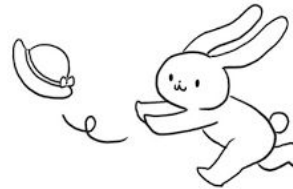


# CEID

June 18th, 2020



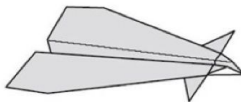
1. [Click here to watch today's circle time video](#)

2. Choose an activity to do with your child

☐ -Wind/Air activities. (see the attached pdf.or click the blue writings)

>Car race by blowing air (attached pdf. page 1)

>Make paper airplanes see how far will it go (pdf. page 2,3)



>Play musical instruments such as recorder, harmonica.

>**Take a walk and**

**feel the air or wind!**

>[Blowing paper caterpillars race by Setsuko](#)



3. [Click here to watch goodbye circle video](#)

## Relaxation activities that can help to calm kids

Stress Balls This exercise releases muscle tension and massages your hands.

Make your own stress ball(s) by filling balloons with dry lentils or rice.

- Take the ball(s) in one or both hands and squeeze and release.
- Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.



(Excerpt from [Relaxation Activities to Do at Home with Kids](#))