

# Screen-Free Family Engagement Opportunities Families Can Do with Children in Pre-K - 5th Grade



West Virginia DEPARTMENT OF  
**EDUCATION**

## Literacy

- » Read to or have your child read at least 20 minutes a day.
  - *Imagination Library provides books for children ages 0-5 in 47 WV Counties*
  - *Family Reading Nights*
  - *Daily Read Aloud (Even older children often enjoy being read to.)*
- » Highlight or underline unfamiliar words in magazines and books to broaden vocabulary.
- » Tell stories to each other. (Oral storytelling is a lost art!)
- » Play word games such as Scrabble, Scrabble Junior, or Boggle.
- » Write a short story.
- » Write your own song and then perform it for your family.
- » Learn Morse code to communicate. Make up your own unique code to communicate with others.
- » Complete word puzzles, word finds, etc.
- » Write poems.
- » Memorize and recite poetry.
- » Write in a journal each day.
- » Hold a family or sibling spelling bee.
- » Write an inventory of what is in your kitchen pantry.
- » Write a grocery list.
- » Read hand-written family recipes together to promote primary text familiarity and then prepare the recipe.
- » Dictate or write a letter to a loved one, friend, or to your elected official about your experience during the 2020 school closure.

## Math

- » Count objects of your choosing.
- » Practice addition and subtraction facts by using found objects such as marbles, matchbox cars, food items, or socks, etc.
- » Complete math puzzles
- » Be Math Chefs and prepare meals together. Learn about math concepts by measuring quantities and then explain your process (and how you used math) to family members.
- » Quiz your siblings or children on math facts.
- » Play math games such as dominoes, chess, checkers, or Monopoly.
- » Search for patterns throughout your home and outdoors.

## Health and Wellness

- » Participate in daily family exercises such as yoga, walks, etc.
- » Do repetitions (jumping jacks, sit ups, etc. ) while counting out loud or reciting math such as multiplication tables.
- » Prepare and eat balanced meals (avoid processed foods and sugar).
- » Create a daily log of your exercise habits so you can compare your progress from day to day.
- » Go on a nature walk with your family and take photos of unique living and non-living things.

## The Arts

- » Use crayons, watercolors, chalk, markers, colored pencils, or other media to color or draw together as a family.
- » Make a collage by gluing found objects from nature (leaves, flowers, pebbles) to paper.
- » Go outside at dusk and draw the sunset.
- » Create a daily art journal.
- » Create and listen to a disc or playlist of your favorite music.
- » Organize loose photos into an album or photo box by date and event.
- » Develop a photo journal of daily life during the 2020 school closure.

## Science and Social Studies

- » Play charades (Older children may choose to portray historical events or characters.)
- » Make and then create with homemade playdough.
- » Make a weather chart describing the weather each day.
- » Make puppets out of socks or a small paper bag. Write a play and put on a show for your family.
- » Play dress up using family members' old or oversized clothing.
- » Help take care of houseplants.
- » Plant a garden.
- » Help take care of family pets