



Winter Break

BINGO CHALLENGE

Keep young minds active and hearts calm this winter break with fun learning and kindness activities!

Each time your family completes an activity, check off a box on your Bingo board.

Get Bingo: check off a full row, column, or diagonal to celebrate your family’s learning win!

Win Winter Break: complete the whole board by the end of break for the ultimate “Learning Through Joy” victory!

<p>Cook or bake together — have your child read the recipe or find ingredients by color.</p>	<p>Read a favorite story, then act it out or draw your own ending.</p>	<p>Let your child write a letter to their teacher about what they did over break.</p>	<p>Write thank-you notes, draw pictures, or record a voice message for someone your child appreciates.</p>	<p>Practice “Name It to Tame It”: when your child feels big emotions, help them say what they’re feeling and why.</p>
<p>On a shopping trip, let your child count items, find letters on signs, or add prices together.</p>	<p>Play a family board game or card game that uses counting, reading, or problem-solving.</p>	<p>Choose a short book, poem, or holiday story to read aloud as a family.</p>	<p>When shopping or in crowds, practice a calm-down strategy: deep breaths (smell the cocoa, blow the marshmallow).</p>	<p>Draw a picture of something you got for Christmas.</p>
<p>Talk about how your child likes to show love (hugs, high-fives, smiles, or words). Remind them all choices are okay.</p>	<p>Create a calm space: a blanket corner, music, or fidget area for when anyone feels tired or overwhelmed.</p>	<p>Discuss body boundaries: it’s okay to say no to hugs, kisses, or sitting on laps — even with family.</p>	<p>Make a calm-down kit together — include things like coloring pages, music, fidget toys, or affirmations for when anyone feels stressed.</p>	<p>Go on a Winter Word Walk. Spot and name objects that start with each letter of the alphabet.</p>
<p>Build something together (a fort, puzzle, or craft) and talk about what you notice, learn, and enjoy.</p>	<p>Reflect together: “What made you feel safe and happy this week?” “When did you feel most calm?”</p>	<p>Discuss the difference between being nice (to please others) and being kind (to care while staying safe and comfortable).</p>	<p>Review the week! Ask your child what new thing they learned or enjoyed most.</p>	<p>Do an Act of Kindness: help wrap gifts, share a toy, or call a relative to say hello.</p>

Family Name _____



Instructions: Use this page to guide meaningful moments with your child(ren) throughout the holidays. Read the reminders, reflect on your own approach, and use the conversation starters to spark fun, kind, and thoughtful discussions. Check off or jot notes as you try each idea. Little moments add up to big connections!

Conversation Starters: Kindness and Safety

Use these prompts to start meaningful talks with your child:

- How do you like to show kindness to others?
- What helps you feel calm when you're upset?
- What can you do if someone wants a hug and you don't want to?
- How can we help each other when we feel tired or cranky?
- What's something kind someone did for you this week?
- What does being safe feel like in your body?

Family Reminders

- Learning happens naturally through cooking, playing, talking, and spending time together.
- Encourage independence and choice. Children learn confidence when they help and when their feelings are respected.
- Model calm and kindness. Children mirror what they see.
- Celebrate effort over perfection!

Family Reflection

Take a few minutes at the end of the challenge to reflect together.

One thing we learned as a family: _____
One new kindness we practiced: _____
One way we made learning fun: _____
Something we'll keep doing in the new year: _____

