



Mom Needs To Work!

*Activities To Stimulate Your Child, Free Up Your Time
AND Allow You To Work Your Business!*

Kids' Independent Activities for Work-At-Home Moms!

By
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About the Author

Liz Sanpietro spent 17 years in the classroom as an elementary school teacher. During that time, she tried to instill a sense of self-sufficiency in her students by weaving independent activities into her district's curriculum and fostering an environment which encouraged exploration. She was lauded by her district for this and often called upon to mentor other teachers, as well.

Over the course of almost two decades, she's had the opportunity to study children's behavior patterns - how they communicate, what types of stimulus they respond to and the most effective ways of working with them to accomplish mutual goals. She's been able to make these observations in both the classroom setting, as well as more free-form environments, as an administrator of her district's after-school program.

Liz holds a Master's Degree in English, as well as three teaching certifications: pre-school, elementary and English K-12.

In 2004, Liz left her teaching position to work with her husband, John, to help grow Relieve and Achieve Coaching/Stamping Is My Business - their home-based business.

After living in New Jersey for over 30 years, Liz now calls the Adirondack Mountains home, and in 2007, became an official work-at-home mom with the birth of her son, John.

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Introduction

When I was teaching elementary school, I would often hear complaints from both parents and students as a holiday or summer vacation was approaching. The kids complained that they would be bored, and the parents complained that they didn't know what to do with the kids. Parents who worked at home would be especially concerned, as they knew having the kids home would wreak havoc with their work schedule.

Needless to say, in September, parents and children alike would be excited and relieved when school started again.

This book is written for those parents... and those children!

During my teaching years, I implemented many activities that the kids actually enjoyed. I would share these ideas with parents to try with their children over the break. They would report back that the children experienced a sense of accomplishment after completing something on their own. And the parents expressed their surprise at just how much they were able to accomplish while their children were independently occupied.

I have compiled many of these ideas here for you to use in your home with your school-aged children. These activities work best for children in grades 2-5 and cover various subject areas and interests.

How To Use This Book

This book is a guide for you and your family. Many of these activities can be used more than once. If your child enjoys a particular activity, offer it as a choice on another day.

The amount of free time you gain from each activity ranges from 10-45 minutes. You can't expect your child to sit and focus on one activity for much longer than that. So, you may want to give a 10 minute warm-up activity (such as everyday writing) and then follow with a longer activity. You may wish to

have a morning and an afternoon session. You can use these activities whenever you need them, but I believe you'll get the most use out of this book if you plan the activities at least a day in advance. Look over all of the activities and decide how you want to structure your child's time. Will you start each day with a Quick Write? Will you schedule DEAR (Drop Everything And Read) Time in your child's day? Etc. You may also want to set up a special space in the house and put supplies in plastic bins for easy access.

IMPORTANT! - The recommended age range for these activities is Grades 2 thru 7. However, we advise you to use your own judgment. As a parent, only you can determine whether or not the activity and use of related materials is appropriate for your particular child. If you don't feel completely confident that your child can safely complete the activity independently, you should not allow them to do it!

The book is broken down as follows:

Chapter One is "**Newspaper Activities.**" You will need newspapers to complete these activities. It doesn't need to be that day's paper. Any newspaper will do. If you wish to monitor the articles your child reads, you may want to choose them yourself or take out the ones you don't want him to read. One of the bonuses of these activities is that your child might become interested in reading the articles and forget about the activity for a little while. That's fine. Just let him go with it. It will broaden his understanding of current events and give you more free time.

Chapter Two is "**Math Activities.**" In this chapter, you will find seven activities which require your child to perform basic math operations as well as estimate, measure, and analyze data. She will become so wrapped up in these activities that she will forget she's doing math!

Chapter Three is "**Science Activities.**" This chapter contains five fun activities. Although, they may seem a bit messy, there are ways to contain the mess or avoid it completely. I did these activities with 30 children and never had a

disaster. Give your child limits. Tell him to work slowly and carefully, and take the precautions to minimize the mess. These activities review some very basic concepts, but allow your child to discover the concepts by manipulating the objects herself.

Chapter Four is "**Language Arts.**" In this chapter, you will find many activities to encourage your child to read and write independently. Although you probably know your child should read during the summer months, you shouldn't assume that your child must read difficult books. Reading a book one level below your child's reading level is actually encouraged for independent reading. This will ensure that she will not become frustrated and look to you for help reading. It gives your child a sense of accomplishment to finish something with ease. Kids in grades 2-5 should be able to spend between 10 and 30 minutes reading independently. It has been proven that only 15 minutes of independent reading every day will improve reading by one grade level each year!

The book activities in this section will provide your child with fun alternatives to book reports. However, to ensure that they're still accountable to you, I've set it up so some of these activities require your child to report to someone. This gives you an opportunity to check on your child to see how she is doing.

In addition to the book activities, there are several writing activities. Earlier, I stated that your child should read during the summer, but writing is equally important! Many kids feel "stuck" if asked to write something. These writing assignments will help your child overcome that "stuck" feeling and give her a creative outlet.

Chapter Five includes "**Miscellaneous Activities.**" These activities don't necessarily fit into a specific subject heading. Some may be considered "arts and crafts", but others are word and guessing activities. They are meant to tap your child's reasoning and observational skills.

How to Get in Touch With Me

If you have any questions about the directions for these activities, please feel free to contact me for clarification. For some of them, it may be difficult to visualize the final product, and a little further explanation may clear everything up for you.

Also, please let me know which activities your child found to be enjoyable. My e-mail address is liz@momneedstowork.com.

Legal Information

"Mom Needs To Work" (and its parent company, Relieve and Achieve Coaching) welcomes the opportunity to keep your child busy while you tend to your business. In return, I ask that you give due appreciation to the fact that this service to you, although hopefully valuable, is easily misappropriated, purposefully or innocently.

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It's Time to Get Started

I hope you and your child enjoy what these activities have to offer. This time should be rewarding for both you and your child. You gain time to work on your business, and your child has a rewarding learning experience.

Enjoy!

Liz