

July 2021



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Hello Kids Club Members!

I hope you are enjoying your summer so far!

Summer is a time for family traditions, routines, and exploring the outdoors! In this newsletter, you will find activities to do with your family and learn about the benefits of going outside. Do not forget to follow MPB Education on Facebook, Instagram, and Twitter! Enjoy the rest of your summer. Be safe!

Empee Bee



Upcoming Events



Join us for our next Workforce Wednesday!
Date: July 21, 2021
Time: 11:30 a.m. - 12:30 p.m.
Click [here](#) to register.



Are you a teacher looking for Continuing Education Units (CEUs)? Click [here](#) for the 2021 e-Learning Course Calendar.



Visit education.mpbonline.org for more upcoming events and activities.



Wishing you a Happy Independence Day from MPB Education!

(Click on the picture below to discover an activity!)



What are We Watching?



4 Family Benefits of Going Outside Together



by: Neetika Prabhakar

As a mom, I sometimes feel pressure to make my children's childhood "magical." I see friends and family planning great trips and outings for their kids, and I can't help but think that I'm not doing enough for mine. With a hectic schedule and limited resources, it's just not possible to execute every special adventure that comes to mind. One day, after a while, I realized — who cares? Maybe in some ways, I do. But you know who definitely doesn't? My kids!

What I came to realize is that those special things children really want are not fancy getaways, but their parents' love and attention. It's not some amazing destination they care about — it's the time spent together. Every parent has the ability to give their children wonderful experiences. It doesn't have to be expensive, and it doesn't have to involve a lot of planning. And there are many reasons why your kids will love it. You can keep it simple, and even local, by heading outdoors.

A fun, simple, and potentially local experience is to head outdoors! Getting out into nature is a wonderful family activity. It incorporates physical activity, family bonding, and learning — not to mention, it's really fun! Here are four great ideas for getting outside together.

Click [here](#) to read more.



Name _____

Household Chores for Every Age



Teaching kids how to do household chores is a meaningful part of growing up. They teach practical life and academic skills, as well as foster a sense of responsibility and community. Use this checklist for age-appropriate chores to do with your family.

2 to 3

- Pick up toys
- Put dirty clothes in the hamper
- Hang-up jacket and put away shoes
- Help sort clean laundry (e.g. find all the socks)
- Dust window sills
- Help wipe-up spills

4 to 5

- Make the bed
- Set and clear table
- Put away clean silverware
- Put clothes in the washing machine
- Fold towels and socks
- Feed pets and water plants

6 to 8

- Keep bedroom organized
- Fold and put away laundry
- Assist with meal preparation
- Load and empty dishwasher
- Sweep and vacuum floors
- Take out garbage and recycling



Find more games and activities at pbskidsforparents.org

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A Family Celebration

Choose a special family celebration and share through pictures a story about it!

Name _____

Who was with you?

What special event did you celebrate?

When did it happen?

Where did it take place?

Why is it special?

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