**CHILD DEVELOPMENT  
March 23 - April 10**

**EACH WEEK**: You will select some of the projects or activities listed below to participate in and earn points. You need to earn a total of **50 POINTS** each week! These can be added up any way, however you CANNOT repeat tasks! You can choose whichever activities are applicable to you. The outcome is that you’re experiencing a variety of tasks related to the multiple areas of Child Development and parenting- so seek new things! Please read each box's directions CAREFULLY, and pay attention to how to submit correctly in order to earn your points. I am always available to answer REMIND or email questions [libby.lefevre@washk12.org](mailto:libby.lefevre@washk12.org)

HAVE FUN with these tasks- I’m eager to hear your feedback and learning along the way!☺

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| **MORAL DEVELOPMENT**  **5Points** | **PHYSICAL DEVELOPMENT**  **10 Points** | **SOCIAL DEVELOPMENT**  **15 Points** | **COGNITIVE DEVELOPMENT**  **20 Points** | **EMOTIONAL DEVELOPMENT**  **30 Points** | **CAREER CHOICES**  **40 Points** |
| **TABLE MANNERS**  Watch the following video: [Teen Etiquette](https://www.youtube.com/watch?v=U5PctXizlIU&feature=emb_logo).  Create a TikTok that summarizes the do’s and don'ts of Teen Dining Etiquette.  Alternatively, you could make a Google Slides Presentation with the information.  Please upload your Google Slides OR your TikTok Link to the “Table Manners” assignment on Canvas | **MOVING YOUR BODY TO BENEFIT YOUR BRAIN**  Please read the article: [Mental Health Benefits of Exercise](https://www.huffpost.com/entry/mental-health-benefits-exercise_n_2956099).  After reading, choose a physical activity to get your body moving for at least 30 minutes! This could be playing a sport, taking the dog for a walk, completing rigorous cleaning tasks, etc.  Answer the questions on the Canvas Assignment “Moving Your Body to Benefit Your Brain”:   1. What did you do? For how long? 2. How did you feel before? During? After? 3. What did you notice about how it affected your mood? | **FAMILY TRADITIONS**  Read the article: [Family Traditions.](https://www.childhelp.org/blog/traditions/)  Now is a great time to call a relative or speak with your parent(s)/ guardian(s) about a favorite family tradition. Find out how it started, why it started, will you continue the tradition with your children, etc.  Using GoogleDocs, write a **1 page reflection** that includes a description of the tradition as well as highlights from your conversation with your family member. Include photos/examples of the tradition if you can!.  Please submit the Google Doc to the Canvas Assignment “Family Traditions” | **HANDWASHING**  Watch this video: [Alton Brown: Soap vs. Sanitizer](https://www.youtube.com/watch?v=tIwdf3WKe3Y) and learn a little chemistry lesson about how viruses respond to soap.  Go to the following website: [Wash Your Lyrics](https://washyourlyrics.com/) and enter in a song and artist (school appropriate).  This will provide you with a hand washing poster, download the pdf.  Using the poster, create a TikTok about hand washing using the lyrics.  Please submit a DOWNLOAD of your poster AND TikTok Link to the Canvas Assignment “Handwashing” | **SPENDING**  **MEALTIME TOGETHER**  Please read the article: [The Importance of Family Mealtime](https://www.fcconline.org/the-importance-of-family-mealtime/).  Plan and prepare a family meal where everyone comes together. This time should be free of outside distractions, like phones.  Use the time to communicate and share with each other. Follow the tips in the article to make the most of the time together! Don’t forget to take pictures of the process ☺  Please submit your photos to the Canvas Assignment “Family Mealtime” | **VIRTUAL TOUR**  Please use the following link to join the tour: [Virtual Tour of a Child Care Center](https://www.kindercare.com/our-centers/inside-kindercare-centers/take-a-virtual-tour)  While viewing, pleasetake notes of what you are seeing and hearing.  After, analyze your notes and open GoogleDocs. **Type a 1 page reflection** on your takeaways from the video. Include as many vocabulary words as you can. This should summarize the content and apply your understanding of Child Development.  Please submit your Google Doc to the Canvas Assignment “Virtual Tour” |
| **CLOSET CLEAN OUT**  Take this time to go through either your clothes or unused toys. Consider donating what you won’t use that is still good. Make a list on GoogleDocs of local places you could donate these supplies to. Take a before and after photo when done and include it on your Doc.  Please submit your Google Doc to the Canvas assignment “Closet Clean Out”. | **WHAT’S FOR LUNCH?**  Create a short video or TikTok demonstrating how you prepare one lunch.  Be creative with the video- but this could be as easy as a sandwich or mac n cheese.  Please submit the short video OR TikTok Link to the Canvas Assignment “What’s For Lunch” | **WRITE A LETTER**  Write a letter either to a friend, family member, or to your future children about what is currently happening in your life.  You can include lists of your favorite things, a schedule of how you’re spending your days practicing social distancing, and most importantly your thoughts and feelings about what is going on.  Be honest and open with your communication.  Please upload the letter OR a picture of your handwritten letter to the Canvas Assignment “Write A Letter”. | **LEARN SOMETHING NEW**  Select a new skill you would like to learn OR set a small goal you would like to accomplish this week (knitting, changing a tire, painting, yoga, cooking/baking, finishing a hard puzzle, exercising everyday, etc.)  Document your progress throughout the week however you choose to.  Please upload evidence of your progress to the Canvas Assignment “Learn Something New” | **MOVIE ANALYSIS**  Select one of your favorite movies or TV shows.  After viewing, please **type a 1.5 page reflection** about how this movie/show impacts your personal emotional growth. You may include a BRIEF summary of the content but focus on lessons learned from the story and how it has helped you express and recognize your own emotions better.  Please submit your Google Doc to the Canvas Assignment “Movie Analysis” | **PARENT INTERVIEW**  Because you are all spending more time at home with your parents, you are seeing what it really takes to be a parent.  I want you to come up with 10 questions you’d like to ask your parents about when/how they decided to become parents. Questions may include things like:  How old were you when you decided to start your family? Was it planned? What would you change? Who taught you to be a parent? Etc.   Upload a **2 page** reflection that includes the interview questions and answers to the Canvas Assignment “Parent Interview” |