

SHIELDS for Families 

Happier and Safer at

Home Handbook



SHIELDS
for families



believing, building, becoming

shieldsforfamilies.org / 323.242.5000

Developed by
our dedicated staff who
want to make sure our
families are healthy and
happy.

Letter from

Dr. Kathryn Icenhower

To our Community,

SHIELDS has had the honor of being a part of the South Los Angeles Community for almost three decades. You have opened your doors to us and allowed us to become a part of your family. During this difficult time, we have been doing our best to continue to support you and provide you with the services and supports that you need. As soon as the pandemic was announced, our amazing staff worked diligently to create a Donation Center and obtain donations that we have been delivering to families since the stay-at-home order went into effect. This includes food and essential items, as well as family activities and information on Covid-19. This "Happier and Safer at Home Handbook" was developed by many dedicated staff who wanted to make sure we remembered our families need to be both HEALTHY AND HAPPY. We hope you enjoy this handbook and use it in your home with your children, your family, and/or your friends.....and you remember to use this time for "Believing" in each other, "Building" more supportive relationships and "Becoming" stronger and healthier families.

Stay safe and stay happy.....

Kathryn Icenhower, PhD

Kathryn Icenhower, PhD

Chief Executive Officer



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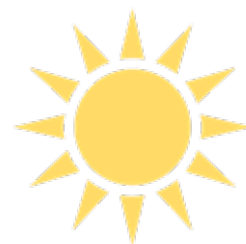
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19 Facts About COVID-19

Teach your family the importance of taking steps to prevent infection.

1. Everyone is at risk of getting COVID-19.
2. There is no vaccine or cure for COVID-19 at this time.
3. Spreads mainly through respiratory droplets produced when an infected person coughs, sneezes, or talks.
4. Symptoms include fever, cough, and difficulty breathing..
5. It can take 2 - 14 days to show symptoms.
6. Most people will have a mild or moderate illness and will get better without complications.
7. Symptoms in children tend to be milder but our understanding of this illness is continuing to evolve.
8. If you smoke or vape, consider quitting. You could be at increased risk of serious illness.
9. Those who are over the age of 65 or have weakened immune systems are more susceptible.
10. Practice social distancing which means stay at least 6 feet away from others.



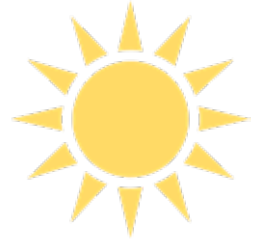
11. Avoid any non-essential activities that involve close contact with the general public.
12. Wear a face covering when you leave your home to conduct essential activities like grocery shopping.
13. Avoid touching your eyes, nose, or mouth, especially with unwashed hands.
14. Wash your hands often and do it thoroughly with soap and water for 20 seconds.
15. Cover a cough or sneeze with your sleeve or tissue and dispose of it.
16. Routinely clean and disinfect frequently touched objects.
17. The coronavirus can live on metal and glass for 5 days, wood for 4 days, plastic and stainless steel for 2-3 days, and cardboard 24hrs.
18. Do not share objects such as utensils, cups, food, and drinks.
19. Stay at home or go home as soon as possible if you begin to feel sick.

More Info About COVID-19

A blue virus particle with spikes is positioned between the 'O' and 'V' of 'COVID'. Another smaller blue virus particle is positioned between the '1' and '9' of '19'.

Los Angeles County Department of Public Health
(LACDPH, County)

<http://publichealth.lacounty.gov/media/Coronavirus/>



The Los Angeles County Department of Mental Health Access
Center 24/7 Helpline (800) 854-7771

Other reliable sources of information about novel coronavirus are:

California Department of Public Health (CDPH, State)

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>

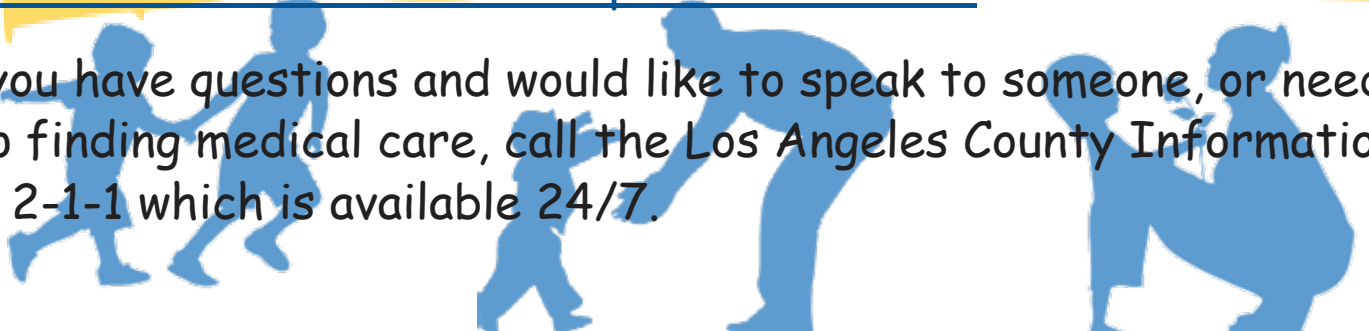
Centers for Disease Control and Prevention (CDC, National)

<http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>

World Health Organization (WHO, International)




















<https://www.who.int/health-topics/coronavirus>

If you have questions and would like to speak to someone, or need help finding medical care, call the Los Angeles County Information line 2-1-1 which is available 24/7.



19 Apps to Use With Your Family



- **1. 7-Minute Workout**
Access guided workouts for any activity level
- **2. Nike Training Club**
More than 100 workouts from Nike Master Trainers and famous athletes
- **3. Fooducate**
Create your healthy diet toolbox
- **4. Grocery iQ**
Ideal for sharing shopping lists for everything, not just food
- **5. Headspace**
Access guided meditations and mindfulness activities
- **6. MindShift**
Access resources to help manage anxiety
- **7. Stop, Breathe & Think**
Meditation lite, focusing on how you want to feel (content, grateful)
- **8. Happify**
Play games to reduce stress, overcome negative thoughts, and build resilience
- **9. Happy ColorTM- Color by Number**
Engage in coloring activities as a positive coping strategy
- **10. Hoopla**
Access e-books, music, audiobooks, and movies
- **11. Kanopy**
Thoughtful entertainment by partnering with public libraries and universities.
- **12. PBS Kids Games**
Games app allows your kids access to a full collection of educational games based on PBS shows
- **13. 24/7 Dad® To Go**
National Fatherhood Initiative (NFI) allows dads to go mobile with their fathering checklist
- **14. CDC's Milestone Tracker App**
Track your child's milestones from age 2 months to 5 years
- **15. Khan Academy**
Learn online with interactive exercises and videos
- **16. Luminosity**
Improve memory and increase focus with brain training games
- **17. Duolingo**
Makes it fun to brush up on a language you once studied or dip your toe into a new one
- **18. Keeper**
Store and manage passwords securely
- **19. Mint**
Develop and manage a personal budget

19 Ways to Save



Money!




1. Establish your budget. If you want to spend less, see what you can take out of your budget.
2. Using cash places a harder limit on your spending and helps you become more aware of your choices.
3. Save your coins - literally. Put aside 50¢ a day over a year will get you to an emergency fund.
4. Make a list before you buy groceries. Grocery stores are designed to entice you into buying impulsively.
5. You can often save \$5 per week at the grocery store by dropping two or three items off of your list.
6. One of the ways to save is by trying out the store brands.
7. Save money by buying frozen or canned fruits, beans, and vegetables.
8. Save time and money by doubling the recipe and freeze the leftovers for another day.
9. Ditch the paper: Cutting out paper towels and using cloths and napkins that you can simply wash and reuse is a simple way to save.
10. Use the 24-Hour Rule. For any non essential item, wait 24 hours before purchasing.
11. Become a Coupon King or Queen. Simply couponing for those essential household staples like toilet paper and cleaning supplies can add up quickly.
12. Conserve fuel by consolidating trips, taking public transit, or walking when it's feasible
13. An easy way to save money is to cancel your cable or satellite TV service and switch to a cheaper alternative.
14. You can adjust your thermostat so that you are paying less in heating and cooling costs.
15. Switch off the lights if you aren't in the room.
16. Use only the ATMs of your bank or credit union. Using the ATM of another financial institution once a week can cost you \$3 for each withdrawal, that's more than \$150 over the course of a year.
17. Getting sick can be costly, so it's important to be proactive about staying healthy.
18. Designate one day a week a "no spend day."
19. Buy the smallest beverage size when you eat at an establishment that offers free refills.

19 Random Acts of Kindness

Create kinder world

Take a week, a month, or a year. Have fun and complete as many acts of kindness as you can. Your Kindness Matters!

- 
- 
1. Post a positive message on social media
 2. Write a thank you note to your mail carrier
 3. Thank a bus driver
 4. Say "Thank You" to a police officer
 5. Learn to say "Thank You" in a new language
 6. Sincerely compliment 5 people
 7. Make and display a "Kindness Matters" sign
 8. Write a happy message with sidewalk chalk
 9. Entertain someone with a happy dance
 10. Make a new friend or welcome a new neighbor
 11. Say "Hi" to someone who looks sad
 12. Say "Good Morning" to 5 people
 13. Let someone go ahead of you in line
 14. Pick up and recycle trash in your neighborhood
 15. Volunteer in your community
 16. Do a household chore without being asked
 17. Go a full day without complaining
 18. Embrace your family with a big hug
 19. Create your own kind deed!

19 Fun, Easy Recipes



1. Apple Granola Sandwich

Ingredients: 1 apple, cored and sliced into rings, peanut butter, Granola.

How to prepare it: Generously spread peanut butter on one apple slice, Sprinkle granola over and top with another apple slice. Repeat using remaining apple slices and almond butter.

2. Frozen Yogurt Fruit Bark

Ingredients: 1 large container of plain yogurt, 1 tablespoon vanilla, 2 cups chopped fruit.

How to prepare it: Line a large baking sheet with parchment paper. Mix the plain yogurt with vanilla. Pour the yogurt onto the baking sheet and spread a little to even. Sprinkle on the chopped fruit and freeze for 3-4 hours until frozen solid. Slice up and enjoy!

3. Banana Cake

Ingredients: 3 medium, ripe bananas, 2 cups self raising flour, 1x 400gm tin condensed milk.

How to prepare it: Peel and mash your bananas. Add flour and milk and mix well. Grease and line a loaf tin. You need to make sure that your tin fits in your slow cooker - the oval shaped slow cookers work best for this recipe. Pour your cake mixture into the tin. Add a little water to the bottom of your slow cooker. I use about 1/8th of a cup. Sit your loaf tin in the slow cooker, drape a tea towel over the top of the slow cooker and then place the lid on. Bake on high for two hours, or until a skewer comes out clean. This cake is dense, moist and absolutely divine when smeared with butter!

4. Brownies

Ingredients: Nonstick cooking spray, for spraying the pan, 2 1/2 cups chocolate-hazelnut spread, such as Nutella, 1 heaping cup all-purpose flour, 3 large eggs.

How to prepare it: Preheat the oven to 350 degrees F; spray a 9-by-13-inch pan with nonstick cooking spray. Stir together the chocolate-hazelnut spread, flour and eggs in a medium bowl. Pour into the prepared pan and spread the mixture to the edges. Bake until the surface looks set and slightly crisp, about 25 minutes. Let cool slightly, then cut into squares and enjoy!

5. English Muffin "Donuts"

Ingredients: English muffins, Circle hole cutter, Cream cheese, Food coloring, Sprinkles.

How to prepare it: Cut out holes in the center of your English Muffins. Spread with cream cheese and top with sprinkles. You can use food coloring to color in some of the cream cheese if you prefer or leave plain.

6. Peanut Butter Cookies

Ingredients: 1 large egg, 1 cup creamy peanut butter, 1 cup sugar, Flaky sea salt (optional).

How to prepare it: Preheat to 350°F. Line 2 rimmed baking sheets with parchment paper. Beat egg with a whisk in a medium bowl. Add peanut butter and sugar and whisk until fully incorporated and smooth. Drop mounds of dough by the tablespoonful onto prepared baking sheets, spacing about 2" apart. Lightly press tops of cookies with tines of a fork, making a cross-hatch pattern. Sprinkle with salt, if using. Bake cookies, rotating trays halfway through, until golden brown, 10-12 minutes. Transfer to a wire rack and let cool slightly.

