

# BCCECC Digital Newsletter

Week of August 6 - August 12



## BCCECC Distance Learning

Dear Families,

Welcome to our weekly newsletter! Each week we will be sharing resources and activities to help make things smoother for you and your little ones during this difficult time.

### Social Justice Resources for Kids

[My People: 25 Picture Books about Protest, Pride, and Promise](#) - "For anyone wanting children's literature that addresses issues about race and more."

[American Federation of Teachers: An Anti-Racist Reading List for Children](#) - "The systemic inequities that face BIPOC (Black and Indigenous and People of Color) individuals daily are being pushed to the forefront in many conversations among non-BIPOC parents, teachers, co-workers and neighbors."

[The Atlantic: Research-Based Advice on Teaching Children Not to Be Racist](#) - "Let your kids talk about race. Research has shown that talking about race can decrease prejudice, make people feel more comfortable and accepted ([PDF](#)), and even help kids perform better at school."

[Beautiful Rainbow World](#) - "Gorgeous pictures of children from various countries and cultures are the images in this simple but elegant book."



*Social distancing is still important!*

### Exercise Resources for Kids

[Time 4 Kids TV: Welcome to My Gym](#) - "An exercise song where kids stretch to the left and right, up and down, do star jumps and even row, row, row your boat! This easy indoor or outdoor workout for children will improve their fitness and build healthier muscles."

[Zumba Kids: Freeze Dance!](#) - "Easy dance for kids. We hope that you have fun too!"



## Virtual Tours and Field Trips @ Home

[PBS: Weather Station Field Trip](#) - "At the National Weather Service and Hurricane Center, Penny and the KidVision kids learn how to read world weather maps, track hurricanes, predict the weather, and practice reporting on television."

[American Museum of Natural History: Field Trip Space Flight](#) - "Ride along with the museum's Director of Astrovisualization Carter Emmart and astrophysicist Jackie Faherty on their mission from Earth to the ISS, to the Moon, and beyond."

San Diego Zoo - "Check out these videos detailing how the animals of San Diego Zoo spend their days!"

[Amazing Ostrich](#)  
[Koalas](#)  
[Giant Pandas](#)

[Monterey Bay Aquarium: Live Cams](#) - "With ten live cams to choose from, you can experience the wonder of the ocean no matter where you are."

## Self-Care Resources for Children

[Self-Care Video Playlist: Meditation and Yoga for Anxiety](#)

- "Focusing on resources to help parents and teachers during the school closings and many other stressors you may be facing."

[The Top 3 Breathing Exercises for Anxious Kids](#) - "When we worry, we take short, shallow breaths which continue to ignite the feeling of unease in our bodies."

[Left Brain Buddha: Mindful breathing Exercises for Kids](#) - "The breathing strategies are from the [Conscious Discipline Model](#) developed by Dr. Becky Bailey."



## Educational Activities for Kids

[DIY Origami Paper Fish](#) - "This tutorial will show you how to make paper fish step by step!"

[Developing Critical Literacy](#) - "We share articles and ideas that parents and teachers can use to help children develop critical literacy skills that will help them as citizens and consumers for years to come."

[Home Activity: Animal Adaptations](#) - "Educational activity that includes a video explaining coral reef animals and its adaptation to the environment in order to have more opportunities to survive."

[Hopscotch: Earth Science Songs](#) - "Catchy educational songs for all ages about the Earth and how it works!"

[PBS Learning Media](#) - "Coronavirus videos for pre-k through third grade children!"



## Museums for Kids

[American Museum of Natural History](#) - "Find out about fossils, the universe, animals, and much more!"

[The Intrepid Sea, Air & Space Museum](#) - "While the Intrepid is usually a hands-on experience, kids can still check out the Concorde G-BOAD and the Submarine Growler, as well as learn about technologically groundbreaking aircrafts and American innovation and bravery."



## BCCECC Social Media Channels

Check out our new Instagram

[@bccearlychildhoodcenter](#) as well as our [BCCECC YouTube Channel](#) for interactive pictures and videos from the staff of BCCECC!