

Choose a different Mission Each Day
Post what you did on your Class Stream!

Together we can...

Help our
Families

Help our
Neighbors

Comfort
Each
Other

Support
Health
Care
Workers



Support
Essential
Workers

Stay
Strong

Save
Lives

Inspire
Hope

Help our Families

- Help clean up around the house.
- Help your sibling with their schoolwork.
- Make a snack for your family.
- Leave kind notes around your home.
- Have a family meeting to share your feelings and support each other.

Play "Happy House Hunt" with your Family



1. Choose an object that symbolizes something happy, peaceful or full of love for your family.
2. One person in your family hides the object somewhere inside your home.
3. As you go throughout your day, someone will find the hidden object. Whoever finds it shouts, "I found happiness!" or "I found peace!" or "I found love!" or say whatever your family has decided upon.
4. The person who finds it then hides it for others to discover.
5. The game can go on indefinitely. You can always find peace, love and happiness right where you are!!

Help our Neighbors

- Volunteer to run errands for the elderly and immunocompromised.
- Call and check in on elderly neighbors.
- Write a sidewalk chalk message of hope in front of a neighbor's stoop.
- If you are a musician or singer, play a happy song...inspire your neighbors to join along- at a distance!

Collect Workbooks and Activity Books

Help other kids like you! Students at our sister school, PS 15 in Red Hook need materials to help with their distance learning. They need

- Workbooks
- Activity books
- Coloring books
- Picture books
- Chapter books



PA President Sara Thompson will be collecting items to deliver to the families in greatest need. Drop-off can be made by calling or texting (718) 809-2583.

Comfort Each Other

- Call or email your friends and family and check in on them.
- Facetime someone you know is alone.
- Send a letter to a friend to let them know you care.
- Ask a friend how they are doing, and just listen.

Send a Hug

I don't know about you, but the thing I miss most about social distancing is hugs! Here is a cute idea for ways to safely send hugs to loved ones during this time.

- Lie down with your arms stretched wide on some fabric or paper.
- Have a family member trace your outstretched arms.
- Cut out your hug and roll it up to send to your grandparents, friends or family members.



Support Health Care Workers

- Clap and Make Some Noise on your stoop or out your window everyday at 7pm.
- Write a thank you note to a Healthcare Worker.
- Hang a Thank You sign in your window.
- Draw a rainbow, heart and a message of hope for healthcare workers on the sidewalk.

Make "Ear Buddies"

Health care providers' ears are aching from wearing masks all day. Bring them a little comfort by making "Ear Buddies"!



To make an Ear Saver Headband, watch this YouTube Tutorial:
<https://youtu.be/M-j6hqwiiDA>



To make an Ear Saver with fabric and ribbon watch this YouTube Tutorial:
<https://youtu.be/ndIfinOp7aQ>

Email Kim Postma, parent to Amelia Dawson in 1st grade to arrange donations: knpostma@gmail.com

Support Essential Workers

- Write a thank you note to an Essential Worker.
- Hang a Thank You sign in your window.
- Make a thank you card for the cashier at your grocery store.
- Leave a nice tip for your food delivery people.
- Create a Grab Bag or Basket of treats for Delivery Workers, Postal Workers and Sanitation Workers

Make a Grab N Go Treat Basket

Our delivery drivers, postal workers and sanitation workers are working extra hard to ensure we get the mail and the products we need during this time. Our sanitation workers are keeping our communities clean and safe. Thank them with a basket of goodies to choose from.

Here are some ideas:

- Wrap up a roll of treasured toilet paper with a note that says, "We like how you roll!"
- Add a note to a Chocolate CRUNCH bar: "You've helped us in a CRUNCH. Thank you!"
- Add a note to Starbursts: "You are a STAR! Thank you."
- Add a note to Bag of Sunchips "Thank you for bringing SUNshine to our lives with your deliveries!"



Stay Strong

- Look in the mirror and say 3 kind things to yourself.
- Write or draw about 3 things you are grateful for.
- Meditate or practice yoga.
- Keep a journal or sketchbook to write or draw about your feelings.
- Find joy! Laugh with friends, sing a silly song, watch a funny movie.

Create Affirmation Artwork



Examples of Affirmations

I am kind.
I am healthy.
I am peace.
I am confident.
I am strong.
I am patient.
I am helpful.
I am fun.
I am funny.
I am creative.
I am smart.
I am beautiful.
I am unique.

Visit <https://kidsforpeaceglobal.org/bookproject/> to enter your Affirmation Artwork in the “I am Strong” book project contest sponsored by Kids For Peace.

Save Lives

- STAY HOME
- Wash your hands.
- Sew masks to donate and to wear when going out.

Make Masks for Yourself or to Donate



To make a “new-sew” mask using an old t-shirt, watch this YouTube Tutorial:
https://youtu.be/5-gjBR_TT2w



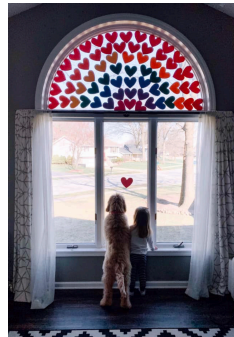
To make a mask with a sewing machine using a simple pattern watch this YouTube Tutorial:
<https://sarahmaker.com/how-to-sew-a-surgical-face-mask-for-hospitals-free-pattern/>

Email Kim Postma, parent to Amelia Dawson in 1st grade, to arrange donations: knpostma@gmail.com

Inspire Hope

Create a Rainbow

Join families all around the world who are putting rainbows in windows, on sidewalks and in their yards to remind us all that there is ALWAYS hope. Reinforcing this message right now can make a big difference for all of us, but especially healthcare workers, people who are sick or who have loved ones who are sick and people who have lost their jobs.



Make a "Someday Soon" Jar



Photo credit to Katie Eban

How to Make Your Someday Soon Jar:

1. Find any jar, basket or container around your home.
2. Decorate the jar with a "Someday Soon" label.
3. Every time your family wishes you "could do something, go somewhere, treat yourselves, see someone you love, visit a new place or invite people to visit you," write it down on a piece of paper and put it in your jar.
4. When COVID-19's stay-at-home order is lifted and when it is safe to resume our regular lives, begin enjoying the activities listed inside your jar. Your SOMEDAY SOON has arrived!