

TODAY'S TIP



Day 1



FAMILY HUDDLE

Spelling Bee Game

- On Monday, choose seven words.
 Write each word and its definition on a slip of paper. Place the slips in a clean jar or container.
- Each morning, choose one slip.
 Practice the spelling and definition of each word throughout the day.
- On Friday, see who can define and spell the words. The person who gets the most correct is the week's champion.

Find words at vocabulary.com



HEALTHY SPIRIT, MIND, AND BODY

Sidewalk Chalk Balance

- Draw different kinds of lines (e.g., straight, wavy) on the ground with chalk.
- Walk along each line, one foot in front of the other, balancing.

Mindful Minute

For 60 seconds, clear your mind and focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.

Find more at shapeamerica.org



MORE ACTIVITY, MORE FUN

Jumbo Tic-Tac-Toe

- Have each player create custom tictac-toe pieces out of paper plates.
- Use masking or painter's tape to create a giant tic-tac-toe board on the floor.

Additional challenge: Add an extra row and column to your gameboard!



HOMEWORK HELPER

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The day-by-day projects include different activities linked to national learning targets for different age groups:

- Grades PreK and Kindergarten
- Grades 1–2
- Grades 3–5
- Grades 5–9

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