

What to do during the break to stay active and Safe

Things that may cost Money:

1. Henry Ford Museum- *Dearborn*
2. Greenfield Village- *Dearborn*
3. Detroit children's Museum- *Detroit*
4. Detroit Zoo- *Detroit*
5. Walk by the riverfront downtown Detroit- *Detroit*
6. Go to the Eastern Market- *Detroit or Ann Arbor*
7. Belle Isle Park- *Belle Isle*
8. Belle Isle Aquarium- *Belle Isle*
9. Detroit Historical Museum- *Detroit*
10. Detroit Institute of Art- *Detroit*
11. Hitsville U.S.A.- *Detroit*
12. Michigan Science Center- *Detroit*
13. African American Museum- *Detroit*

Free Activities to do:

1. Play Board games or Card games as a family
2. Read a Book
3. Video Games on an electronic device
4. Develop a scavenger hunt
5. Movie Night at home
6. Learn how to cook
7. Arts and Crafts
8. Make a puzzle
9. Play games like Pictionary or charades
10. Go to the Park
11. Walk around the community

Websites to visit during Break:

1. www.thepathway2success.com
2. www.Raz-Kids.com
3. www.Coolmath4kids.com
4. www.Sumdog.com
5. www.tarheelreader.org
6. www.bookshare.org/cms
7. Do a worksheet: www.worksheetfun.com

Quick and Easy Social and Emotional Learning to do at home:

1. Be Self-Aware throughout the day
2. Self Manage your day
3. Have social awareness throughout the day
4. Think before you act on your decisions
5. Start a journal and write something in it every day
6. Breathing exercises when you wake up
7. Make a daily schedule
8. Body reset: close your eyes, listen, smell, and taste what is around you
9. Make an activity box
10. Readout loud a short story or book
11. Read a motivational quote or saying every morning
12. Practice coping skills
13. Share something with another person in your household
14. Color a picture or draw
15. Play a game and cope with how it ended