

CO*MPASS:

Your Complete Activity Guide for Corona Shutdown Mode, Ages 1-6

Hi! I'm a mum to two pre-school kids, aged 4 and 6. We live in Israel in an apartment without a balcony. I love planning kids' activities and since we are in this shared experience together...welcome to this curated collection of themed activities to help both kids and parents navigate today's reality. While school kids have mostly been provided with remote learning tools, there is a vacuum of prepared options to sustain and fuel the pre-school age group. This guide offers a ready-made compass for the time-poor, creatively-challenged and change-anxious – and everyone in between! Here you can find balance, rhythm and purpose. It's for those who want it. For your own needs and pace. Would love to hear your feedback and see you post your pictures 😊

With Love and Health,
Dara Podjarski Marcus ❤️

Guiding Principles

Structure: In times of uncertainty and change like #corona, it helps to get anchored. Our regular routines suddenly need renewing. The concept of 'structure' in this activity guide is not about being 'rigid', it's about grounding for both parents and kids, providing a sense of safety and stability, consistency and predictability. (It also means incorporating unstructured play and down time).

Purpose: This goes for both parents and kids. There are only so many bubbles you can blow and Max Stock workbooks you can fill, before you can't believe only 45 minutes have passed on day 3. Having some purpose gets everyone focused, excited and fills the day. It is also about framing: rather than doing a bunch of random games for weeks, they are part of a collection of activities relating to a greater, central theme.

Flexibility: Spontaneity and flow are also important. Adapt according to your family's rhythm. How many kids you have, what kind of kids you have, how old they are. If they're enjoying one activity – stick with it. If they're bored – move on. When they take something further with their imagination – roll with it.

Stimulation: They're going to get bored. There is 'good bored' when they get creative and imaginative. But there's also 'bad bored': cabin fever, lack of stimulation. Faced with a prolonged fluid period, they'll be frustrated, they won't be as tired at bedtime. They also don't have their regular social interfacing. This guide is about helping to kindle their energy and connections. It is also about stepping up our educator game – in our usual role as parents and as a temporary pseudo-substitute for ganenot.

Balance: The abundance of links being shared on Facebook and whatsapp etc is overwhelming. Figuring out work and childcare simultaneously is overwhelming. This guide is about helping find the balance between

structured- vs free-play; indoor vs outdoor (within health ministry guidelines); art vs movement; and lots of other dichotomies.

Grab and go: This isn't a normal chofesh period. We can't just go out to usual entertainment areas or endless playdates with friends. We can't just do/get/buy. We don't really know how long it will last. We don't even know how much we can afford. This guide's priority is to leverage our own resources, which includes everything from easily-accessible craft supplies to parental leadership.

Fun: It won't always be easy, but having some kind of plan will help melt the anxiety, reduce frustration and **maximise fun!** I mean, when was the last time you learned an African dance or made an exploding volcano??


Suggested General Daily Schedule

<u>3-6 Year olds</u>	<u>1-3 year olds</u>
6:30-7:30 Wake Up, breakfast	6:30-7:30 Wake Up, breakfast
7:30-9:00 Get ready for the day/play	7:30-9:00 Get ready for the day/play
9:00-9:45 Mifgash/Circle Time	9:00-9:30 Snack
9:45-10:00 Snack	9:00 Baby Nap
10:00-10:30 Indoor Active/Exercise	9:30-10:30 Structured Learning/Project
10:30-12:00 Morning Activities	10:30-12:00 Outside
12:00-12:15 Make Lunch/Tidy/wash up	12:00-12:30 Make Lunch/Wash Up/Book
12:15-12:45 Lunch	12:30-13:00 Lunch
12:45-13:00 Wash up/get ready to go out	13:00-15:00 Nap/quiet time/stories/books
13:00-15:00 Outdoor Activity	15:00-15:30 Snack
15:00-15:15 Home/wash up/snack	15:30-16:15 Play
15:15-16:45 TV/Make Dinner/Tidy Up	16:15-17:15 Structured Learning/Project
16:45-17:45 Happy hour: calls with family or friends (virtual playdates)/online chug like Savannah/play	17:15-18:00 Make Dinner/TV
17:45-18:15 Dinner	18:00-19:00 Dinner/Bath
18:15-19:00 Bath/Play	19:00-19:30 Stories/Bed
19:00-20:00 Get dressed/Teeth/Stories/Bed	(credit to " The Learning Journey " for this one)

