

The Solon Early Childhood PTA Newsletter: www.secpta.net

The Solon Early Childhood PTA is a unit of the Ohio Parent Teacher Association (PTA), organized for the parents of preschool age children (birth-5) regardless of what school the child will attend. Expectant parents are also welcome.

We always welcome new members from Solon and the surrounding communities. If you are the parent of a preschool age child or infant, we have something for you!

MEMBERSHIP REMINDER: Our new membership year started on July 1, so for more fun with SECPTA, please renew your membership for 2020-2021! You can register online at bit.ly/SECPTAMembership. If you previously had an online SECPTA account, you will be asked to log-in first. While some things might look different, we are still planning on a fun year with many outings, field trips, fitness, and more (both virtual and in-person)! Have questions? Email Kelly at membership@secpta.net.

September is REFER-A-FRIEND month for SECPTA!!



If you've been encouraging a friend to join SECPTA, now is a great time for them to register AND maybe you'll both win a prize! New members are encouraged to share the name of their referring friend during registration and both you and your friend will be entered to win a Target gift card! Did your referring friend already register and forget to put your name down? Send Kelly an email by Sept 30th to let her know so she can include you in the drawing. **If you have any questions, please email Kelly at membership@secpta.net.**

KATE'S SECTION

Notes from the SECPTA President:

I am really looking forward to another great month of SECPTA fun! Back to school doesn't even feel like back to school yet and I'm not sure this year will ever feel normal....but we are doing our best to add fun where we can still! We all have our hands full and I hope we are remembering to take some time for ourselves. So, when you read through this newsletter, think about yourself as much as your little ones. SECPTA is just as much for mom & dad - so I am looking forward to seeing you all this month, either virtually or in-person!

Kate

president@secpta.net

SECPTA GENERAL MEETINGS

SECPTA General Meetings are held once each month and are a place to socialize, build community, learn something, and meet new people. The meetings are open to the public, free of charge, and do not require an RSVP. Virtual meeting will be available this year due to social-distancing regulations. More details on in-person meetings will be posted soon.

Emily Wallen VP of Programs, programs@secpta.net

September's General Meeting and Program:

Guided Meditation

Tuesday, September 15th at 6:15 pm

Since we're all a little stressed lately, Lana Turner, certified yoga instructor, will discuss the benefits of meditation and self-care. She will walk us through a short-guided meditation and will follow up with some time answering questions.

Join us using this link: <https://meet.google.com/yqz-bxbw-sce>

Schedule:

6:15 pm	Virtual Arrivals & Social Time
6:30 pm	Business meeting
6:45 pm	Meditation Program



SAVE THE DATE!



October's General Meeting on **Tuesday**, October 27th at 6:15 pm

More information to come!

OCTOBER ADULT OUTINGS



MOMS OUTING

AR Workshop Hudson

Thursday, October 1st at 7:00 pm

Join us at AR Workshop for a MOMS Night Out in a DIY class to make one of their many wood projects! Choose from a Plank Wood Sign, Porch Sign, Bath Tray, Framed Wood Sign, Round Lazy Susan, Centerpiece Box, Wood Clock, Plank Wood Tray, Cake Stand, Pedestal Tray, or Wood Photo Frame. In the workshop, you will have the opportunity to customize your project with your choice of designer paints and (non-toxic!) stain colors. Prices vary depending on what project you choose. SECPTA will discount \$10 off of each project! Please see the website for more specific prices on each project: <https://www.arworkshop.com/hudson/>. Register for event no later than 9/25/20 by emailing adultoutings@secpta.net to sign-up for correct class and get the specific project design you would like to do. Only 26 seats available so register today!!

DADS OUTING

Pinstripes

Friday, October 23rd at 7:00 pm



Enjoy one hour of bowling, with shoes included, at Pinstripes located at 111 Park Ave, Suite 105, Beachwood, OH 44122. Two lanes will be reserved and there are 8 maximum per lane. Maximum for this event is 16 people. After bowling, feel free to bowl more, play Bocce or hang out in the Bistro for drinks on your own! **Cost: \$15.** Register by emailing adultoutings@secpta.net.



COUPLES OUTING

Race to Escape

Saturday, October 10th at 6:30 pm

Come join us for a couple's night on the town, doing a scavenger hunt style race that leads you to several locations around downtown Cleveland. This event is located at Cleveland's Premier Escape Room Complex 1266 W 6th St., Cleveland, OH 44113. Participants will decode clues that lead them to each location, where they will have to solve a puzzle in order to "collect" the items needed to "escape" the city. This game is laid out within walking distance from Public Square and is targeted to take an hour to an hour and a half. **Cost: \$20 per couple.** Please register by 10/1/20 by emailing adultoutings@secpta.net.



