

# BEAT BOREDOM BLUES

May 23 - 27, 2020

Dear Before and After School Child Care Families,

Please enjoy our final edition of **#BeatBoredomBlues**. Have a wonderful summer and stay healthy!

For more information on Before and After School Child Care, and more fun activities like these, visit [browardschools.com/bascc](http://browardschools.com/bascc).

## Indoor Activities

Make Ice Cream in a Bag: <https://www.delish.com/cooking/recipe-ideas/recipes/a54721/ice-cream-in-a-bag-recipe/>

Make a Checkers Set: <https://projectnursery.com/2017/02/diy-checkers-set/>

## Stress Management and Active Yoga

Dealing with Stress: <https://www.first5la.org/parenting/stress/>

Active, Fun Yoga With A Twist: [https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo\\_Gsi\\_qbQ](https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ)

## Outdoor Activities

Bike Ride Safety Tips: <https://www.bicycling.com/news/a31469228/cycling-during-coronavirus/>

Epic Outdoor Fun: <https://epicfunforkids.com/bubbling-slime-recipe-sensory-tubs/>

## Arts & Crafts

Make "Fizzy Bath Bombs": <https://www.thesprucecrafts.com/basic-bath-bomb-recipe-516651>

Tin Can Windsocks: <https://www.happinessishomemade.net/kids-craft-recycled-tin-can-windsocks/>

## Websites

Live Nature Cams: <https://explore.org/livecams>

Virtual Museum Visits: <https://artsandculture.google.com/partner?hl=en&tab=pop>

Fun and Educational Sites: <https://www.discoveryeducation.com>

## Parents Only

Help Your Children Manage Anxiety: <https://ptaourchildren.org/help-manage-covid-19-anxiety/>



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