7. Homemade Fortune Cookies

Ingredients: 4 tablespoons salted butter, melted, plus more for tin, 12 fresh wonton wrappers, 12 small strips of paper with handwritten fortunes, 2 tablespoons sugar

How to prepare it: Preheat oven to 350° F. Lightly grease 12-cup muffin tin, with butter. place one folded fortune in the center of the wonton wrapper. Dip your fingers into a small bowl of cool water and lightly wet all four edges of the wrapper. Fold in half, gently pressing to seal the edges. Fold ends of wrapper toward each other to create the shape of a traditional fortune cookie. Generously brush each wonton wrapper with butter on all sides. Sprinkle each with 1/2 tsp. sugar, then place in a prepared muffin cup. Bake cookies, flipping halfway through, until golden brown and crisp, 10-12 minutes. Let cookies cool slightly in tin, then carefully transfer to a wire rack and let cool completely.



19 Fun, Easy Recipes



8. Ice Cream French Toast

Ingredients: 1 pint vanilla ice cream (not gelato), melted, 4 (1-1 1/2"-thick) slices of bread, 5 tablespoons unsalted butter, divided.

How to prepare it: Preheat oven to 250° F. Pour ice cream into a large baking dish. Add bread, turn to coat, then let sit 3 minutes. Flip bread and continue to soak until saturated but not soggy, about 3 minutes more. Heat 2 Tbsp. butter in a large skillet over medium. Using tongs, carefully lift 2 bread slices from custard, letting excess drip back into dish. Transfer to skillet in a single layer and cook until golden brown and the center of toast springs back when pressed, about 4 minutes per side. Transfer to a wire rack set inside a rimmed baking sheet; keep warm in oven until ready to serve. Repeat with 2 Tbsp. butter and remaining bread. Top toasts with remaining 1 Tbsp. butter and serve.

9. Classic French Crepe

Ingredients: 1 1/2 cups eggs, 1 1/2 cups milk, 1 1/2 cups all purpose flour.

How to prepare it: Heat 10" skillet to medium heat and spray with non-stick cooking spray. Mix all ingredients in a blender until well combined. Pour batter into heated skillet (a little less than 1/2 cup), swirl to coat bottom of pan evenly. Cook until bottom starts to turn light brown. At this point, the top will look dry, but not cooked. Flip crepe and cook on the other side until lightly browned also. Cook remaining batter in the same manner. Fill with your choice of filling and top with your favorite topping.

10. Ham and Cheese Roll-Ups

Ingredients: 4 slices of Ham, cut in half, 1-8 oz. can of Pillsbury Crescent Rolls, 4 slices of Cheddar Cheese, cut in half.

How to prepare it: Separate the rolls into individual triangles and place on your baking sheet. It's already cut out like this in the can, so take your time and unroll the dough. Add your cheese to the dough and top it off with a half a slice of ham. A full slice will be too much, so just cut it in half. Roll up the dough, ham and cheese. And make sure you separate the roll ups so they have space to breathe while cooking. Bake at 350 degrees for about 15-20 minutes or until the dough is golden brown.

11. Mozzarella Sticks

Ingredients: 15 egg roll wrappers, mozzarella sticks, Canola oil (for frying), Kosher salt.

How to prepare it: Roll cheese up tightly in wrapper, tucking corners in halfway through. Seal edges, then repeat with remaining wrappers and cheese. Pour oil into a large nonstick skillet to come 1/8" up sides; heat over medium-high until shimmering. Working in batches, fry mozzarella sticks, turning once, until golden brown, about 2 minutes per side. Transfer to paper towels and season immediately with salt. Let cool slightly before serving.

12. Sweet Potato Fries

Ingredients: 2 medium sweet potatoes or yams, 2-3 Tablespoons of olive oil, Kosher salt.

How to prepare it: Peel and cut the sweet potatoes into approximately 2" long x 1/4" wide sticks and mix in a couple of tablespoons of olive oil. Sprinkle with kosher salt (add as much or as little as you'd like). Prepare a baking pan lined with foil and brush olive oil over the foil or spray with cooking spray. This is important to prevent sticking. Lay out the sweet potato sticks over the pan making sure to not overcrowd the pan - they won't get crispy otherwise. Bake at 425 degrees for 30-35 minutes or until fries are crispy, making sure to rotate the pan in between cooking time.

13. Roasted Potatoes and Crunchy Onions

Ingredients: 2 pounds baby red potatoes, 1/3 cup olive oil, 1 (1 ounce) package Lipton onion soup mix (dry)

How to prepare it: Preheat your oven to 400 degrees F. Slice the potatoes in half or quarters. Just make sure they are all about the same size. Add the potatoes to a medium bowl. Add the oil and soup mix and stir. Line a large baking sheet with aluminum foil and spray with nonstick spray. Roast in the preheated oven for 20-25 minutes, turning the potatoes halfway through. Take them out when they are fork tender. Serve hot!



19 Fun, Easy Recipes



14. Creamy Potato Soup

Ingredients: 1 28oz package Potatoes O'Brien, 1 packet Country Gravy Mix, 4 tsp Chicken Base or 32oz Chicken Broth

How to prepare it: Mix all the ingredients together in a large pot. Once it's boiling, reduce heat and let it simmer until it begins to thicken. (The soup will continue to thicken as it cools).

15. Tomato Tortellini Soup

Ingredients: 4 cups chicken stock, 28 ounce can diced fire roasted tomatoes (with liquid), 10 ounce bag of fresh tortellini.

How to prepare it: Add the chicken stock and fire roasted tomatoes to a medium pot and bring to a boil over medium-high heat. When at a rolling boil, turn off heat and puree with a blender. When pureed, add the fresh tortellini and cook for 3-4 minutes (read the package directions.) Turn off heat and serve hot.

16. Easy Beef Stew

Ingredients: Ground beef, one pound, Mixed vegetables, 15 ounce can, 2 cans V-8 Vegetable Juice, 11.5 ounce.

How to prepare it: Brown the ground beef, drain, and return to pot. Add the mixed vegetables and V-8 juice., Bring to a boil, reduce heat, and simmer until vegetables are hot. Serve with crackers or cornbread. This is a really quick way to make a flavorful and healthy dinner!

17. Baked Avocado Eggs

Ingredients: 1 avocado, 2 eggs, 2 tbsp grated cheese

How to prepare it: Preheat oven to 410F. Cut avocado in half and remove the large pit. Use a spoon to scoop out a little extra avocado from the center. Place the two halves on a baking tray, flesh side up. Crack an egg into each one. Sprinkle with grated cheese. Bake for 12 - 15 minutes, until egg is cooked to your liking.

18. Chicken Avocado Bites

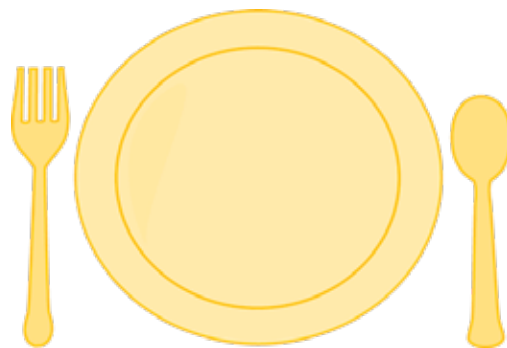
Ingredients: 1 cup cooked chicken, 1/2 large avocado, 1 egg, lightly beaten.

How to prepare it: Preheat oven to 390 F and brush a muffin tray with butter or olive oil. Finely chop chicken and mash avocado. Combine chicken, avocado and egg in a bowl, mix to combine. Place spoonful of the mixture into the prepared muffin tray. Bake for 20 mins or until golden

19. Hearty Chili

Ingredients: Chili beans: Make sure to use undrained beans. The sauce helps give that soupy consistency. Diced tomatoes with green chiles: like Rotel or Hunt's Seasoned Diced Tomatoes in Sauce for Chili. Ground beef: Beef gives the chili a heartier flavor, however ground turkey will work too

How to prepare it: In a large pot, mix together the cooked beef, beans and tomatoes. Bring the mixture to a boil over medium-heat, then reduce heat to medium-low and let simmer for about 30 minutes. Add salt and pepper to taste. Then enjoy with your favorite toppings such as shredded cheese, sour cream, chopped tortilla chips and green onions.



19 Fun Activities Dad Can Do

Social distancing and self-isolation can be really stressful for both adults and children. By adjusting expectations for yourself and your kids, you can find creative ways to get through this time.

1. **Dance Party:** Share your favorite song and the reason why with your kids. For example, my favorite song is the Twist by Chubby Checker. When I was in elementary school, my Mom and I would dance to this song on her birthday. After sharing, play your favorite song and dance to it. Have your kids do the same.
2. **Tea Party:** Grab your favorite tea or beverage and find a comfortable area for everyone to gather. Pretend you are movie stars, at a fancy party, or special occasion. Spend time asking questions and getting to know each other. For example, if you could meet anyone in the world past or present who would it be and why? Name something you want to do that you haven't done yet.
3. **Puppet Show:** Grab some socks and create your own puppets. You can use materials you have around the house. It can be as simple as using markers to draw facial features and other characteristics such as hair. You can also search the internet for more complex sock puppet ideas such as building a stage.
4. **Animal Kingdom:** Cut or tear a piece of notebook paper into 20 pieces. Divide the pieces of paper among everyone in the family. Have family members write animal names on each piece of paper. Place the names in a bowl and choose a family member to go first. The person will pick a piece of paper out of the bowl and make the animal sound associated with that animal (acting out the animal is not permitted). The rest of the family members try and guess what animal it is. The person who guesses first gets a point. Take turns so that all family members get a chance to make animal sounds. The person with the most points at the end wins.
5. **Cooking/Baking:** Prepare your favorite meals or dessert with your kids. This is a great way to teach life skills as well as build relationships with your children. If you don't already have your favorite recipe you can search the internet for ideas.
6. **Virtual Zoo:** Cut or tear a piece of notebook paper into 20 pieces. Divide the pieces of paper among everyone in the family. Have family members write animal names on each piece of paper. Place the names in a bowl and choose a family member to go first. The person will pick a piece of paper out of the bowl and acts out or pretends to be that animal (no animal sounds permitted). The rest of the family members try and guess what animal it is. The person who guesses first gets a point. Take turns so that all family members get a chance to make animal sounds. The person with the most points at the end wins.
7. **Game Night:** Have your kids choose their favorite game and enjoy playing as a family. Be present and in the moment. Play, laugh, and just have fun.
8. **Superhero:** Grab a few blankets and tie them around your shoulders and instantly become a superhero. Have everyone come up with a superhero name and superhero power. Then have each family member say their superhero name and explain what they would use their superhero power for. Once everyone has had a chance to explain their superhero and superhero power role play and act out saving the world from COVID-19.
9. **Movie Night:** Make some popcorn and grab your favorite snacks. Ask your children to pick a movie and watch it together. After the movie tell your children your favorite part of the movie and ask them to talk about theirs.
10. **Bubbles:** Measure 6 cups of water into one container, then pour 1 cup of dish soap into the water and slowly stir it until the soap is mixed in. Try not to let foam or bubbles form while you stir. You can make a bubble wand using the following: Plastic cup: 1) Punch a hole in the bottom to blow through. 2) Dip the large open end into the solution and blow. Plastic soft drink bottles: 1) Cut the bottom off the bottle and dip. 2) Use the lid end of the bottle to blow you bubbles.

19 Fun Activities Dad Can Do

Social distancing and self-isolation can be really stressful for both adults and children. By adjusting expectations for yourself and your kids, you can find creative ways to get through this time.

