

MINDFUL EDUCATION EXPERIENCE!

How can I educate my child when they are not in school??

When looking on the internet parents are able to find a plethora of resources to help their child learn spelling, math, reading, geography and more. The internet is a wonderful place to learn, especially with the support of a parent or older child to ensure safety while searching!



Thinking beyond printed paper or online learning, we can look within our home and personal lives to draw on learning opportunities. Below you will find different ways to look at your home, your life experiences and the materials that are already present to create amazing, hands on learning opportunities for everyone in your household!

Education in your home!

Vacation

If you have been on vacation with your children or before them, dig out those old photos and look through them. Discuss what you saw and if, for example, you visited a volcano research volcanos. Watch videos and read fun facts, there is a very easy science experiment with baking soda and vinegar (you can find it online) and you can explode a 'volcano'!

Plants

Have plants in your home? Have your child walk around the home and draw the different varieties, or research what plants they are and how best to care for them. It is also a great time of year to begin repotting plants that have outgrown their pots, so get digging!

*Don't have plants in your home? Online research plants that you could grow in your home in the future, have your child learn about the different varieties and pick the ones they want one day!

Cleaning

Especially during this time cleaning is so essential in maintaining a safe home., This is a great opportunity to discuss the importance of hygiene for both yourselves and the home! Have your children take an active role in maintaining their household. Teach how to do and fold laundry, make an easy surface cleaner (safe for kids) (this recipe needs to sit for about one week before use: one part white vinegar, one part water, lemon rind and your choice of essential oil, I like Lavender, sit for one week and then use!)

Math / Spelling / Reading / Geography

All of the above can be experienced and enjoyed all over the home. **Math** can be found in measurement, cooking and baking are both fun ways to incorporate numbers, for littles counting the amount of stirs or amount of blueberries in one cup. **Spelling + Reading**, stick post it notes all over the house, depending on your child's level will depend on what words and how active a role they should take. **Geography**: Have a globe? Or you can find one online, learn about different countries, how to spell, what is the capital , and more!

