



## A Weekend Full of Games, Stories and Activities from First 5 Marin!

### **Dear friends and community partners!**

We hope you all are healthy, happy and hunkering down with a good book, a cozy blankie and a good friend. #TalkReadSing... and PLAY. Get out the crayons and the building blocks. Play some music... *and make some music!*

Remember to make healthy food choices, get some exercise indoors or out, brush your teeth, cover your coughs and wash your hands!

You're doing great! Here are more links to activities and learning resources-- including Spanish language resources.

*LOVE from your friends at First 5 Marin*

## **Activities & Learning Resources for Kids!**

### **Focus on Play**

Visit the "[Play at Home](#)" website from **Playworks**. They offer games you can play anywhere, anytime-- so children can play safely and in accordance with all CDC guidelines. (Their playbook is translated into seven languages for English Language Learners: Arabic, Russian, Somali, Spanish, Vietnamese and a simplified Chinese version.)

Playworks is also broadcasting **Play at Home Recess** every weekday on their **Facebook page** at 9 am, 11 am and 1 pm (Pacific Time). Tune in for stretching and warm-ups, interactive games, cheers, and cool down activities.

### **Online Movement and Interactive Activities**

**Go Noodle** has lots of free videos that are fun and silly that will get your child moving. Teachers often use these videos in their classrooms, so your preschooler may already know the characters.

**Cosmic Kids** has free videos designed for children. The videos have different activities including yoga, relaxation, mindfulness, dance, and stories.

**Highlights Kids** offers educational games, podcasts, and activities for children. From interactive hidden picture games to puzzles and science lessons, this kid-friendly website has a lot for you and your child to explore.

### **Online Learning Programs**

**Noggin** offers educational content that is aligned with the Head Start Early Learning Outcomes Framework. The app, which is currently available for First 5 California families at no charge for 90 days, allows you to choose from hundreds of developmentally appropriate books, games, songs, and other engaging content for preschoolers led by characters kids know and love.

**Khan Academy Kids** is an educational app that leads your child through a variety of interactive, learning activities specifically designed for your child's age. The characters guide your child through the activities by giving instructions and reading words. In addition to the activities chosen for your child, there is a library of additional activities including read-aloud books, letter and number videos, and problem-solving games. For children 3 to 5 years old, the app is kid-friendly so you child can navigate it on her own.

**Scholastic Learn at Home** has daily activities for preschool and kindergarten children. The daily activities are themed and packed with activities that range from movement exercises to online books with questions.

**PBS Kids** offers a variety of age-specific activities including crafts and experiments, coloring pages, and more. You can select specific areas to focus on, like social skills, math, science, and literacy.

**Cbeebies** is an educational website designed for children 0 to 6 years old. Activities include coloring, educational games, and outdoor activities.

**Virtual Field Trips** are a great way for you and your child to "get out" while still being at home. You can pick where you want to go - from zoos and aquariums to volcanos and national parks. With live-stream videos to educational videos about the locations, you and your child will learn about places you may have never been.

**DREME** (Development and Research in Early Math Education) seeks to help families with young children by offering free, research-based early math resources. Check out DREME's at-home early math learning kit, filled with ideas for supporting young children's math skills during coronavirus and beyond.

**For Spanish-language resources First 5 California, [click here](#).**

## **First 5 California**

- homepage in Spanish - [click here](#)
- Activities for Babies/Actividades para bebés - [click here](#)
- Activities for Toddlers/Actividades para niños pequeños - [click here](#)
- Activities for Preschoolers/Actividades para niños en edad preescolar - [click here](#)
- Potter the Otter/La Nutria Potter–Un Cuento Acerca del Agua (bilingual book) - [click here](#)
- The Brainy Birds/Las tres aves más listas de First 5 California: ¡Franco, Orson y Melody – [click here](#)

## **Y También:**

**Healthy Children.org en Espanol –**

- \* Homepage in Spanish - [click here](#)
- Ten Screen-free Activities/10 actividades sin costo y lejos de una pantalla para jugar con su niño en edad preescolar - [click here](#)
- Hand & Finger Skills/ Destrezas con las manos y los dedos de su niño en edad preescolar - [click here](#)
- Learning to Read/Cómo ayudarle a su niño a aprender a leer - [click here](#)

**Marin County Free Library**

- E-books in Spanish for children - [click here](#)

**The Spanish Experiment - [click here](#)**

**International Children's Digital Library –**

- Link to books for **children 3-5** in multiple languages: [click here](#)
- Link to children's books in Spanish: [click here](#)

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\*\*\* *Have a story, game or activity to share?! Have resources in Spanish?!  
Please email links to [Michelle@First5Marin.org](mailto:Michelle@First5Marin.org). Thank you, gracias!*

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# #TalkReadSing

\*\*\* **First 5 Marin offices will be closed for the near future**, but staff is available-- and we will be communicating by email and on Facebook. Follow us at: [www.Facebook.com/First5Marin](http://www.Facebook.com/First5Marin).

## **Email us!**

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