TEMPLE EMANU EL PRESCHOOL
ENROLLING NOW FOR FALL

SESSION BEGINS AUGUST 25TH

Variety of Days & Classrooms Available
Full Day/Half Day Options
Step Up to Quality 4-Star Accredited

LEARN • PLAY • GROW

Katie Theobald, 216.454.1308, ktheobald@teecleve.org • www.teecleve.org

Check out SECPTA Book Club!

SECPTA Book Club meets the third Friday of every month (*unless noted otherwise*) and members get to recommend and vote on the books we read.

- September 's book is "The Namesake" by Jhumpa Lahiri.
- October's book is TBD



Anyone that wants to join the Facebook group can request it here:

<https://www.facebook.com/groups/1685461198337422/?ref=share> (*must be a current SECPTA member to join*) Contact Kristen C. for more information at bookclub@secpta.net



❖ **Wednesday 10/7 @ 6:00 – 7:00pm for “All Levels Yoga” at Essential Zen Studio in Aurora (class can be attended in-person or virtually)**

All Levels Yoga is a class for everyday living and for everybody, encouraging health and healing of the body. Attention to proper and safe alignment of yoga postures and breathing techniques. This therapeutically oriented class energizes, relaxes, and relieves stress. A good place to start if you are stressed or feeling out of shape. This class is also a great compliment to your favorite sport or if you are physically active, improving strength, flexibility, balance, and focus. A perfect class for beginners while at the same time a welcome respite for our advanced yogis. Cost \$6/person.

If you register for the virtual class, a link will be emailed prior to the event. Make sure to bring your own mat and water! If you have blocks or a blanket at home, it can be helpful to bring those as well since the studio is currently not offering props for sharing.

Deadline to register is Friday, September 25.

**Sign-ups for October classes will be conducted online. For questions, please e-mail Michelle at fitness@secpta.net. A 24-hour cancellation policy applies for all fitness classes to receive a refund.*

**All fitness classes will practice social distancing guidelines. We will be 6 feet apart. Hand sanitizer will be available. Bring your own mat, towel, and water. Stay home if you or anyone in your household is showing COVID-19 symptoms.*

SECPTA Walking Group

Join us for a weekly, kid-friendly walking group! We will meet at a different, paved walking path each week. All ages and abilities (and strollers) are welcome! We will go at the pace of the kids present. Walks will last approximately one hour. If a walk is canceled due to weather, it will be announced on the SECPTA Events page. Email fitness@secpta.net with questions!

- ❖ **Monday, 10/5 @ 10:00am:** Frohring Meadows in Chagrin Falls to walk the Dragonfly Trail (16780 Savage Rd. Chagrin Falls)
- ❖ **Monday, 10/19 @ 10:00:** Orange Village Park to walk the All-Purpose Trail (4600 Lander Road Orange Village)



AUTUMN ADVENTURE

We are excited to announce a fun Autumn Adventure! Check out the last page of this newsletter for a list of fun activities you can do with your kids during September and October. As your kids complete the activities, please comment or post a picture in the designated post on our SECPTA Events Facebook page. Any current member that participates and comments/posts at least once will be entered into a drawing for a \$10 Amazon gift card at the end of October (there will be TWO winners!)? We don't expect anyone to do them all and hope it is stress-free for you! This is just a fun way to stay active and give you ideas of things to do with your kids as the weather gets cooler. Have questions? Email Kelly at membership@secpta.net.



Do you know a SECPTA member who could use a friend? Did they just have a baby? Is a medical issue taking away their time and attention?

HELPING



HANDS

If so, please let us help them! The Helping Hands Committee looks forward to preparing a home-cooked meal for a fellow SECPTA member who may need the extra hand! Whether it is for a new mother or a family going through a tough time, we are here to help.

Also, if you would like to join the Helping Hands Committee, please contact Tru for more information. We are always looking for new members! **E-mail Tru at helpinghands@secpta.net for more information!**



SECPTA HALLOWEEN COSTUME PARADE COMING IN OCTOBER FOR SECPTA MEMBERS!!



**Keep an EYE out for details to be announced
via email, Facebook, and the website soon!!**



Boo Bags are coming!!



