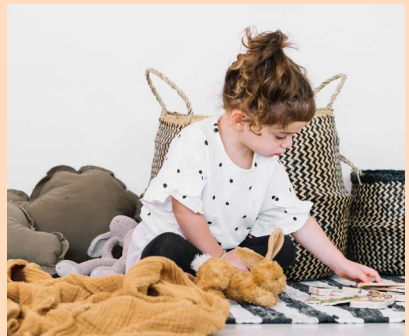
In this video,
Giselle Shardlow
from Kids Yoga
Stories reads aloud
the "Loving-Kindness
Meditation".



[Cozy Corner](#)



Helping Children
Create a Calm-
Down Place



Mindfulness

Slowing down and being present



For Educators



5 Tools to Help Children Access Their Emotions

Try these tools to help children understand and regulate their emotions.



Check out these three short mindful videos for teachers!



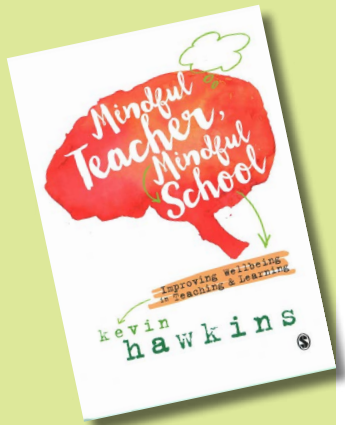
Mindful Teacher Tip #1: Stop and Notice



Mindful Teacher Tip #2: Take a Breath



Mindful Teacher Tip #3: Make it Part of Your Day



Digital Wellness Break: Sunrise Breath with Yoga Ed.

Refocus your mind and ease shoulder tension with this stretch you can do right from your chair.



Health

Keeping children safe and strong



For Children



[Coronavirus is a Big Word](#)

Video from
Conscious
Discipline

[Shubert and Sophie Stay Home](#)

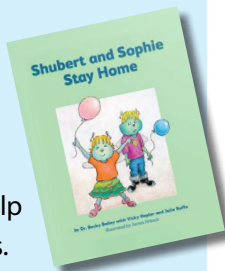
Written by:

Dr. Becky Bailey

Illustrated by:

James Hrkach

Shubert and Sophie learn to navigate their big feelings about COVID-19 with help from their parents.



For Families

[How to Clean and Disinfect Your Home If Someone Has COVID-19](#)



Follow these steps from the CDC (Center for Disease Control)

to disinfect your home.

[Indoor Ice Skating](#)

Winter Gross Motor Activity

Slipping, sliding and skating! Let's use paper plates or wax paper to go skating across the carpet!



For Educators

[When and Where to Wear Cloth Face Masks in Your Facility](#)

Michigan
Department of
Licensing &
Regulatory Affairs

Updated January 2021



[COVID-19: Free Resources for Families and Educators](#)

Find free trainings, free resources and free webinars, in English and in Spanish, to support your students and families through trauma-informed, evidence-based practices from Conscious Discipline.



Additional Resources

Great Start Wayne Collaborative

Great Start Wayne provides resources and information to Wayne County families about child development and early childhood.



Great Start Readiness Program (GSRP)

GSRP is a Michigan state-funded preschool program for four-year-old children.



Talking Is Teaching

Learning begins at birth! When you talk, read, and sing with your child—even before they can use words—you're building their brain and helping to prepare them.



Great Start Readiness Program—Wayne RESA



Free Gift!



Survey

Please follow the link and tell us what you think about the **T.E.Ch. Ready** newsletters. The first 12 participants who complete the online survey will receive a gift!

FREE PRESCHOOL!



Call

1-833-FourYearOld

Great Start
Readiness Program
Michigan's Nationally Recognized Pre-K Program

MICHIGAN
Department of
Education

RESA
Ready to Learn for All

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Wayne RESA – GSRP



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