11. Balloon Volleyball: See how many times you can hit the balloon between family members without letting it hit the ground. The only rule is that the same family member cannot hit the balloon twice.
12. Coin Toss: Give every family member a penny, nickel, dime or quarter. Create a fair distance for everyone to stand from a wall. Younger kids will be closer to the wall than older kids and adults. Take turn tossing your coins toward the wall. The closest to the wall wins.
13. Indoor Basketball: Crumple up notebook paper into the form of a ball. Grab an empty basket or bowl and place it near a wall. Take turns shooting the ball to see who can make the most out of 10. Younger kids can shoot the ball closer to the basket than older kids and adults. You can also play HORSE. Family members take turns attempting shots from anywhere in the house. If someone makes a shot, then everyone else must replicate the shot or gain a letter. Once someone gets all five letters of "HORSE," they're eliminated from the competition.
14. Musical Chairs: 1) The chairs are set up in two rows back to back with one chair less than the number of players. 2) The music is turned on, and the players walk around the chairs. 3) When the music stops the players race to sit in the available chairs. 4) The player left standing is taken out of the game. 5) The players all stand again and a chair is removed. 6) The music is started and the walk around the chairs begins again. 7) This procedure is continued until only one person remains. This person is the winner.
15. Painting/Drawing: Have everyone in your family paint or draw a picture. Have describe their picture and tell a story behind it. Have each family member say two things they like about the painting or drawing. Hang the pictures on the refrigerator or display somewhere in the house.
16. Talent Show: Have everyone in your family perform for a talent show. At the end of each performance have everyone say two things they liked about the performance.
17. Slide and Glide: Grab an old blanket and have your kids sit on it one at a time. Get as creative as you want: they can be race car drivers, horseback riding, sledding in the snow, on a magic carpet, whatever you decide. Pull them around the house on the blanket and describe to them what to imagine. For example, we are coming to the very top of the mountain top and about to slide down a pure white hill of snow.
18. Musical Instruments: Grab pots, pans, and some spoons and make your favorite beats. Dance to it, sing to it, or just enjoy the music. You can even play your favorite songs on the radio and jam to the music.
19. Hidden Treasure: Grab a clear sports bottle or liter soda bottle. Find small objects around the house and place them in the bottle: dimes, buttons, paperclip, screws, etc. fill the container with rice leaving 3 finger spaces from top. Place the lid back on container and shake the bottle up. Without removing the lid, have kids move the bottle around to find as much hidden treasure they can find. Be sure to keep a list of all the items you place in the bottle. The one who finds the most wins.



19 Songs You Can Sing

This Little Light of Mine

This little light of mine
I'm going to let it shine
Oh, this little light of mine
I'm going to let it shine
This little light of mine
I'm going to let it shine
Let it shine, all the time, let it shine
All around the neighborhood
I'm going to let it shine
All around the neighborhood
I'm going to let it shine
All around the neighborhood
I'm going to let it shine
Let it shine, all the time, let it shine.
Hide it under a bushel? No!
I'm going to let it shine
Hide it under a bushel? No!
I'm going to let it shine
Hide it under a bushel? No!
I'm going to let it shine
Let it shine, all the time, let it shine.
Don't let Satan [blow] it out!
I'm going to let it shine
Don't let Satan [blow] it out!
I'm going to let it shine
Don't let Satan [blow] it out!
I'm going to let it shine
Let it shine, all the time, let it shine

Ten in the Bed

There were ten in the bed
And the little one said,
"Roll over! Roll over!"
So they all rolled over and
One fell out
There were nine in the bed
And the little one said,
"Roll over! Roll over!"
So they all rolled over
And one fell out
There were eight in the bed
And the little one said,
"Roll over! Roll over!"
So they all rolled over and one fell out
There were seven in the bed
And the little one said,
"Roll over! Roll over!"
So they all rolled over and one fell out
There were six in the bed
And the little one said,
"Roll over! Roll over!"
So they all rolled over and one fell out
There were five in the bed
And the little one said,
"Roll over! Roll over!"
So they all rolled over and one fell out
There were four in the bed
And the little one said,
"Roll over! Roll over!"
So they all rolled over and one fell out
There were three in the bed
And the little one said,
"Roll over! Roll over!"
So they all rolled over and one fell out
There were two in the bed
And the little one said,
"Roll over! Roll over!"
So they all rolled over and one fell out
There was one in the bed
And the little one said,
"Alone at last!"



19 Songs You Can Sing

He's Got the Whole World in His Hands

He's got the whole world in His hands
He's got the whole world in His hands
He's got the whole world in His hands
He's got the whole world in His hands

He's got the itty bitty baby in His hands
He's got the itty bitty baby in His hands
He's got the itty bitty baby in His hands
He's got the whole world in His hands

He's got a-you and me brother in His hands
He's got a-you and me brother in His hands
He's got a-you and me brother in His hands
He's got the whole world in His hands

He's got a-you and me sister in His hands
He's got a-you and me sister in His hands
He's got a-you and me sister in His hands
He's got the whole world in His hands

He's got the whole world in His hands
He's got the whole world in His hands
He's got the whole world in His hands
He's got the whole world in His hands

Jack and Jill

Jack and Jill went up the hill
To fetch a pail of water.

Jack fell down and broke his crown,
And Jill came tumbling after.

Up Jack got,
And home did trot,
As fast as he could caper,

To old Dame Dob,
Who patched his nob
With vinegar and
Brown paper.

Take Me Out to the Ball Game

Take me out to the ball game

Take me out with the crowd

Buy me some peanuts and cracker jacks

I don't care if I never get back

Let me root, root, root

For the home team

If they don't win it's a shame

For it's one, two,

Three strikes you're out!

At the old ball game!

Five Little Speckled Frogs

Five little speckled frogs

Sat on a speckled log

Eating some most delicious grubs.

One jumped into the pool

Where it was nice and cool

Then there were four green speckled
frogs

Itsy Bitsy Spider

The itsy bitsy spider

Crawled up the water spout.

Down came the rain,

And washed the spider out.

Out came the sun,
And dried up all the rain,
And the itsy bitsy spider
Went up the spout again.

19 Songs You Can Sing

Baby Shark

Baby shark, doo doo doo doo doo doo
Baby shark, doo doo doo doo doo doo
Baby shark, doo doo doo doo doo doo
Baby shark!

Mommy shark, doo doo doo doo doo doo
Mommy shark, doo doo doo doo doo doo
Mommy shark, doo doo doo doo doo doo
Mommy shark!

Daddy shark, doo doo doo doo doo doo
Daddy shark, doo doo doo doo doo doo
Daddy shark, doo doo doo doo doo doo
Daddy shark!

Grandma shark, doo doo doo doo doo doo
Grandma shark, doo doo doo doo doo doo
Grandma shark, doo doo doo doo doo doo
Grandma shark!

Grandpa shark, doo doo doo doo doo doo
Grandpa shark, doo doo doo doo doo doo
Grandpa shark, doo doo doo doo doo doo
Grandpa shark!

Let's go hunt, doo doo doo doo doo doo
Let's go hunt, doo doo doo doo doo doo
Let's go hunt, doo doo doo doo doo doo
Let's go hunt!

Run away, doo doo doo doo doo doo
Run away, doo doo doo doo doo doo
Run away, doo doo doo doo doo doo
Run away!

Safe at last, doo doo doo doo doo doo
Safe at last, doo doo doo doo doo doo
Safe at last, doo doo doo doo doo doo
Safe at last!

It's the end, doo doo doo doo doo doo
It's the end, doo doo doo doo doo doo
It's the end, doo doo doo doo doo doo
It's the end!

Five Little Monkeys

Five little monkey jumping on the bed
One fell off and bump his head
Mama called the doctor
And the doctor said
No more Monkey jumping on the bed

Four little monkey jumping on the bed
One fell off and bump his head
Mama called the doctor
And the doctor said

No more Monkey jumping on the bed

Three little monkey jumping on the bed
One fell off and bump his head
Mama called the doctor
And the doctor said

No more Monkey jumping on the bed

Two little monkey jumping on the bed
One fell off and bump his head
Mama called the doctor
And the doctor said

No more Monkey jumping on the bed
One little monkey jumping on the bed
He fell off and bump his head
Mama called the doctor
And the doctor said

No more Monkey jumping on the bed



19 Songs You Can Sing

London Bridge is Falling Down

London Bridge is falling down,
Falling down, falling down,
London Bridge is falling down,
My fair Lady.

Build it up with wood and clay,
Wood and clay, wood and clay,
Build it up with wood and clay,
My fair Lady.

Wood and clay will wash away,
Wash away, wash away,
Wood and clay will wash away,
My fair Lady.

Build it up with bricks and mortar,
Bricks and mortar, bricks and mortar,
Build it up with bricks and mortar,
My fair Lady.

Bricks and mortar will not stay,
Will not stay, will not stay,
Bricks and mortar will not stay,
My fair Lady.

Build it up with iron and steel,
Iron and steel, iron and steel,
Build it up with iron and steel,
My fair Lady.

Iron and steel will bend and bow,
Bend and bow, bend and bow,
Iron and steel will bend and bow,
My fair Lady.

Build it up with silver and gold,
Silver and gold, silver and gold,
Build it up with silver and gold,
My fair Lady.

Silver and gold will be stolen away,
Stolen away, stolen away,
Silver and gold will be stolen away,
My fair Lady.

Mary Had a Little Lamb

Mary had a little lamb,
whose fleece was white as snow.

And everywhere that Mary went,
the lamb was sure to go.

It followed her to school one day
which was against the rules.

It made the children laugh and play,
to see a lamb at school.

And so the teacher turned it out,
but still it lingered near,

And waited patiently about,
till Mary did appear.

"Why does the lamb love Mary so?"
the eager children cry.

"Why, Mary loves the lamb, you know."
the teacher did reply

ABC Song

A-B-C-D-E-F-G
H-I-J-K-L-M-N-O-P
Q-R-S
T-U-V

W and X
Y and Zee

Now I know my "ABCs"
Next time won't you sing with
me?

19 Songs You Can Sing

Five Little Ducks

The Wheels on the Bus

The wheels on the bus go round and round
Round and round, round and round
The wheels on the bus go round and round
All through the town

The wipers on the bus go "Swish, swish, swish,
Swish, swish, swish, swish, swish, swish"
The wipers on the bus go "Swish, swish,
swish"
All through the town.

The people on the bus go, "chat, chat, chat,
cha,,chat chat,chat chat ,chat
The people on the bus go, ", chat,chat,chat
All through the town.

The horn on the bus go "Beep, beep, beep
Beep, beep, beep, beep, beep, beep"
The horn on the bus go "Beep, beep, beep"
All through the town.

The baby on the bus go, "wah, wah, wah!
wah, wah, wah, wah, wah, wah!"
The baby on the bus go, "wah, wah, wah!"
All through the town.

The mummy on the bus go, "ssss sh,ssss
sh,ssss sh,
""ssss sh,ssss sh,ssss sh
The mummy on the bus go, ""ssss sh,ssss
sh,ssss sh"
All through the town.

The wheels on the bus go round and round
Round and round, round and round
The wheels on the bus go round and round
All through the town.

Five Little Ducks went out one day, over
the hills and far away.
Mother Duck said, "Quack, Quack, Quack,
Quack," but only four little ducks came
back.

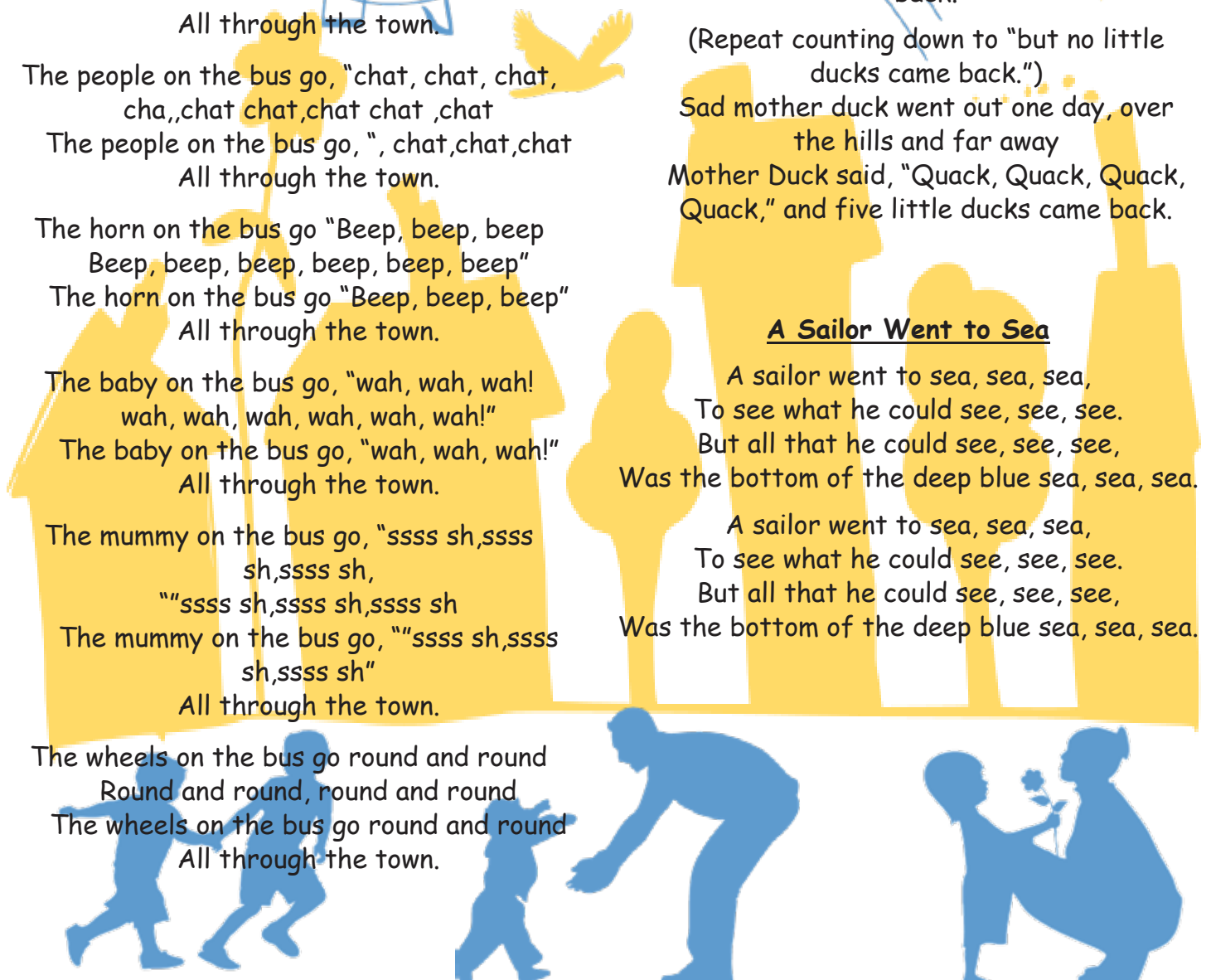
Four little ducks went out one day, over the
hills and far away
Mother Duck said, "Quack, Quack, Quack,
Quack," but only three little ducks came
back.