They will be sold Sept. 13th - Oct. 13th for \$5 a bag. Anyone can buy them for anyone (recipients do not have to be SECPTA members either). Recipients must live in the following cities: Solon, Glenwillow, Twinsburg, Aurora, Reminderville, Macedonia, or Chagrin Falls. More information on ordering to come!



SECPTA SERVICE!



This month's service project will benefit the UH Rainbow Babies & Children Congenital Heart Collaborative. This specialized unit treats children born with cardiac defects. The average age of a patient in this unit is under 4 years of age and the average length of stay is 1 month or longer. They need NEW items such as small Lego sets, infant/toddler toys, toy doctor kits, craft kits, puzzles of 50 pieces or less, and board books. Amazon, Target or Walmart gift cards are also greatly appreciated. The donated items are used as prizes after procedures, gifts for birthdays or end of treatment celebrations, and for kids to use while in the hospital to promote normal play. Oftentimes, the donations are also shared with other units throughout the hospital so many patients outside the heart collaborative also benefit. This great program relies 100% on donations so please consider donating. There will be several drop off locations (SECPTA members' homes) to help make things more convenient. **Donations will be accepted until September 20.**

For any questions about the program or specific drop off locations please email Megan at service@secpta.net.



Welcome SECPTA Adventurers!

SECPTA provides access to fun, age-appropriate field trips as one of the many great benefits for members.

The 2020-2021 Field Trips Committee is hard at work planning some fantastic outings and virtual fieldtrips for the coming year and we hope that you will join us!

A special thank you to the members of the Field Trips Committee:

- Pavika Wilson (Chair)
- Julie Best
- Jenna Hoover
- Becky Kastner
- Heven Pfeifer
- Jamie Routman
- Melissa Stapel
- Rainy Titus

Our committee's goal is to provide fun, kid-friendly activities and events to help keep you and your family busy! Many of our trips are subsidized, so you can participate in activities with your family you've always wanted, but maybe found too costly. Other trips provide access to places and events that only large groups typically attend. And for those wanting to stick closer to home, each month we will offer virtual fieldtrips or classes that you can register for and will always give resources of free virtual ones you can check out anytime. Come with us and enjoy outings with your children and the camaraderie of other SECPTA families whether in person or online!

We are always open to ideas and suggestions, especially at the beginning of the year, when we still have openings in the schedule. Please e-mail any trip suggestions you may have to fieldtrips@secpta.net.

Looking forward to meeting you on a SECPTA field trip!

Pavika Wilson
Field Trips Chair
fieldtrips@secpta.net

IMPORTANT SECPTA EVENT POLICIES

SIGN-UP POLICY:

Event sign-ups are FIRST COME, FIRST SERVE. Sign-ups will be accepted in the following order:

1) BOARD MEETINGS:

As a privilege to Board members, sign-ups will be made available online to members by the monthly board meetings.

2) GENERAL MEETINGS:

Attendance will be taken at each general meeting. Following the conclusion of the monthly general meetings, online event registration will open to members that attend the meeting (in person or virtual).

3) AFTER GENERAL MEETINGS:

Online registration will open to the remaining members 24 hours after the general meeting.

*Please note that some events may have sign-up deadlines or limited availability. After these deadlines, we cannot accept any further sign-ups or additions to the waitlist. We apologize for any inconvenience.

PAYMENT POLICY:

Online payments by credit is required at the time of registration. Please contact the treasurer with any questions – treasurer@secpta.net Refunds will not be issued for any ticketed events unless the ticket can be transferred to another SECPTA member. Refunds will not be issued for “no-shows” who do not provide 24-hour notice of cancellation.

WAITING LIST POLICY:

The Field Trips Committee will make their best effort to accommodate all members who have an interest in attending field trips in one or more of the following ways:

WAITING LISTS CREATED – Online waiting lists may be created for “full” field trips. Members will be contacted if spots become available.

INCREASING TICKET NUMBERS - If there is an overwhelming demand for a particular field trip, the committee will make their best effort to accommodate members by increasing the tickets/spots available. Please understand that some field trips have a limited amount of space/tickets available, and an increase may not be possible.

ADDITIONAL DATES SCHEDULED - If there is an overwhelming demand for a particular field trip, the Field Trips Committee will make their best effort to schedule additional dates if possible.

CANCELLATION POLICY:

Attendance will be taken at all field trips, adult outings, fitness, parties, and any other SECPTA events that registrations are required.



If you need to cancel a registration for an event please submit through your online member account at www.secpta.net in order to minimize SECPTA's expense for "No-Shows".

