



Five Fun Things from First 5 Marin

We know... it's CRAZY out there. We all just need to relax and have some fun.

Here are five things to do today-- stories, songs and exercises and activities just for fun!

We'll be sharing some of our favorites on our **Facebook page**-- please LIKE and SHARE our posts. We'd love to share your favorites too-- just email Michelle@First5Marin.org.

Join us each weekday for five activities for learning fun!

LOVE and virtual hugs from **First 5 Marin!**

1. Sing Some Songs!

Teach your kids to TWIST AND SHOUT with The Beatles! (live version in the link below!)

READ: **The 50 Best Songs Any Parent Can Sing** - Fatherly

2. Dance! Dance! Dance!

Shake Your Sillies Out with Raffi

"9 Awesome Fad Dances to Teach Your Kids" - Today's Parent

3. Let them Scribble!

SCRIBBLE ART: CREATIVE ART FOR KIDS - Fireflies and Mudpies

4. **Get UP and Get MOVING!**

The Best Exercises for Kids to Keep Them Active and Healthy - Good Housekeeping

25 Exercise Games and Indoor Activities to Get Kids Moving - MaryPoppins.com

5. **En Español!**

Arriba, Abajo - José-Luis Orozco

Chocolate - José-Luis Orozco

GAMES with Rockalingua

AND Spanish songs on Spotify - **click here!**

FELIZ NAVIDAD - KidsBop

BONUS for Parents!

Manic Monday - The Bangles (live) AND **official video**

Manic Monday - **Billie Joe Armstrong of Green Day**

Monday, Monday - The Mamas and the Papas (1966!)

Let's Learn, Grow and Have Some FUN!

Make a calendar for your daily activities-- and check them off as you go along. Make time to **#TalkReadSing** and play... and play music! Get some exercise. Read a book-a-day every day! Use your screen time wisely. Drink water and eat healthy meals snacks. Be nice to each other... and to yourself!

We will be sharing lots of activities every day. If you have some ideas, please email Michelle@First5Marin.org-- we'd love to share!