- Maybe collate all craft into a book.
 - If you have time, choose countries based on your family's heritage. It helps to use this time to skype with family and get them involved.
 - Note: Daily tefilla and songs 9:15-9:45am with Etta Ben David: Meeting ID 708 762 205 Password bokertov (from Monday March 16) <https://us04web.zoom.us/j/708762205?pwd=NQb5DDv7N0WwIumekTziMw>
 - Note: Daily LIVE musical shows in English with Savannah Kids at 4:30pm www.facebook.com/savannahkidsproductions/
- (Both are Israel time)



THEME: AROUND THE WORLD


DAY 1: INTRO

	ACTIVITY	DETAIL + MATERIALS
MIFGASH	Intro, book, song What we are going to do today	<p>Pull out a map/globe (IRL or on computer) and talk about this amazing tool. What is a globe/map? What does it show us? Where do we live? Where does our family live? (Get dot stickers for them to put on those spots) How do we get to different countries? How does food etc travel?</p> <p>Gather all the books about other countries – put into a special ‘book bin’ for the week. Read ‘Oh the places you will go’, Dr Seuss.</p> <p>Song: Where are you from? https://www.youtube.com/watch?v=l6A2EFkjXq4</p>
INDOOR EXERCISE	Obstacle Course (ACTIVE)	This week is all about adventure. Let’s choose two countries and make an obstacle course to get there. Each kid gets a turn to create the course. Keep changing it up if they start to get bored but you think it can still last longer.
MORNING ACTIVITIES	Passport (CRAFT)	<p>What is a passport? Show them their real passports? We are going to make our own special passport for this week. As we ‘travel’ to different places, take your passport with you to different places and get a stamp. If you don’t have a printer, make your own with inspiration from the below.</p> <p>http://cottonridgehomeschool.com/2018/03/14/free-travel-printables-pretend-passport/</p> <p>https://paradisepraises.com/printable-passport-activity/</p>
	Pack a Suitcase (FREE GUIDED PLAY)	Imagine we are going to a country for a holiday/to visit family. Get a suitcase, think of all the things you might need. And the kids go around the house and pack. Can be free-flow or make a list and the kids tick it off as they go.
	Map on the floor (ACTIVE)	<p>Any tape you have, make a route zig zag lines and other. Walk along the lines. Then walk and take the suitcase on the lines. Then walk, with suitcase, and holding a baby toy. Keep adding things as much as your kids are into it.</p> <p>Then bring out all the vehicle toys (planes, cars, boats) and line up all vehicles on the tape.</p>
		
LUNCH	WHATEVER IS IN THE FRIDGE/FREEZER. Shnitzelonim, cucumber, etc	


AFTERNOON	Outdoor: scavenger hunt and general fresh air	<p>Get your first stamp</p> <p>Either print out something from below or make your own. You can use your own stickers (flowers, cars, people, letters) to build your own for example, not just drawing each item.</p> <p>https://www.glamamom.com/kids/kids-outdoor-scavenger-hunt</p> <p>https://twindragonflydesigns.com/20-nature-scavenger-hunt-ideas/</p> <p>http://www.frugalfritzie.com/nature-scavenger-hunt-for-kids-printable-checklist/</p>
	Make a plane (GAME)	Get a bunch of chairs, get their suitcases and passports, take a plane ride (or bus/train) imagination game
DINNER	Tuna patties (2 cans tuna, 2 thinly-grated carrots, a bunch of frozen spinach medallions, 2 eggs, a bunch of panko crumbs, pinch of salt – mix and fry)	



DAY 2: ITALY

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	ACTIVITY	DETAIL + MATERIALS
MIFGASH	Intro, book, song, video. What we are going to do today	Chalk board https://www.youtube.com/watch?v=v5MIBsZv19U 
	Flag and country name (CRAFT: LETTERS/SPELLING)	Paper: Draw and colour the flag Write the country name in English + Hebrew Hang up on a line/board (see collection at end of week)
INDOOR EXERCISE	Exercise/yoga video	Gonoodle www.gonoodle.com or Cosmic Kids https://www.cosmickids.com/
MORNING ACTIVITIES	Flag/printable/leaning tower of pisa (SENSORY CRAFT)	https://kids.nationalgeographic.com/videos/are-we-there-yet/are-we-there-yet-europe/#/202829891934 Observational Drawings of the Leaning Tower of Pisa (Put a picture on the computer and they need to do their interpretation. They are a great way to get kids to really look at something and study the many details and aspects of an object. Drawing is a method of researching, investigating, developing and communicating ideas. Use this method to be creative, focus on fine motor skills, and study any given subject area. Today, explore and study the Leaning Tower of Pisa.)
		