No refunds will be given for "no-shows" who have not given 24-hour notification of cancellation. We will be sending at least one reminder e-mail prior to each trip.

Refunds will not be issued for any ticketed events unless the ticket can be transferred to another SECPTA member.

Please also remember that many trips are subsidized, so a "free" trip to you may not have been free to SECPTA.

ILLNESS POLICY:

Children and/or parents should not attend any SECPTA events if they exhibit any of the following symptoms: Diarrhea more than once within 72 hours of the event; severe coughing; difficult or rapid breathing; yellowish skin or eyes; redness of the eye or eyelid including discharge, eye pain, matted eyelashes, burning or itching; temperature of 100 degrees Fahrenheit or higher; infected skin patches; unusual spots or rashes; unusually dark urine and/or gray or white stools; stiff neck with an elevated temperature; sore throat or difficulty swallowing; vomiting within 72 hours of the event; evidence of untreated lice; scabies, or other parasitic infestations. Please do not attend any SECPTA events if you or your family members have any other symptoms related to COVID-19 or have any exposure to COVID-19.

COVID-19 POLICY:

SECPTA requires that all individuals participating in our events follow the state-wide mask mandate that became effective on July 23, 2020. Our organization is also requiring any children 6 and up to wear masks at any SECPTA event. In addition, children under the age of 6 are not required to wear masks but are encouraged to do so! This policy can change and is based on the most current health & safety guidelines. SECPTA will communicate any changes when a change has been made to the policy.

By participating in any SECPTA events you voluntarily assume all risks related to the exposure of COVID-19. We have taken enhanced health and safety measures to meet all recommended COVID-19 safety guidelines, however, an inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC, senior citizens and people with underlying medical conditions are especially vulnerable. If you are exhibiting any COVID-19-related symptoms, you should not attend a SECPTA event. Please help keep each other healthy.

LOOKING FOR NEW IDEAS AND MEMBERS!

As we already stated, our committee is continually looking for new ideas for field trips. If you have any leads for future events or are interested in joining the committee, please e-mail us (fieldtrips@secpta.net). Your help is always appreciated!!

CONTACT INFORMATION

Please email fieldtrips@secpta.net to contact us for general questions or suggestions. For trip-specific questions, please email individual Field Trip coordinator as listed in the newsletter for each trip.





OCTOBER FIELD TRIPS



10/2/2020 (Friday) Majestic Meadows Alpaca Farm

Get up close and personal with the animals at Majestic Meadows Farm! Pet and feed more than 70 alpacas, miniature donkeys, pygmy goats, babydoll sheep, shetland sheep, miniature highland cows, kangaroos, llamas and miniature horses. Bring cash and feed the animals! Grain for feeding is \$3.50/bag and sold at the on-farm store. It is not included in the price of admission.

Time: 10:00 AM - 12:00 PM

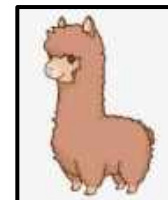
Location: Majestic Meadows Alpaca Farm - 4195 Abbeyville Road, Medina, OH 44256

Cost: Ages 3+ - \$2 per person ; Kids 2 and under - Free

Ages: All ages

Contact: becky@secpta.net

Sign-up Deadline: 9/25/2020



10/3/2020 (Saturday) Family Yoga

Bring the whole family for a stress relief, positive thinking, and healthy exercise class hosted by Yoga Squirrel! Please bring a yoga mat or towel. We will meet in the green space next to the sand volleyball courts, or if it's raining, underneath the pavilion near the playground.

Time: 10:00 AM - 10:45 AM

Location: Solon Community Park (Field by the Volleyball courts) - 6679 Som Center Rd, Solon, OH 44139

Cost: \$5.00 per person

Ages: All ages

Contact: becky@secpta.net

Sign-up Deadline: 9/26/2020



****This is a ticketed event. No refunds or credits will be given for cancellations or no-shows unless tickets are purchased by another family on the wait list.****

10/5/2020 (Monday) Reminderville Fire Department

Kick off Fire Prevention Week with an outdoor discussion at the Reminderville Fire Department! Learn about fire safety from real firefighters and get a close up look at a fire truck.