(Repeat counting down to "but no little
ducks came back.")
Sad mother duck went out one day, over
the hills and far away
Mother Duck said, "Quack, Quack, Quack,
Quack," and five little ducks came back.

A Sailor Went to Sea

A sailor went to sea, sea, sea,
To see what he could see, see, see.
But all that he could see, see, see,
Was the bottom of the deep blue sea, sea, sea.

A sailor went to sea, sea, sea,
To see what he could see, see, see.
But all that he could see, see, see,
Was the bottom of the deep blue sea, sea, sea.



19 Songs You Can Sing

Sally Goes Round the Sun

Sally go round the sun,
Sally go round the moon,
Sally go round the chimney pots
On a Sunday afternoon.

Zoom Zoom, We're Going to the Moon

Zoom, Zoom, Zoom
We're going to the moon.
Zoom, Zoom, Zoom
We're going to the moon.
If you want to take a trip,
Climb aboard my rocket ship.
Zoom, Zoom, Zoom
We're going to the moon.
5, 4, 3, 2, 1,
Blast off!

Three Blind Mice

Three blind mice. Three blind mice.
See how they run. See how they run.
They all ran after the farmer's wife,
Who cut off their tails with a carving
knife,
Did you ever see such a sight in your life,
As three blind mice?

Here We Go Looby Loo

Here we go looby loo,
Here we go looby light,
Here we go looby loo,
All on a Saturday night.

You put your right hand in.
You put your right hand out.
You give your hand a shake, shake, shake,
And turn yourself about.

Here we go looby loo,
Here we go looby light,
Here we go looby loo,
All on a Saturday night.

You put your left hand in.
You put your left hand out.
You give your hand a shake, shake, shake,
And turn yourself about.

Here we go looby loo,
Here we go looby light,
Here we go looby loo,
All on a Saturday night.

You put your right foot in.
You put your right foot out.
You give your foot a shake, shake, shake,
And turn yourself about.

Here we go looby loo,
Here we go looby light,
Here we go looby loo,
All on a Saturday night.

You put your left foot in.
You put your left foot out.
You give your foot a shake, shake, shake,
And turn yourself about.

Here we go looby loo,
Here we go looby light,
Here we go looby loo,
All on a Saturday night.

You put your whole self in.
You put your whole self out.
You give your self a shake, shake, shake,
And turn yourself about.

Here we go looby loo,
Here we go looby light,
Here we go looby loo,
All on a Saturday night.

19 Games and Activities

- 1. Listen to a Podcast**
There are endless podcasts for people of all ages and interests!
- 2. Learn a dance**
Download the Tik Tok app and challenge yourself to learn one of the trending dances everyone is doing.
- 3. Family Fashion Show**
Have a fashion show with a few themes like Prom Night, Cowboy Show-Down, and Animal Print.
- 4. Talent Show**
Have everyone in your family perform for a talent show.
- 5. Musical Instruments Concert**
Grab pots, pans, and some spoons and make your favorite beats.
- 6. Musical Chairs**
When the music stops the players race to sit in the available chairs. The player left standing is taken out of the game.
- 7. Selfie Hot Potato**
Everyone has to take a selfie as they go. When the music stops, whoever has the phone in hand must post the selfie they just took.
- 8. Animal Charades**
Take turns drawing a picture of an animal from a container and acting it out (without talking) in front of your audience until someone guesses it correctly.
- 9. Pictionary**
Try to identify something that is drawn within the time limit.
- 10. Painting/Drawing**
Have everyone in your family paint or draw a picture. Have describe their picture and tell a story behind it.
- 11. Play hide and seek**
The player found last wins the game and becomes the seeker for the next round.
- 12. What's In The Bag?**
Put a few things in the bag from around the house like paperclips, a coin, a lime, a toy and guess before pulling it out.
- 13. I Spy**
A guessing game where one player chooses an object within sight and announces to the other players that "I spy with my little eye, something beginning with...", naming the first letter of the object.
- 14. Staring Game to See Who Laughs First!**
Looking each other, eye to eye without laughing.. however the first one that laughs loses the competition.
- 15. Build an Obstacle Course**
Let your imagination (and children) run wild with an obstacle course. Shift around the furniture, throw in some pillows, create some corridors, and send your kids on a fun journey through the house.
- 16. Make A Sock Toss**
All you need is a laundry basket and a few pairs of old socks.
- 17. Simon Says**
Simon gives a command and players must only obey the commands that start with "Simon says". If you follow a command that doesn't begin with "Simon says" you are out.
- 18. Balloon Volleyball**
See how many times you can hit the balloon between family members without letting it hit the ground. The only rule is that the same family member cannot hit the balloon twice.
- 19. Coin Toss**
Give every family member a coin. Create a fair distance for everyone to stand from a wall. Take turns tossing your coins toward the wall. The closest to the wall wins.

19 Activities With Family on FaceTime

1. Say the Same Thing

<https://www.thegamegal.com/2016/02/11/ok-gos-say-the-same-thing/>

2. Two Truths and One Lie

<https://www.icebreakers.ws/small-group/two-truths-and-a-lie.html>

3. 21 Questions

<https://conversationstartersworld.com/21-questions-game/>

4. Truth or Dare

<https://www.youtube.com/watch?v=fTslUTLpoOE>

5. Last Letter

https://www.youtube.com/watch?v=JxlwAI7Dj_I

6. Song Lyrics

<https://www.youtube.com/watch?v=u0KozZKD2E>

7. True or False

<https://www.youtube.com/watch?v=vSfWcDBXJkl>

8. 20 Questions

<https://www.youtube.com/watch?v=rmPUgg5DZqU>

9. Charades

<https://www.youtube.com/watch?v=xPR-Ej-ENbk>

10. Only Rhyme

<https://www.youtube.com/watch?v=3Cc1TL-0bXo>

11. Never Have I Ever

<https://www.youtube.com/watch?v=-l2KPjQ2IJA>

12. Guess the Word

https://www.youtube.com/watch?v=DM_nPFnUxyE

13. Guess the Movie

<https://www.youtube.com/watch?v=bsMvQNZ2egg>

14. Three Word Stories

<https://www.youtube.com/watch?v=DCataNWjw-Q>

15. Add a Letter

<https://www.youtube.com/watch?v=i3NLRDZHdDQ>

16. Dad Jokes (Try not to Laugh!)

https://www.youtube.com/watch?v=yTSgp_DT9lg

17. Pictionary

<https://www.youtube.com/watch?v=97xL-DNDHEI>

18. Origami Competition

<https://www.youtube.com/watch?v=cZdO2e8K29o>

19. Jinx Challenge

<https://www.youtube.com/watch?v=tUg-WLRdRv0>



19 Tips for Stress Relief

relax relate release



1. Guided Imagery

2. Meditate

3. Progressive Muscle
Relaxation

4. Breathing Exercises

5. Take a Walk

6. Get a Hug from a Loved One

7. Aromatherapy

8. Create Artwork

9. Stress Ball

10. Eat a Balanced Diet

11. Find a New Hobby

12. Practice Positive Self-Talk

13. Practice Yoga

14. Express Gratitude

15. Prioritize Exercise

16. Focus on Problem Solving

17. Reassess Your To-Do List

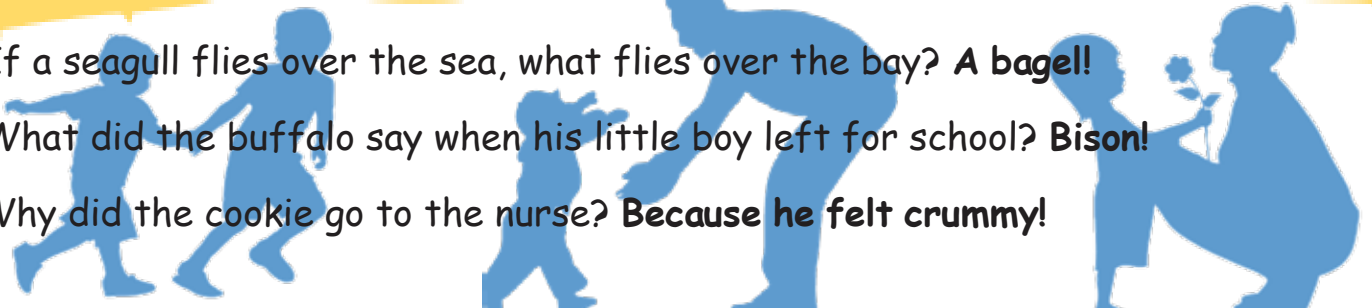
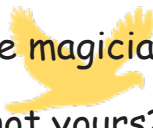
18. Obtain Social Support

