

### Daily Healthy Habits

**Daily Exercise:** Good exercise habit keeps us fit and healthy. Any activity that moves your body and keeps you healthy and fit is exercise. Get some exercise by doing jumping jacks, sit-ups, and push-ups (3 times a day).

**Healthy Snacking:** The temptation to snack on junk food while the kids are home is very real. However, healthy snacking is so important for physical and mental health! Help your child get in the habit of reaching for some nutritious options versus sugary snacks with no health benefits. They'll thank you later for helping them form these habits early.

**Drink plenty of water:** Good habits for health includes drinking plenty of water. It is an important part of good nutrition that will help you stay healthy.

**Hygiene:** Good Hygiene Habits keep us clean and healthy. Hygiene is what you do to keep yourself healthy and clean. When you develop good hygiene habits to take care of your body, it is called personal care.

**Bedtime and Wake-up Time:** Being out of school often means children are able to sleep in and ditch their early morning scramble to catch the bus. But maintaining a regular bedtime is going to keep your child's internal clock in check and ensure that they get the amount of sleep they need to stay healthy. Just as important is making sure your child doesn't sleep the day away. Sticking to a "lights on" rule every morning might not be their favorite, but it's to their benefit. Spending the day asleep and the night awake is harmful to a child's cognitive development, and it'll make getting into the school-year routine that much harder. Children need structure, and maintaining the same habits throughout the year will mean they will always stay on track!

**Cleaning Up:** It's important that kids continue to be held accountable for picking up items, making their beds, and cleaning up after themselves. If we let these rules slide how can we expect children to do this the rest of the year? Fostering that appreciation for their home and their items will help your child understand the value of respect. The main takeaway? Children are SMART, and they are in a very formative time in their lives. It's important to give them the proper tools that will set them up to be kind, intelligent, and self-sufficient young adults!

#### Daily Reading Habits

Research shows that reading every day helps children build reading comprehension, fluency, and vocabulary. Consider these suggestions for supporting your child with daily reading:

**Establish a Routine** -Designate a specific time for your child to read for at least 20 minutes every night. For example, set aside time for reading after dinner or before bedtime.

**Create a Comfortable Reading Environment** -Use pillows, lamps, and comfortable furniture to set up a cozy reading area in your home. Read your own books there to model good reading habits.

**Incorporate Fast and Fun Reads** -Use magazines, newspapers, recipes, etc. as reading opportunities. Incorporate quick reading whenever and wherever you and your child happen to be.

**Read and Listen** -Listen to [audio books](#) so your child hears modeled fluent reading.

**Read and Chat** -Discuss the books that your child is reading. Ask questions such as: What was your favorite part? Who were your favorite and least favorite characters? Can you think of another ending?

#### Daily Writing Habits

Follow these tips to support your child's writing at home.

**Provide a place for your child to write.** The area should be an area that is quiet and well lit. Stock the "writing center" with supplies such as paper, pencils and crayons. You can also gather family photos and magazines in the center that can be used as story starters.

**Read, read, read!** The best activity to improve writing is reading. If your child reads good books, he will be a better writer. Reading exposes students to general vocabulary, word study and content-specific vocabulary. Through reading, students see a variety of authors' techniques that they can use in their own writing.

**Encourage your child to keep a reflective journal.** This is excellent writing practice, as well as a good outlet for venting feelings. Encourage your child to write about things that happen at home. This reflective journal can be used to develop the "senses" of writing.

**Provide authentic writing opportunities for your child.** Have your child write his own thank-you notes, letters to family. Let your child make the grocery list. Helping children make the connection between writing and the "real" world will increase an **Interest in writing.**

**Be a writing role model.** Make sure your child sees you as a writer. Point out times that you use writing to communicate with others. Discuss authentic writing in the community such as articles and letters in the newspaper, on billboards or in written advertisements. Discuss the purpose of the writing and the target audience. When your child writes, you should write. You can schedule a day of the week that you will turn off the television and share your writing.

**Start a vocabulary notebook.** Teach your child new words each week and encourage her to use them. Make it into a game and give points for using the new words. Your child can keep a vocabulary notebook and get rewarded for the number of new words learned. The words will begin to appear like magic in her oral language and writing.

**Ask questions.** Always ask your child questions when he writes. Ask specific questions about your child's writing such as: "How did that happen?" "How did that make you feel?" "Can you tell me more about that...?" "What are some other words you could use to describe...?"