Time: 1:00 PM - 2:00 PM

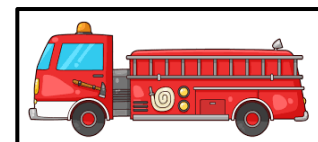
Location: Reminderville Fire Station - 3382 Glenwood Blvd., Reminderville, OH 44202

Cost: Free

Ages: All ages

Contact: julie@secpta.net

Sign-up Deadline: 9/28/2020



10/7/2020 (Wednesday) Outdoor Movement/Dance Class with Maria

Join us for some dancing fun with your toddler! We will do nursery rhyme stretches, an obstacle course, and imagination dances! A special prop is included to dance with and take home! Maria Hanley (a former SECPTA member!) is a Cleveland based early childhood dance educator specializing in ages 0-6. Her monthly creative movement subscription box, Move & Bloom, is full of imaginative props and movement ideas to help families incorporate dance at home. Currently you can find Maria teaching by joining her Facebook groups "Dancing with Maria Outside" and "Movement with Maria at Home."



Time: 10:00 AM - 11:00 AM

Location: Solon Community Park (Field by the Volleyball courts) - 6679 Som Center Rd, Solon, OH 44139

Cost: \$6.00 per child

Ages: 18 months - 3 years (with parent participation)

Contact: melissa@secpta.net

Sign-up Deadline: 9/28/2020

10/14/2020 (Wednesday) Renzi Gymnastics Academy

Join us for 90 minutes of excitement and exercise, including organized games, age-appropriate activities, and gymnastics FUN throughout the gym. **All kids MUST turn in a signed release form, which will be emailed to you upon registering. Kids can wear a leotard or shorts and a t-shirt.*



Time: 1:00 PM - 2:30 PM

Location: Renzi Gymnastics Academy - 5865 Harper Rd., Solon, OH 44139

Cost: \$5.00 per child

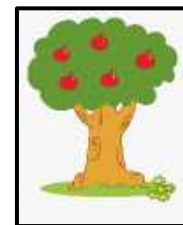
Ages: All ages, activities will be geared towards 3-5

Contact: julie@secpta.net

Sign-up Deadline: 10/10/2020

10/16/2020 (Friday) Eddy Fruit Farm Tour and Storytime

Let's visit a local apple orchard and welcome in Fall! The private tour will include apple and grape picking and showing everyone the operations of the farm. Each tour is about an hour long and is for kids ages 3-6. The orchard is open for picking so you are welcome to stay and pick apples on your own, play on the playground, or shop the orchard market.



Time: 10:00 AM - 11:00 AM

Location: Eddy Fruit Farm - 12079 Caves Road, Chesterland, Ohio 44026

Cost: \$2.00 per child, accompanying Adults free

Ages: 3-6 years

Contact: pavika@secpta.net

Sign-up Deadline: 10/9/2020

10/22/2020 (Thursday) SCA Art : A Virtual Art Craft - Halloween Theme

Solon Center of the Arts (SCA) is offering a virtual Halloween themed craft for SECPTA members. Project supplies will be made available for pick up to registered members prior to class. List of additional materials needed: crayons, glue stick, scissors.

Time: 5:00 PM - 6:00 PM

Location: VIRTUAL

Cost: \$3 per person/craft

Ages: 4 years and up

Contact: rainy@secpta.com

Sign-up Deadline: 10/10/2020



****This is a ticketed event. No refunds or credits will be given for cancellations or no-shows unless tickets are purchased by another family on the wait list.****

10/24/2020 (Saturday) Zoomnastics with Learning Ladder Gymnastics

Get into the Halloween spirit with this fun, active online class! The class will include Halloween themed children songs, games, and gymnastics skills. Children will turn their crab walks into "spider" walks, practice their rolls like a pumpkin, go upside down in a handstand like a bat, and so much more!! Join Miss Jen from Learning Ladder Gymnastics as she leads your child through movements that will focus on improving balance, flexibility, and coordination. This will be a private class for SECPTA through Zoom. A Zoom link will be sent week of class.

Time: 10:00 AM-10:40 AM

Location: VIRTUAL

Cost: \$3 per family

Ages: 3+ years

Contact: jamie.routman@secpta.net

Sign-up Deadline: 10/10/2020



10/25/2020 (Sunday) Heritage Farms - Pumpkin Pandemonium

Pumpkins, hayrides, falling leaves and squeals of delight! All of your favorite memories and traditions associated with this season are alive and well at Heritage Farms during the annual celebration of this vibrant season, Pumpkin Pandemonium. Bring the family to go on a scavenger hunt, get lost in the Harvest Maze and take a relaxing hayride touring around the farm. All attending ages 3+ will need a wristband, we will meet at entrance at 10:30 am to get wristbands then you are free to explore at your own pace. Activity/Hayride wristband activities may include (subject to change): Maze, Two Scavenger Hunts – Fall Friends Trail & The Scavenger Hunt, Leaf Pile (if Mother Nature drops her leaves). Other options for individual activities can be purchased onsite. Check website for additional information: <http://heritagefarms.com/Default.aspx?shortcut=pumpkin-pandemonium>