19. Reach out to an Old Friend



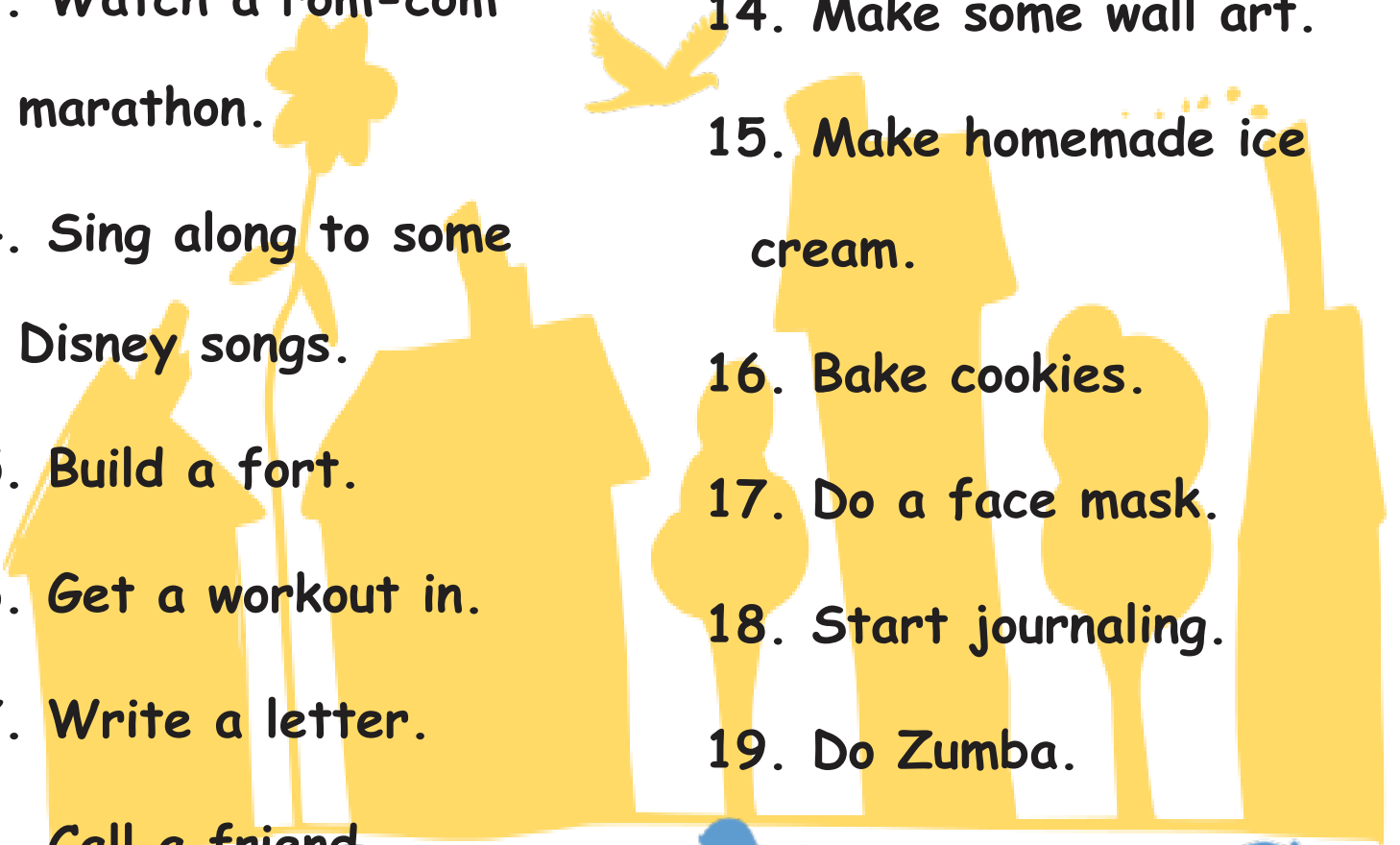
19 Jokes for Kids

1. What did the big flower say to the little flower? **Hi, bud!**
2. Why did the kid throw his clock out the window? **Because he wanted to see time fly!**
3. Why are fish so smart? **Because they live in schools!**
4. Where do polar bears keep their money? **In a snow bank!**
5. Why did the pony get sent to his room? **He wouldn't stop horsing around!**
6. What do you call a bear with no ears? **A "B!"**
7. What did the fisherman say to the magician? **Pick a cod, any cod!**
8. What do you call a cheese that's not yours? **Nacho cheese!**
9. Why wouldn't the shrimp share his treasure? **Because he was a little shellfish!**
10. Why is Cinderella bad at soccer? **Because she's always running away from the ball!**
11. Why did the picture go to prison? **Because it was framed!**
12. Where do cows go on Friday nights? **They go to the moo-vies!**
13. What did one eye say to the other eye? **Between us, something smells!**
14. Why do bicycles fall over? **Because they're two-tired!**
15. Why does a rain cloud wear under her dress? **Thunderwear!**
16. Why couldn't the pony sing "Happy Birthday?" **Because she was just a little hoarse!**
17. If a seagull flies over the sea, what flies over the bay? **A bagel!**
18. What did the buffalo say when his little boy left for school? **Bison!**
19. Why did the cookie go to the nurse? **Because he felt crummy!**



19 Things to Do When Bored

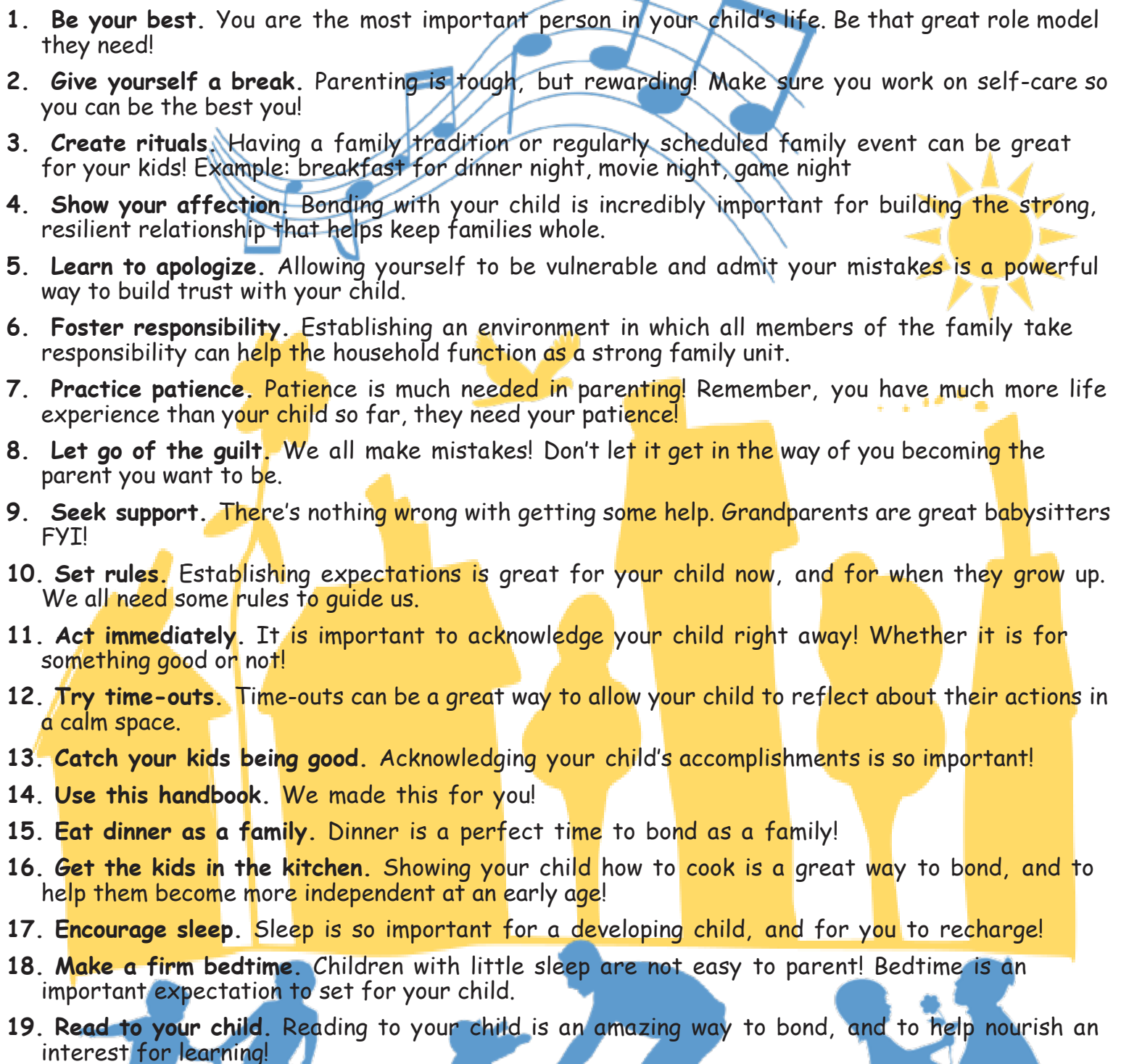
1. Play a board game.
2. Put together an epic puzzle.
3. Watch a rom-com marathon.
4. Sing along to some Disney songs.
5. Build a fort.
6. Get a workout in.
7. Write a letter.
8. Call a friend.
9. Learn a new language.
10. Create a vision board.
11. Play a video game.
12. Download an audiobook.
13. Try a coloring app.
14. Make some wall art.
15. Make homemade ice cream.
16. Bake cookies.
17. Do a face mask.
18. Start journaling.
19. Do Zumba.



19 Activities for Kids

1. DIY Tattoo-Patterned Planter <https://akailochiclife.com/2018/04/diy-tattoo-printed-planter.html>
2. DIY Tissue Box Monsters <https://www.thebestideasforkids.com/tissue-box-monsters/>
3. DIY Paper Bead Necklaces <http://www.sowderingabout.com/2014/07/paper-bead-necklaces.html>
4. DIY Mini Lid Banjos <https://www.thecrafttrain.com/mini-lid-banjoes/>
5. DIY Flight School <https://www.goodhousekeeping.com/home/craft-ideas/g3754/how-to-fold-a-paper-airplane/>
6. DIY Paper Bracelets <https://picklebums.com/make-folded-paper-bracelets/>
7. DIY Thumbprint Family Tree <https://www.goodhousekeeping.com/home/craft-ideas/a37873/family-tree-craft-for-kids/>
8. DIY Felt Elastic Bookmarks <https://cutesycrafts.com/2017/06/diy-bookmarks-for-kids.html>
9. DIY Fairy Jar <https://www.momdot.com/fairy-jar-tutorial-diy/>
10. DIY Owl Puppet <https://www.goodhousekeeping.com/home/craft-ideas/how-to/g1402/owl-craft/>
11. DIY Race Track <http://lejardindejuliette.blogspot.com/2012/09/washi-tape-car-track.html>
12. DIY Temporary Tattoos <https://www.hellowonderful.co/post/MAKE-TEMPORARY-TATTOOS-OUT-OF-KIDS-----ART/>
13. DIY "I Spy" Bag <https://www.sixsistersstuff.com/no-sew-i-spy-bag-and-quiet-book/>
14. DIY Crystal Names <https://www.playdoughtoplato.com/kids-science-crystal-names/>
15. DIY Mini Volcanoes <https://www.momdot.com/mini-colored-kitchen-volcanoes/>
16. DIY Window Art <https://www.andnextcomesl.com/2014/06/abstract-window-art-light-reflections.html>
17. DIY Fairy Bells <https://buzzmills.typepad.com/blog/2013/09/fairy-bells.html>
18. DIY Spiky Sponges <https://endlesslyinspired.com/sponge-water-bombs/>
19. DIY Nature Craft Bugs <https://www.thecrafttrain.com/nature-art-bugs/>

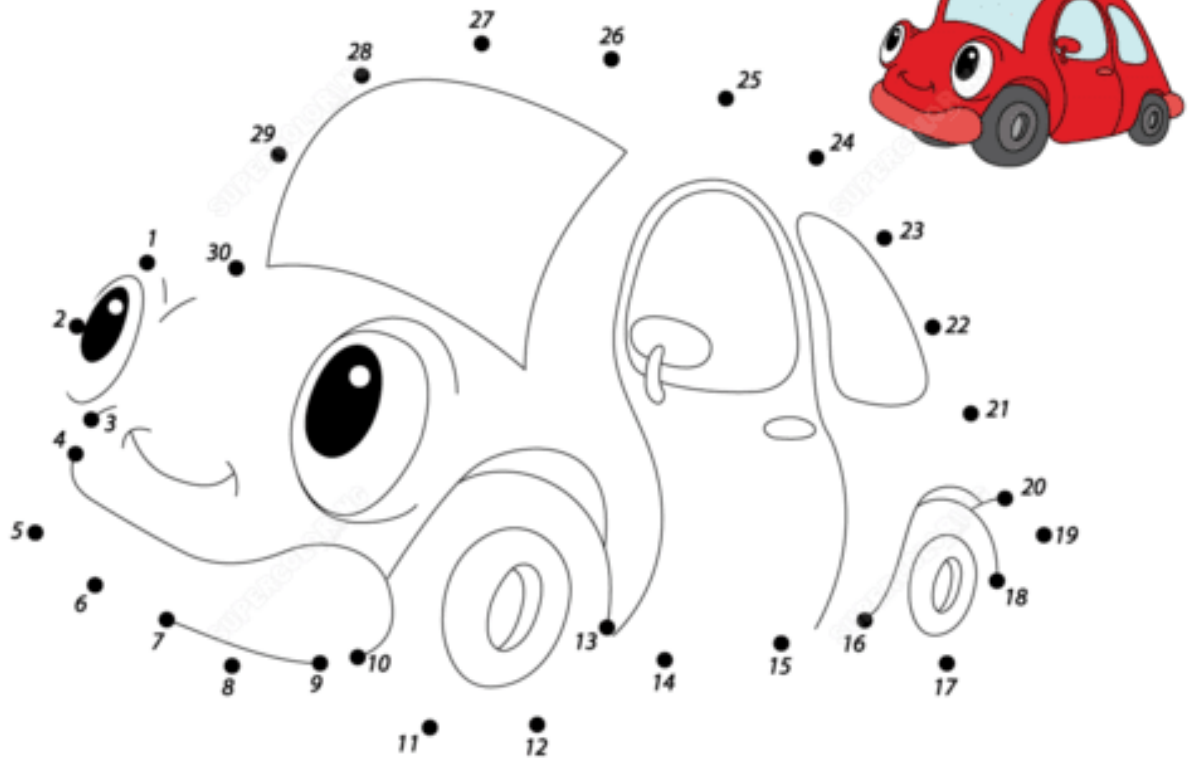
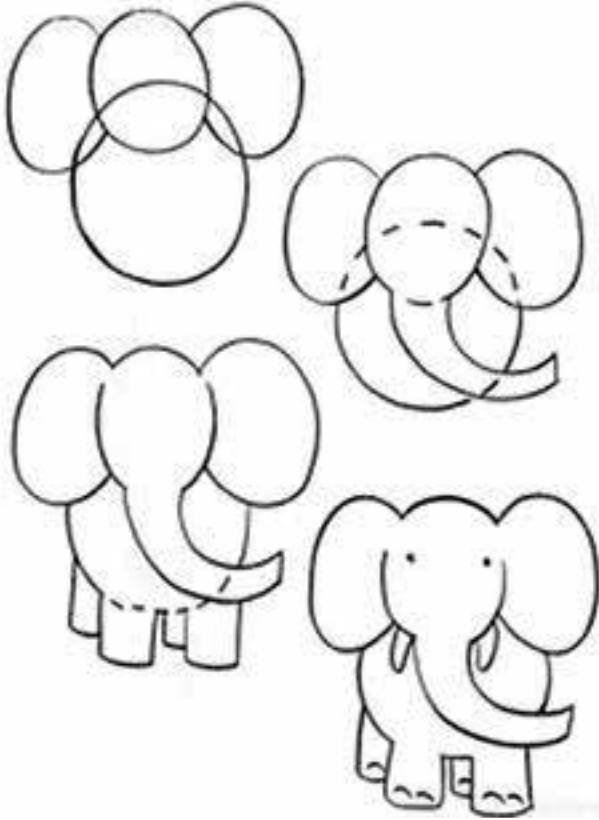
19 Tips for Parents