#### Daily Math Ideas

##### MATH: Activities

Grades 3-8: Study Island Online

GRADE K-8: Math Spiral Books

##### GREAT BOOKS TO ORDER FOR REGENTS COURSES:

Castle Learning Online

Algebra 1: Barron's Regents Algebra 1 Power Pack 2020 : Barron's Regents Exams and Answers

Geometry: Barron's Regents Geometry Power Pack 2020 : Barron's Regents Exams and Answers

Algebra 2: Barron's Regents Algebra 2 Power Pack 2020 : Barron's Regents Exams and Answers

#### Daily Science Ideas

**GRADE K:** One Under the Sun Teacher Materials:

[https://www.advancingstem.com/uploads/3/3/2/0/3320274/k\\_plantsanimals\\_manual.pdf](https://www.advancingstem.com/uploads/3/3/2/0/3320274/k_plantsanimals_manual.pdf)

[https://www.advancingstem.com/uploads/3/3/2/0/3320274/one\\_under\\_the\\_sun\\_student\\_notebook\\_ws.pdf](https://www.advancingstem.com/uploads/3/3/2/0/3320274/one_under_the_sun_student_notebook_ws.pdf)

**GRADE 1:** Exploring Organisms:

[https://www.advancingstem.com/uploads/3/3/2/0/3320274/grade\\_1\\_exploring\\_organisms\\_blackline\\_masters\\_2.pdf](https://www.advancingstem.com/uploads/3/3/2/0/3320274/grade_1_exploring_organisms_blackline_masters_2.pdf)

**GRADE 2:** Lean On Me:

[https://www.advancingstem.com/uploads/3/3/2/0/3320274/g2\\_lean\\_on\\_me\\_manual.pdf](https://www.advancingstem.com/uploads/3/3/2/0/3320274/g2_lean_on_me_manual.pdf)

[https://www.advancingstem.com/uploads/3/3/2/0/3320274/g2\\_lean\\_on\\_me\\_student\\_notebook.pdf](https://www.advancingstem.com/uploads/3/3/2/0/3320274/g2_lean_on_me_student_notebook.pdf)

**GRADE 3:** Forced To Stick With It

[https://www.advancingstem.com/uploads/3/3/2/0/3320274/3\\_forced\\_to\\_stick\\_with\\_it\\_manual.2018.final.pdf](https://www.advancingstem.com/uploads/3/3/2/0/3320274/3_forced_to_stick_with_it_manual.2018.final.pdf)

[https://www.advancingstem.com/uploads/3/3/2/0/3320274/3\\_forced\\_to\\_stick\\_with\\_it\\_notebook.2018.pdf](https://www.advancingstem.com/uploads/3/3/2/0/3320274/3_forced_to_stick_with_it_notebook.2018.pdf)

**GRADE 4:** Making Waves

[https://www.advancingstem.com/uploads/3/3/2/0/3320274/4\\_waves\\_manual.pdf](https://www.advancingstem.com/uploads/3/3/2/0/3320274/4_waves_manual.pdf)

[https://www.advancingstem.com/uploads/3/3/2/0/3320274/4\\_waves\\_notebook.pdf](https://www.advancingstem.com/uploads/3/3/2/0/3320274/4_waves_notebook.pdf)

**GRADE 5-8:**

<https://www.advancingstem.com/advancingstem-challenges>

30 Day FREE Trial for Middle School Science Activities:

<https://study.com/academy/popular/next-generation-science-standards-for-middle-school.html>

**GREAT BOOKS TO ORDER FOR REGENTS COURSES:**

Biology: Barron's Regents English Power Pack 2020 : Barron's Regents Exams and Answers

Earth Science: Barron's Regents Earth Science Power Pack 2020 : Barron's Regents Exams and Answers

Chemistry: Barron's Regents Chemistry Power Pack 2020 : Barron's Regents Exams and Answers

Physics: Barron's Regents Physics Power Pack 2020 : Barron's Regents Exams and Answers

#### Daily Social Studies Ideas

Practicing Social Studies skills at home, can be simple and engaging. Below is a list of a few activities that can be done at home to help reinforce skills:

- Make how to steps for doing an activity in the form of a timeline.
- Find a map and estimate the distance between two points on the map using the key. Or pick a part of the country or world and write down everything you know about the geography of that region or place.
- As a family discuss the history of your family.
- Write down as many famous people as you know from history and try to write down two or three sentence facts that you know about them.
- Write down three rules or laws and why they are important.
- Ask your family what their top ten favorite foods are and compare and contrast them to your own favorite foods.
- Discuss the three branches of government and some of the roles and responsibilities of each.
- Make a list of all the jobs you can think of. Why do we need those jobs?