Time: 10:30 AM - 5:00 PM (Meet at entrance at 10:30 am for wristbands)

Location: Heritage Farms - 6050 Riverview Road, Peninsula, Ohio 44264

Cost: Ages 3+ : \$5.00 per Activity/Hayride wristband; Free for under 3

Ages: All ages

Contact: fieldtrips@secpta.net

Sign-up Deadline: 10/4/2020

****This is a ticketed event. No refunds or credits will be given for cancellations or no-shows unless tickets are purchased by another family on the wait list****

FREE VIRTUAL Field Trip: Pumpkin Videos!

<https://www.simplykinder.com/pumpkin-videos/>

With this collection of videos, kids learn about the lifecycle of a pumpkin and sing along to fun songs while learning interesting facts about pumpkins. Get excited about Halloween while learning! This activity is perfect for Preschool and Kindergarten aged children.



**We can't WAIT to see you,
virtually and in person!!**



ADVERTISE WITH US!



Do you have a business or event
that you would like to promote?

Let SECPTA help you get the word out!

Contact Maya at
waysandmeans@secpta.net.

Please ask about special member pricing!



AUTUMN ADVENTURE

As your kids complete the activities, please comment or post a picture in the designated post on our SECPTA Events Facebook page. Current members who participate at least once will be entered into a drawing for a gift card at the end of October! We don't expect anyone to do them all and hope this is just a fun way to stay active and give you ideas of things to do with your kids as the weather gets cooler.

- ☐ **WATCH** a thunderstorm
- ☐ **GO** on a nature walk & find 3 nature treasures, i.e., orange leaf, flower, etc.
- ☐ **DRAW** a picture in chalk
- ☐ **SOLVE** a puzzle
- ☐ **DO** a science experiment*
- ☐ **READ** 10 books (have caregiver help you keep count!)
- ☐ **SEARCH** for cool rocks
- ☐ **JUMP** in puddles
- ☐ **HAVE** a staring contest
- ☐ **HOST** a family movie afternoon/night
- ☐ **GO** cloud watching
- ☐ **BUILD** with blocks, Legos, etc.
- ☐ **MAKE UP** a silly dance
- ☐ **LOOK** for ladybugs or fireflies
- ☐ **HELP** your caregiver or neighbor with a chore
- ☐ **DANCE** in the rain
- ☐ **PLAY** hopscotch
- ☐ **HAVE** a picnic (inside or outside)
- ☐ **PLAY** freeze dance
- ☐ **WATCH** a virtual story time*
- ☐ **TRY** some yoga*
- ☐ **PLAY** "I Spy" in your yard or neighborhood and try to spy something of all the classic crayon colors (ROYGBVBB)
- ☐ **DRESS-UP** as a character, animal, or community helper and play pretend
- ☐ **LEARN** 5 facts about your favorite animal of choice to share with your family
- ☐ **MAKE** up a story
- ☐ **COLOR** a picture
- ☐ **SHARE** a toy, snack, or book with your little/big sib, mom, dad, friend, or family member
- ☐ **CALL** a family member and ask where is the furthest place they have traveled? Look up the state or country OR Learn about a place you've never been before
- ☐ **LOCATE** a map in your house/book/online and find Ohio. Talk with your caregiver about where else you've been.
- ☐ **GO** on a shape hunt (inside or outside)
- ☐ **LEARN** a new language - ask your caregiver how to say the following in a new language: 1) food, 2) color, 3) animal, 4) place, and 5) "hello"
- ☐ **MAIL** a card or drawing to a friend or family member that you haven't seen recently
- ☐ **COOK** up a tasty treat*
- ☐ **SING** a song from a movie or show you like
- ☐ **TAKE** a silly selfie with someone you love
- ☐ **Give** a hug to your favorite stuffed animal
- ☐ **PLAY** the quiet game (see how long you can be quiet)
- ☐ **DONATE** to this month's SECPTA service project for UH Rainbow babies (see the September newsletter for more information)
- ☐ **MEASURE** three things in your house with a ruler or tape measure
- ☐ **RUN, RUN, RUN** as fast as you can