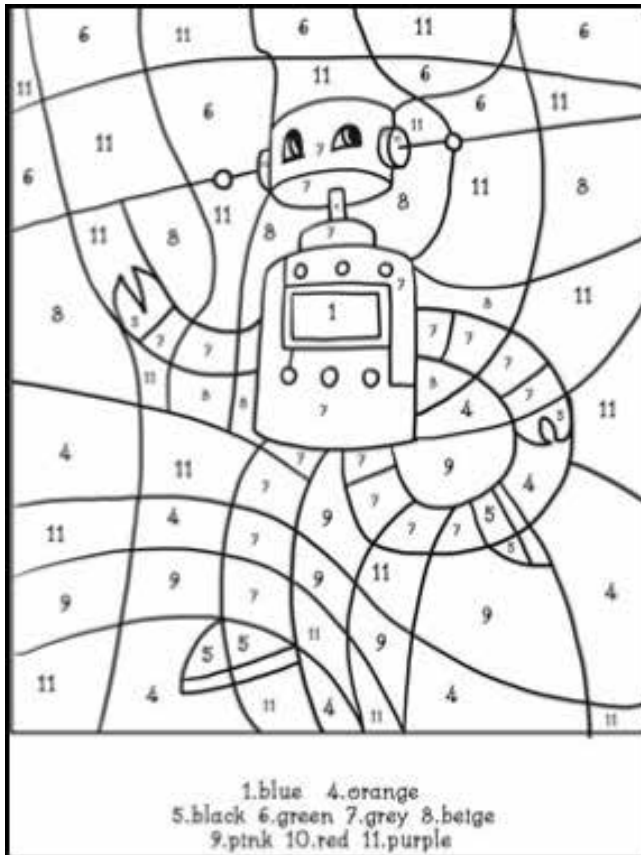
- 
1. **Be your best.** You are the most important person in your child's life. Be that great role model they need!
 2. **Give yourself a break.** Parenting is tough, but rewarding! Make sure you work on self-care so you can be the best you!
 3. **Create rituals.** Having a family tradition or regularly scheduled family event can be great for your kids! Example: breakfast for dinner night, movie night, game night
 4. **Show your affection.** Bonding with your child is incredibly important for building the strong, resilient relationship that helps keep families whole.
 5. **Learn to apologize.** Allowing yourself to be vulnerable and admit your mistakes is a powerful way to build trust with your child.
 6. **Foster responsibility.** Establishing an environment in which all members of the family take responsibility can help the household function as a strong family unit.
 7. **Practice patience.** Patience is much needed in parenting! Remember, you have much more life experience than your child so far, they need your patience!
 8. **Let go of the guilt.** We all make mistakes! Don't let it get in the way of you becoming the parent you want to be.
 9. **Seek support.** There's nothing wrong with getting some help. Grandparents are great babysitters FYI!
 10. **Set rules.** Establishing expectations is great for your child now, and for when they grow up. We all need some rules to guide us.
 11. **Act immediately.** It is important to acknowledge your child right away! Whether it is for something good or not!
 12. **Try time-outs.** Time-outs can be a great way to allow your child to reflect about their actions in a calm space.
 13. **Catch your kids being good.** Acknowledging your child's accomplishments is so important!
 14. **Use this handbook.** We made this for you!
 15. **Eat dinner as a family.** Dinner is a perfect time to bond as a family!
 16. **Get the kids in the kitchen.** Showing your child how to cook is a great way to bond, and to help them become more independent at an early age!
 17. **Encourage sleep.** Sleep is so important for a developing child, and for you to recharge!
 18. **Make a firm bedtime.** Children with little sleep are not easy to parent! Bedtime is an important expectation to set for your child.
 19. **Read to your child.** Reading to your child is an amazing way to bond, and to help nourish an interest for learning!

19 Places You Can Go Without Leaving Your Home

1. San Diego Zoom <https://kids.sandiegozoo.org/videos>
2. Zoo Atlanta PandaCam <https://zooatlanta.org/panda-cam/>
3. Louvre Museum Tour <https://www.louvre.fr/en/visites-en-ligne>
4. Boston Children's Museum <https://www.bostonchildrensmuseum.org/museum-virtual-tour>
5. The Museum of the World <https://britishmuseum.withgoogle.com/>
6. Uffizi Galleries <https://artsandculture.google.com/story/cQVh5Rbqa2Q3dg>
7. Great Wall of China <https://www.thechinaguide.com/destination/great-wall-of-china>
8. Easter Island <https://artsandculture.google.com/story/4wXhfs-0ooroMQ?hl=en>
9. Mars <https://accessmars.withgoogle.com/>
10. International Space Station https://www.nasa.gov/mission_pages/station/main/suni_iss_tour.html
11. Monterey Bay Aquarium <https://www.montereybayaquarium.org/animals/live-cams>
12. Georgia Aquarium <https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>
13. National Aquarium of Baltimore <https://aqua.org/media/virtualtours/baltimore/index.html>
14. The Nature Conservancy of Oklahoma <https://www.newspin.com/tour/?site=42&scenename=815>
15. Virtual Sea Dives <https://sanctuaries.noaa.gov/vr/>
16. Farm Tours <https://www.farmfood360.ca/>
17. National Park Tours <https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>
18. Hawai'i Volcanoes <https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/inside-nahuku-lava-tube>
19. Yellowstone <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>

19 Drawings and More





Summer



T F R L K I T E G N U F
N T I P Y B T R I X F S
V A S U N N Y B S T Q I
P I K W J U A F V E T C
E B T R I C W O K N P E
M S S O L M I C H I S C
A K H P A S M Y L R D R
R C I O D I V I N G N E
V E R S R M A K N L O A
A S T W M T R P E G Y M
B I K I N I S D H C A P
C G S M O W E W A R M K



BIKINI	KITE	SWIM
CABIN	PAIL	SWIMMING
DIVING	SHORTS	T-SHIRT
ICE CREAM	SUNNY	WARM

Jumbled word puzzle.

maelc



erde



nloi



woc



tlepaneh



eorsh



odg



tac



rofg

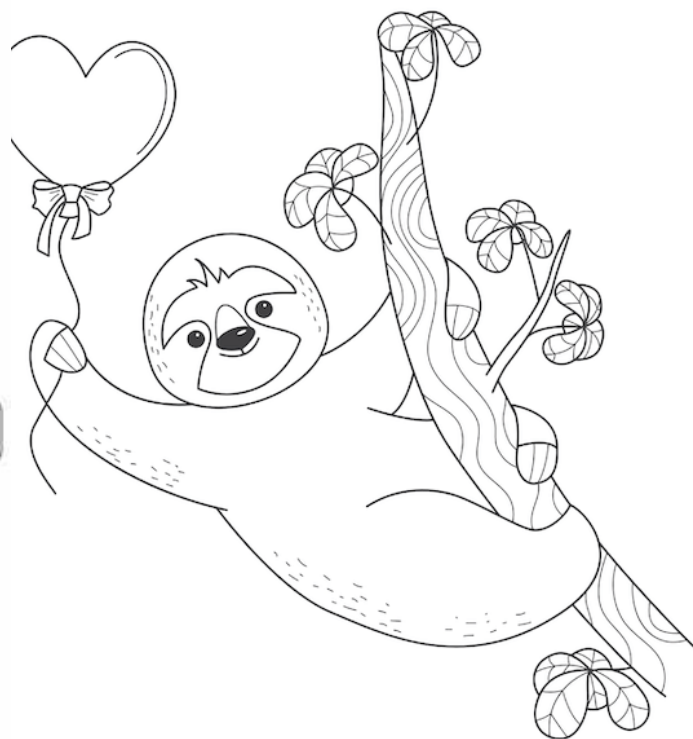


Name _____

Sea Animals

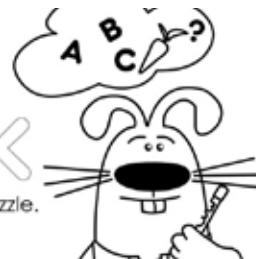
Unscramble the words and write them in the blanks.

1. ESAHRESO _____
2. ETOSLBR _____
3. HSFTSAIR _____
4. SRTYOE _____
5. HSKRA _____
6. MCLA _____
7. HPLIDON _____
8. IUDSQ _____
9. RCAB _____
10. HAWLE _____



...המנוחה... המנוחה...

G B S K



Find the following words in the puzzle.
Words are hidden → and ↓

S	R	E	K	I	P	P	A	H	S	M	A
U	X	S	H	A	V	U	O	T	E	E	T
K	N	P	E	S	A	C	H	G	V	N	G
K	H	A	N	U	K	K	A	H	I	O	U
O	F	S	H	A	B	B	A	T	V	R	S
T	K	I	S	R	A	E	L	G	O	A	N
W	P	U	R	I	M	N	J	G	N	H	B
E	F	Y	V	K	I	P	P	U	R	C	C

HANUKKAH
ISRAEL
KIPPAH
KIPPUR

MENORAH
PESACH
PURIM
SEVIVON

SHABBAT
SHAVUOT
SUKKOT

R

V M

E Q Z

Harvest Fruit & Vegetables Search

SEARCH THE PUZZLE TO FIND AND CIRCLE THE WORDS IN THE WORD LIST. WORDS IN THIS PUZZLE ARE HIDDEN ACROSS AND DOWN.



