Ready for a Cozy and Comforting Winter!
Teaching Early Childhood
These materials were developed under a grant awarded by the Michigan Department of Education.
How to Use This Guide

This interactive guide has information and tools for young children, families, and educators.

- Links in blue are intended for children ages 3-5.
- Links in orange are intended for the families of children ages 3-5.
- Links in green are intended for the educators of children ages 3-5.

If you’re reading a paper copy, scan the QR codes with your smart phone or tablet:

If you’re reading a digital copy, tap or click on the QR codes:
Cozy and Comforting

Have You Thanked an Inventor Today? Read Aloud
Written by: Patrice McLaurin
Illustrated by: Dian Wang
Cozy up with your child and listen to this amazing book about African American Inventors.

Parents, consider listening in small intervals.

I Love You Too
Written by: Ziggy Marley
Illustrated by: Ag Jatkowska
Cozy up with this book that explores a child’s relationship with parents, nature, and the unstoppable force of love.
87 Fun Things to Do at Home

Here are ways to make self-isolation a little bit more fun for the whole family.

Things to Do in the Winter to Boost Children’s Development

The cold-weather months are the perfect time for simple, cozy activities that can build enduring memories and boost your child’s development!

Ages and Stages Activities

Help Your Child Learn and Grow!

Try these easy activities with your five and four-year-old child. It’s a great way to have fun together and encourage healthy development!

5-year-olds

4-year-olds

Cozy Winter for Educators

Six ways to relax and rejuvenate over Winter Break!

A Comforting Classroom

As classrooms continue, or begin, to offer face-to-face learning look to these suggestions from Scholastic for creating a comforting classroom.
Literacy, Math and Science

Helping children engage with language, numbers, and the world around them.

**For Children**

**Pete the Cat and His Four Groovy Buttons**

*Written by: Eric Litwin*

*Illustrated by: James Dean*

Count down with Pete in this rocking story that makes counting fun!

**Bear Snores On**

*Written by: Karma Wilson*

*Illustrated by: Jane Chapman*


**How to Build a Snowman: Engineering for Kids**

*The Mitten*

*Written and Illustrated by: Jan Brett*

A book about snow and animals

**The Mitten Family Activity**

Use homemade story stones for a variety of literacy and math activities for *The Mitten*. 
For Educators

Erikson Institute Early Math
Collaborative Resources for K

Virtual Manipulatives for Math
Looking for a virtual math resource? Check out Didax for some free virtual manipulatives.

How to Build Comprehension Skills with Read Alouds
Check out these effective ways to support the development of children's comprehension skills.
Mindfulness
Slowing down and being present

For Children

Joybob the Polar Bear
Video for Children
A Cosmic Kids yoga adventure!

I Am Human
A Book of Empathy
Written by: Susan Verde
Illustrated by: Peter H. Reynolds

I Am Human
in Spanish

For Families

Loving Kindness Meditation
In this video, Giselle Shardlow from Kids Yoga Stories reads aloud the “Loving-Kindness Meditation”.

Cozy Corner
Helping Children Create a Calm-Down Place
Mindfulness
Slowing down and being present

5 Tools to Help Children Access Their Emotions
Try these tools to help children understand and regulate their emotions.

Check out these three short mindful videos for teachers!

Mindful Teacher Tip #1: Stop and Notice
Mindful Teacher Tip #2: Take a Breath
Mindful Teacher Tip #3: Make it Part of Your Day

Digital Wellness Break: Sunrise Breath with Yoga Ed.
Refocus your mind and ease shoulder tension with this stretch you can do right from your chair.
Health
Keeping children safe and strong

**For Children**

*Coronavirus is a Big Word*
Video from Conscious Discipline

*Shubert and Sophie Stay Home*

**Written by:** Dr. Becky Bailey
**Illustrated by:** James Hrkach
Shubert and Sophie learn to navigate their big feelings about COVID-19 with help from their parents.

**For Families**

*How to Clean and Disinfect Your Home If Someone Has COVID-19*
Follow these steps from the CDC (Center for Disease Control) to disinfect your home.

*Indoor Ice Skating*
Winter Gross Motor Activity
Slipping, sliding and skating! Let’s use paper plates or wax paper to go skating across the carpet!

**For Educators**

*When and Where to Wear Cloth Face Masks in Your Facility*
Michigan Department of Licensing & Regulatory Affairs
Updated January 2021

*COVID-19: Free Resources for Families and Educators*
Find free trainings, free resources and free webinars, in English and in Spanish, to support your students and families through trauma-informed, evidence-based practices from Conscious Discipline.
**Great Start Wayne Collaborative**
Great Start Wayne provides resources and information to Wayne County families about child development and early childhood.

**Great Start Readiness Program (GSRP)**
GSRP is a Michigan state-funded preschool program for four-year-old children.

**Talking Is Teaching**
Learning begins at birth! When you talk, read, and sing with your child—even before they can use words—you’re building their brain and helping to prepare them.

**Great Start Readiness Program—Wayne RESA**
Survey

Please follow the link and tell us what you think about the T.E.Ch. Ready newsletters. The first 12 participants who complete the online survey will receive a gift!