	Cups tower	
	Make pizza (BAKING)	<p>Either use pita as your bases for DIY (also as a Plan B anyway if it doesn't work for your kids) OR</p> <p>Easy 4 ingredient pizza recipe 1 ¼ cup white flour sifted 2 ½ tsp baking powder 180g Greek yoghurt Pinch of salt Mix together and roll out flat with some extra flour Add pasta sauce, cheese, olives, toppings</p>
LUNCH	PIZZA THAT YOU MADE	
AFTERNOON	Outdoor: Park Ra'anana	Feed the ducks at the lake ('Venice'), point out the gondola,, head to the sound garden, play around OR
	Get a passport stamp	Take some balls (soccer, tennis, basketball, etc) to a park and play around
	TV: Justin Time	
DINNER	Readymade ravioli (from a box) and pasta sauce	

DAY 3: AUSTRALIA

	ACTIVITY	DETAIL + MATERIALS
MIFGASH 9:00-10:15	Intro, book, song What we are going to do today	National Geographic Chalk board https://www.youtube.com/watch?v=m9dsWarmv-c 
	Flag and country name (CRAFT: LETTERS/SPELLING)	Paper: Draw and colour the flag Write the country name in English + Hebrew Hang up on a line/board (see collection at end of week)
	Skype with cousins	Kids show what they've done, and cousins teach kids something about Australia
OUTDOOR ACTIVITY 10:15-13:15	BEACH	Cause you know, Australia = awesome beaches <ul style="list-style-type: none"> - Draw and write in the sand - Build sandcastles and tunnels - Collect shells - Picnic Lunch (sandwiches and fruit) - Bring back a box of sand for a home activity in an upcoming week 😊 - Get a stamp in passport
HOME 13:15-13:45	Nice long bath	
HOME 13:45-15:15	Relax, TV	The Wiggles
SNACK 15:15-15:30		
AFTERNOON ACTIVITIES 15:30-17:00	Shell art Aboriginal Dot Painting/Stickers	Paint on the shells that you collected Introduction to Dot Painting https://www.youtube.com/watch?v=tXxuOF0qMss


	<p>(SENSORY CRAFT)</p>	<p>Aboriginal Dot paintings tell a story. Try use your painting to tell a story too. Maybe about the beach, or trace your hand or something from the video.</p> <p>Or you can also Design Your Own Boomerang using cardboard from cereal boxes or similar, draw outline of a boomerang on two separate pieces and added a very simple design. Or printables https://www.pinterest.com/pin/564146290825039600/</p> <p>Get cotton buds and they dip into paint. Or if you don't want to paint, you can still do the boomerang using markers and crayons and dot stickers to design and decorate.</p> 
	<p>Game</p>	<p>Once the shells are dry, find something small to place underneath like a bead. Play a guessing game: which shell is hiding the bead.</p> 
<p>DINNER</p>	<p>Couscous and veggies</p>	