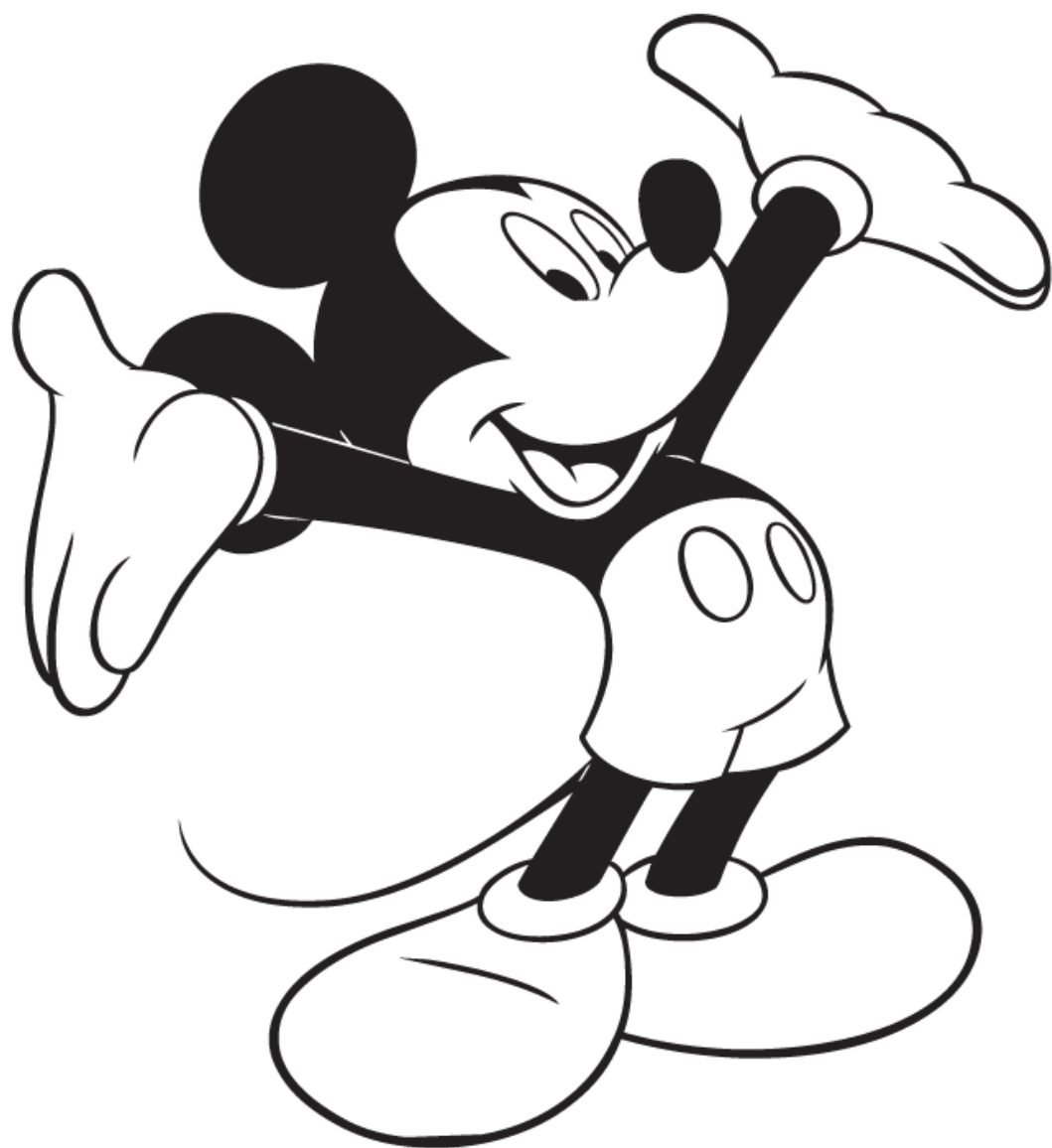
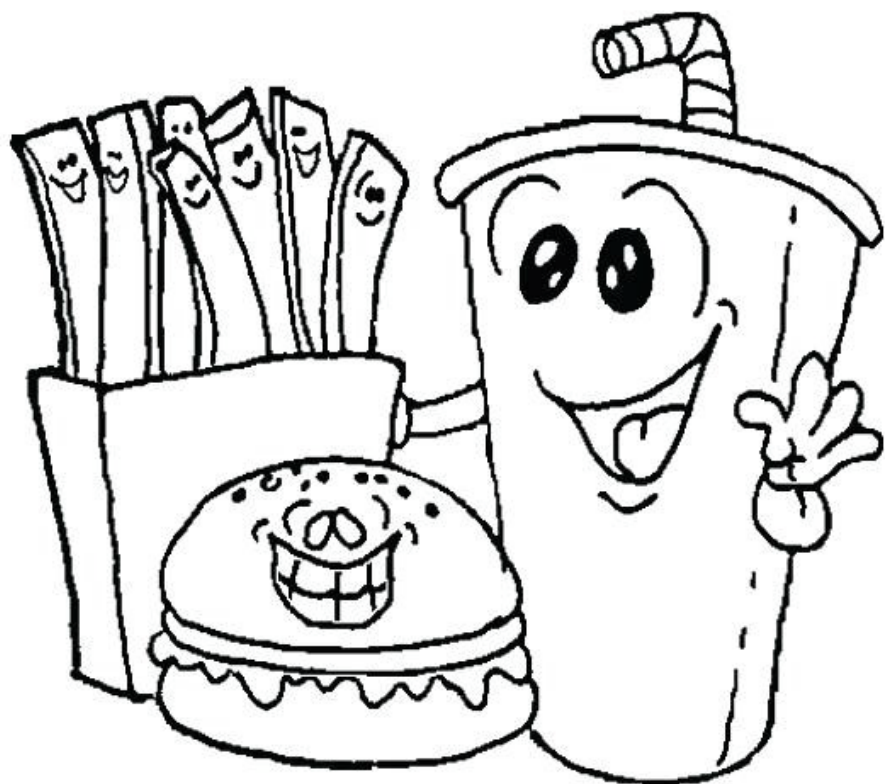
APPLE
BEANS
BEETS
BROCCOLI
CABBAGE
CARROTS
CAULIFLOWER

CELERY
CORN
EGGPLANT
FIGS
GRAPES
ONIONS
PARSNIPS

PEARS
PEPPERS
POTATO
PUMPKIN
SQUASH
TURNIP
YAMS

T W O U C E L E R Y A R X Z B
W O P T F H C A P P L E J I M
D L R T V C O R N G B Q H W I
S T M E D D P A R S N I P S Z
T U F V Y A M S P B E E T S A
B R O C C O L I P U M P K I N
O N I O N S N S N S H M K N P
C I C A U L I F L O W E R C E
A P L D F E G G P L A N T A P
R H F I G S E P K L V Z Q B P
R U U O Z U Z O O N Y P B B E
O G R A P E S T T Z V J E A R
T K N U V A V A Q H C L A G S
S P E A R S N T Q I I L N E M
A S Q U A S H O Q Q V R S Y G





MYZKAPZQAIRBVE
 AGQBVJDRUCZKWA
 GTDVSRSRTERDJC
 IOALFLRZYIEYZM
 CVNKELVVSFUNLZ
 XYADRMATLWGENS
 PDMZHOTOVZPKZSI
 MIWFSFZUQYTOQS
 CQOJFDPBNDFRPT
 ANNABCLGZTCFAE
 SMSVNLPSNAHKR
 TQRKOMQJVTQIZS
 LUZRZCELSAVDNV
 EWTSCQPOWERSMC

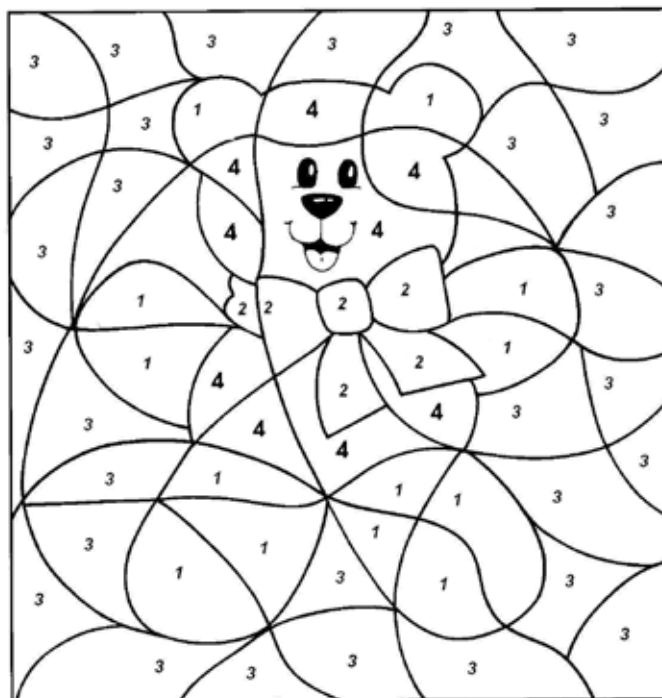
Word Search

We've hidden 16 words, names or phrases in this puzzle.
Can you find them all?

OLAF
 KRISTOFF
 ANNA
 ELSA
 QUEEN
 SNOWMAN
 ICE
 HANS

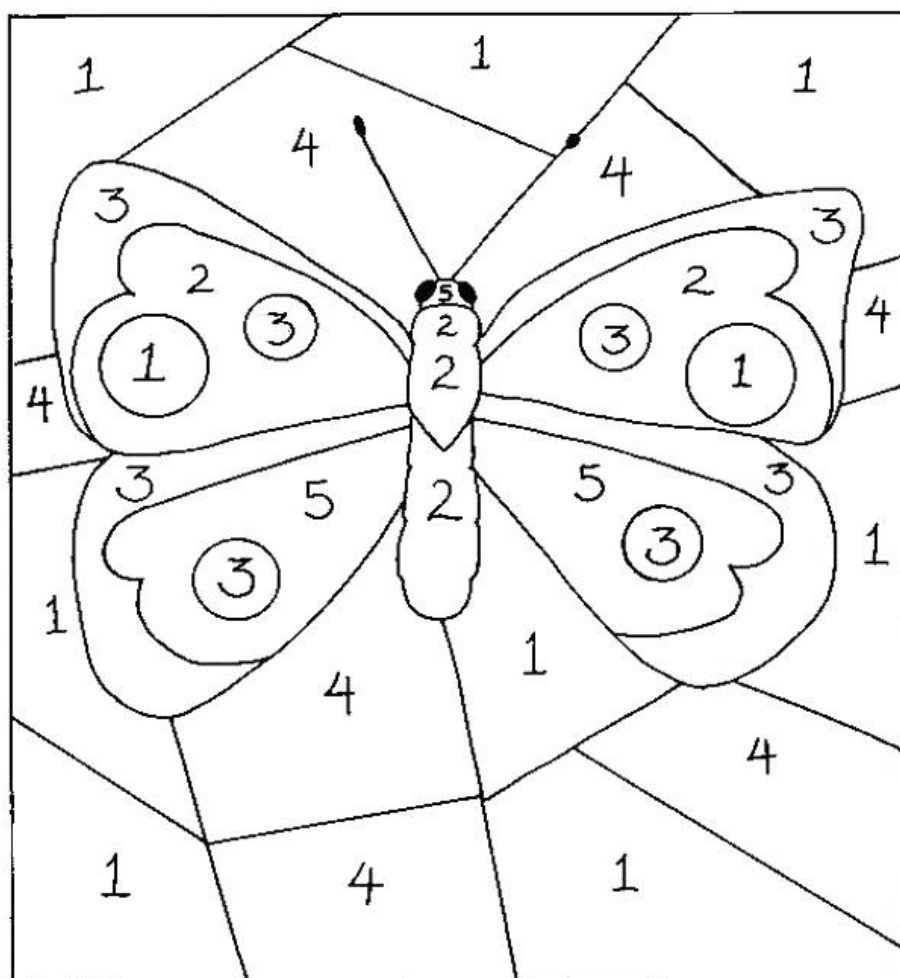
CASTLE
 TROLL
 SISTERS
 MOUNTAIN
 MAGIC
 POWERS
 SLED
 FROZEN

1- Yellow 2-Red 3-Green 4-Brown

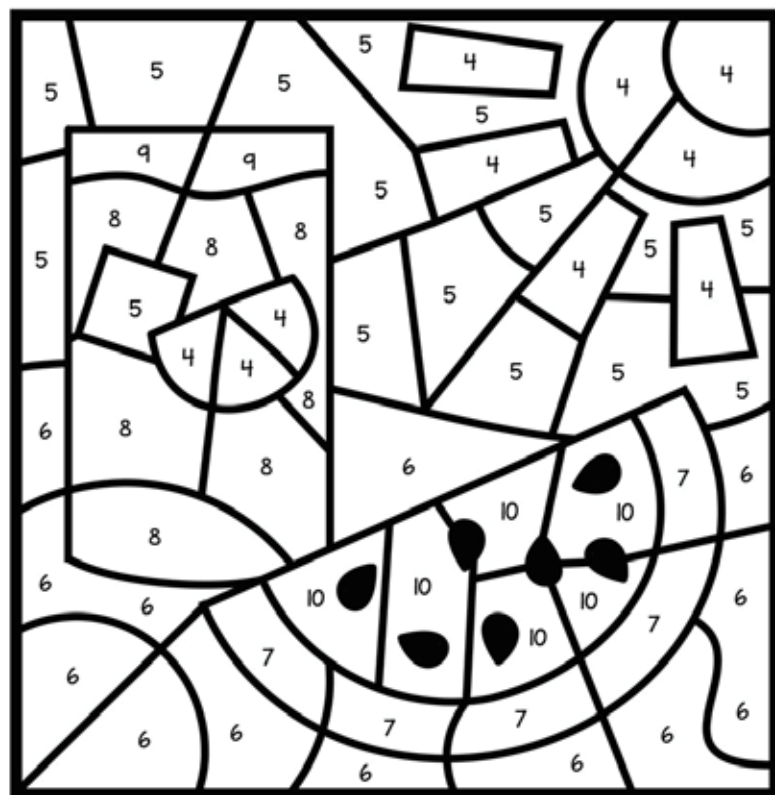


©Disney

blue-1 orange-2 yellow-3 green-4 red-5



Cool Treats!



Use the Color Code to finish the picture!

4 = yellow	5 = light blue	6 = purple	7 = green
8 = orange	9 = white	10 = pink	

MYZKAPZQAIRBVE
 AGQBVJDRUCZKWA
 GTDVSRSSTRERDJC
 IOLAFRLRZYIEYZM
 CVNKELVVSFUNLZ
 XYADRMATLWGENS
 PDMZHOTOVZPKZSI
 MIWFSFZUQYTOQS
 CQOJFDPBNDFRPT
 ANNABCLGZTCFAE
 SMSVNLEPSNAHKR
 TQRKOMQJVTQIZS
 LUZRZCELSAVDNV
 EWTSCQPOWERSMC

Word Search

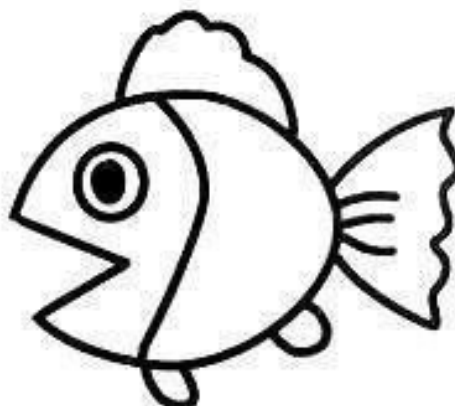
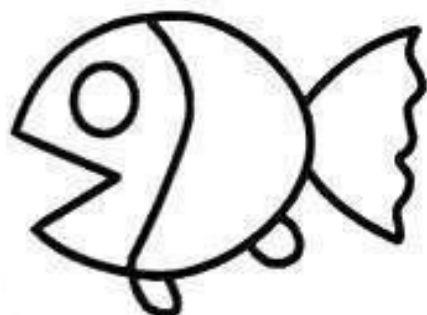
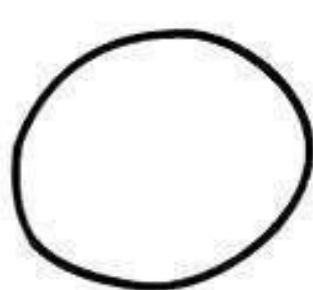
We've hidden 16 words, names or phrases in this puzzle.
 Can you find them all?



©Disney

OLAF
 KRISTOFF
 ANNA
 ELSA
 QUEEN
 SNOWMAN
 ICE
 HANS

CASTLE
 TROLL
 SISTERS
 MOUNTAIN
 MAGIC
 POWERS
 SLED
 FROZEN





19 New Places to Learn

More About explore

1.
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19



19 Contacts to Have

Friends & Family

1. SHIELDS for Families (323) 242-5000 E: info@shieldsforfamilies.org

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

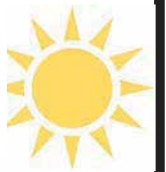
19

Hotline Numbers

1. SHIELDS for Families (323) 242-5000 E: info@shieldsforfamilies.org
- 2 211 is available 24/7 for help with shelter, food, and other services information.
- 3 Didi Hirsch 24-hour Crisis Line 1(800) 843-5200
- 4 Department of Mental Health 1 (800) 854-7771
- 5 Department of Social Services (866) 613-3777
- 6 LA County Public Health SPA & Office (323) 568-8100
- 7 Legal Aid Foundation of Los Angeles (213) 640-3950
- 8 HOPICS Compton Office (424) 403-5800
- 9 HOPICS Central Office (323) 432-3700
- 10 LA City Attorney Domestic Violence Court Support (213) 202-5491
- 11 LA Food Pantry Locator www.lafoodbank.org/find-food/pantry-locator/
- 12 Undocumented Services (323) 492-0107
- 13 South Los Angeles WIC (323) 905-7810
- 14 National Domestic Violence Hotline 1(800) 799-SAFE (7233)
- 15 National Parent Helpline 1(855) 427-2736
- 16 LAPD Non-Emergency 1(877) 275-5273
- 17 LAFD INFO (213) 978-3800
- 18 CDCR Adult Parole LA Central Services (323) 238-1700
- 19 CA Youth Crisis Line (800) 843-5200



MY 2020 COVID-19 TIME CAPSULE



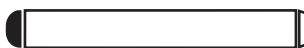
BY: _____

YOU ARE LIVING THROUGH HISTORY RIGHT NOW



TAKE A MOMENT TO FILL IN THESE PAGES FOR YOUR FUTURE SELF TO LOOK BACK ON. AND HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- | | |
|--|---|
| <input type="checkbox"/> SOME PHOTOS FROM THIS TIME | <input type="checkbox"/> ANY ART WORK YOU CREATED |
| <input type="checkbox"/> A JOURNAL OF YOUR DAYS | <input type="checkbox"/> FAMILY / PET PICTURES |
| <input type="checkbox"/> LOCAL NEWSPAPER PAGES OR CLIPPING | <input type="checkbox"/> SPECIAL MEMORIES |



DRAW A PICTURE OF THE PEOPLE YOU ARE SOCIAL DISTANCING WITH HERE

♥♥ ALL ABOUT ME ♥♥



I AM

YEARS
OLD

I STAND

INCHES
TALL

I WEIGH

POUNDS

SHOE SIZE

MY FAVOURITES

TOY: _____

COLOUR: _____

ANIMAL: _____

FOOD: _____

SHOW: _____

MOVIE: _____

BOOK: _____

ACTIVITY: _____

PLACE: _____

SONG: _____

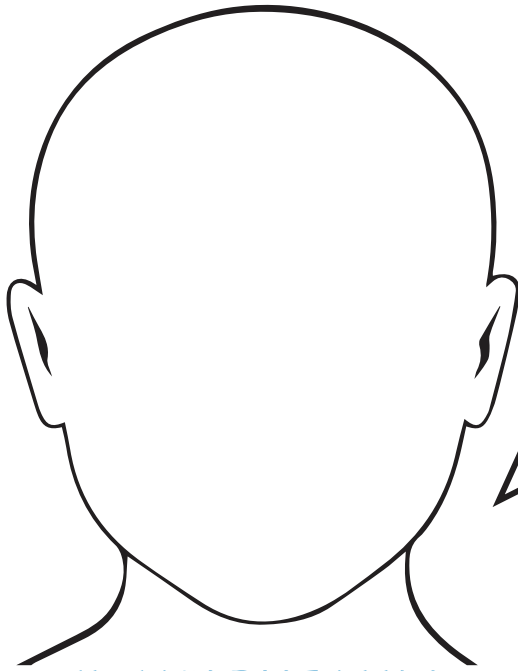
MY BEST FRIEND/S:

WHEN I GROW UP I WANT TO BE:

DATE:



HOW I'M FEELING



HOW MY FACE LOOKS



I AM MOST THANKFUL FOR

WORDS TO DESCRIBE HOW I FEEL:

WHAT I HAVE LEARNT
MOST FROM THIS
EXPERIENCE:

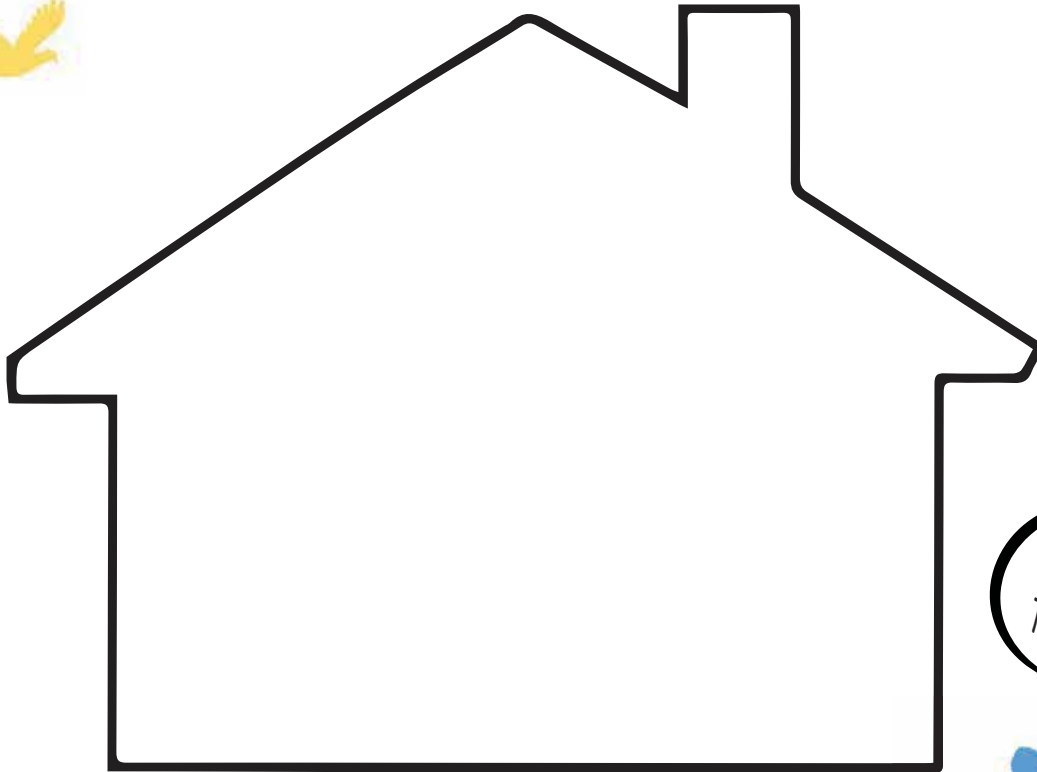
THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1

2

3

MY COMMUNITY



COLOUR THIS HOUSE
TO LOOK LIKE YOURS

WHERE I AM LIVING DURING THIS TIME:



WHAT THINGS ARE YOU DOING TO HELP FEEL CONNECTED/HAVE FUN
OUTSIDE (e.g hearts in windows, chalk notes on sidewalk, etc)



HOW ARE YOU CONNECTING WITH OTHERS ?





YOU ARE NOT STUCK AT HOME,
YOU ARE SAFE AT HOME!



WHAT I AM
DOING TO KEEP
BUSY:



OUR HANDPRINTS



PRINT THE HANDS OF ALL THE PEOPLE LIVING IN YOUR HOME
(IN DIFFERENT COLOURS) AND PLACE YOUR HANDS HERE



SPECIAL OCCASIONS



WHAT OCCASIONS DID YOU CELEBRATE DURING THIS TIME?
WRITE THE LIST DOWN HERE AND WHAT YOU DID TO CELEBRATE
(E.G. ST. PATRICK'S DAY, EASTER, BIRTHDAYS, ANNIVERSARIES)



EVENT	DATE	HOW YOU CELEBRATED



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



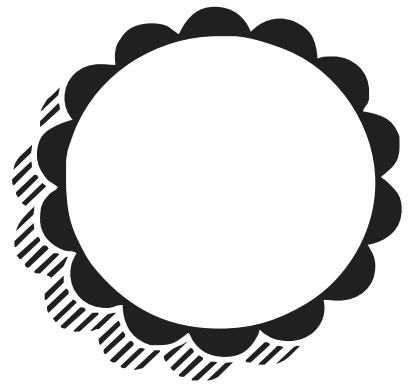


INTERVIEW YOUR PARENTS



WHAT HAS BEEN THE
BIGGEST CHANGE?

HOW ARE YOU
FINDING
HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE
YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: _____

FAVOURITE TIME OF DAY: _____

GOAL/S
FOR AFTER
THIS:



LETTER FROM YOUR PARENTS



DEAR,



LOVE,



Dedication

This handbook is dedicated to the SHIELDS staff who have put together this resource for families, who have run the donation center, and to all those staff that are delivering essential services every day. SHIELDS is made up of dedicated individuals, focused on uplifting families and helping them overcome the COVID-19 crisis.

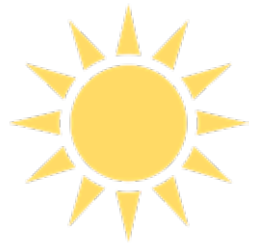
We are committed to you and your families, and will continue to offer our services to our community.



believing, building, becoming

shieldsforfamilies.org / 323.242.5000

We hope you enjoyed this handbook!



believing, building, becoming
shieldsforfamilies.org / 323.242.5000