DAY 4: SOUTH AFRICA

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	ACTIVITY	DETAIL + MATERIALS
MIFGASH	Intro, book, song What we are going to do today	National Geographic Chalk board https://www.youtube.com/watch?v=gY7l2M_yzBw
	Flag and country name (CRAFT: LETTERS/SPELLING)	Paper: Draw and colour the flag Write the country name in English + Hebrew Hang up on a line/board (see collection at end of week)
INDOOR EXERCISE	Dance party	Learn a dance from Zimbabwe https://www.youtube.com/watch?v=Ewqq-3xJFdI General own dance party songs, frozen, Hebrew songs, etc
MORNING	The Rainbow Nation (CRAFT) 	South Africa is known as the Rainbow Nation because of its cultural diversity. With close to 55 million people representing a variety of cultures and speaking 11 official languages, you can understand the metaphor. Celebrate diversity with this tissue paper rainbow craft that is fun for all ages. It provides a wonderful opportunity to have a discussion about the importance of diversity – reinforcing the message that it is our differences (religions, languages, skin color, etc.) that create one beautiful rainbow. Talk about the diversity in your own family, neighborhood, and community. <ol style="list-style-type: none"> 1. Use the colors of the rainbow tissue paper (ROYGBIV- red, orange, yellow, green, blue, indigo, violet). Stack them together and cut strips (about 1.5 inches or 4 cm wide). 2. Cut the strips into squares. Put them in a bowl. 3. Pour some glue on a paper plate. Wrap a square of tissue paper around the eraser end of a pencil or the flat end of a crayon. Lightly dip the tissue paper in glue. 4. Press the pencil or crayon onto the paper, and gently pull the pencil or crayon out of the tissue paper. Younger children will enjoy placing the rainbow colors randomly on their paper while the older kids can make beautiful full rainbows.

	Big 5 animals	<p>Originally used only by hunters, the term 'Big Five' refers to five of Africa's greatest wild animals - lion, leopard, elephant, buffalo and rhino.</p> <p>As during the bygone hunting era the term "Big Five" still conjure up the romance and excitement of Africa's exotic destinations and experiences.</p> <p>Imagine watching the sun set over the horizon whilst you capture the moment of a pride of lions stalking their prey. Watching a buffalo strolling to a water hole with strength and size that makes it more likely to kill a human than any other mammal.</p> <p>The rhino, which is almost extinct, with its extraordinary horns and bad temper. And the leopard with its beauty and remarkable speed and skill to hunt.</p> <p>Many travellers regard a visit to South Africa as incomplete without having spotted, and perhaps photographed, the Big Five.</p> <ul style="list-style-type: none"> - Dress up as safari animals - Play hide and seek <p>Card and quiz printables if you want https://kidworldcitizen.org/wp-content/uploads/2019/05/Big-5-Animals-South-Africa-Printable.pdf</p>
LUNCH	Sausages	
AFTERNOON	Outdoor	<p>Safari (South Africans call it “going to the game reserve”)...search for the big Ra’anana five. Get dressed for safari, spotting animals. Get a stamp in passport.</p> <ul style="list-style-type: none"> - Cat - Bird - Dog - Snail - Ants <p>Each kid gets a safari notebook. When they see their first animal, they can draw it and then start to tally how many they see.</p> <p>Extra version: take photo and make a collage/poster afterwards</p>
	Skype with cousins	Kids show what they’ve done and cousins teach kids something about South Africa
DINNER	<p>Rainbow plate</p> <ul style="list-style-type: none"> - RED: strawberries or capsicum/pepper - YELLOW: scrambled eggs/omlette or cheese or banana - ORANGE: carrots - GREEN: cucumber or broccoli - PURPLE: grapes <p>Add humus/dips</p>	

DAY 5: JAPAN

	ACTIVITY	DETAIL + MATERIALS
MIFGASH	Intro, book, song, What we are going to do today	National Geographic Chalk board https://www.youtube.com/watch?v=C_ryYJPOx5w
	Flag and country name (CRAFT: LETTERS/SPELLING)	Paper: Draw and colour the flag Write the country name in English + Hebrew Hang up on a line/board (see collection at end of week)
INDOOR EXERCISE	EXERCISE	Gonoodle www.gonoodle.com or Cosmic Kids https://www.cosmickids.com/
MORNING	Indoor Volcano Science	Japan has over 100 active volcanoes, more than almost any other country and accounts alone for about 10 % of all active volcanoes in the world. https://www.youtube.com/watch?v=HgqebizvwNk 
	Making Sushi	Pre-prepare rice Make sure you have bought all the ingredients in advance Add your kids favourites. Keep it simple. Mine like tuna+mayo, and fresh salmon, for eg. https://www.youtube.com/watch?v=Cb8khXhV4Dg https://minimalistbaker.com/how-to-make-sushi-without-a-mat/
LUNCH	Sushi that you made	
AFTERNOON	Outdoor	Japan is known for making lots of different types of cars. So since the kids don't drive cars yet, take them on a bike ride/scooter rides in an open area eg Ostrovsky high school park, yad l'banim, empty car parks, depends what will be open.
DINNER	Toasted Cheese and veggies the kids like	