



Thank you! PAIR Project Newsletter

Email pairproject@ku.edu or call (816)420-7247

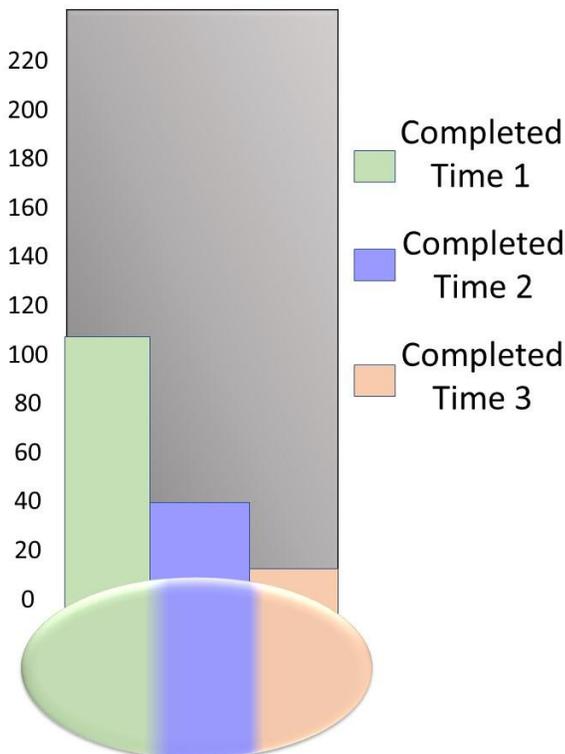
Dear PAIR Families,

We are extremely excited to reach out to you and your family again! Your continued involvement in our project means so much. We need your family's unique story to help us learn what makes children resilient and strong. Most importantly, we need to know how your story changes over time in order to understand how different events affect you and your child. The entire PAIR team is looking forward to seeing you back for your next appointment. In the meantime, we hope you enjoy this newsletter!

Sincerely,
The PAIR Team

PAIR Project Progress

Total Completed



Fun Mindfulness Games for Kids

Mindfulness is the practice of paying attention to and increasing awareness of the present moment, and is a fantastic way to reduce stress in your own life. What is even better is sharing the benefits of mindfulness with your child to help them tackle life's daily stressors. Here are some fun ways to engage with your child by practicing mindfulness.



Good vibrations:

Ring a bell (or use a phone app) and ask your child to listen closely to the vibration of the ringing sound. Tell them to remain silent and raise their hand when they no longer hear the sound of the bell. Then tell them to remain silent for one minute and pay close attention to the other sounds they hear once the ringing has stopped. After, ask your child to tell you every sound they noticed during that minute.



Mystery object:

Gather a variety of objects (such as pieces of fruit, rocks, string, leaves) and put each in a brown paper bag. Tell each child to close his or her eyes and put their hand in the bag. Ask them to feel the object and describe how it feels out loud. You can ask them questions if they get stuck: "Is it hard or soft? Is it smooth or rough? Is it big or small?"



Pinwheels: You can teach your child to blow on a pinwheel to make it spin. Notice how they look different when breathing fast or slow.

Tummy buddies: Choose a stuffed animal. With your child lying on the floor, place the toy on his or her stomach. Tell your child to breathe in and out, filling their stomach with air when they inhale, watching the toy move up and down as they breathe.

Bust a move!

Turn on music that you and your child both like and just dance! This is a great way to throw yourself into an activity and temporarily set aside tasks and worries. Let yourself be silly with your child — you may learn some cool moves!



Reading at Home with Your Child

Reading with your child not only improves their verbal abilities, but also provides a way for you to spend time and connect with them. Here are a few tips and ideas to help your child enjoy reading:



- Let them hold the book as you read.
- Allow them to turn the pages.
- Read to them 10-20 minutes each day.
- Read the same 2-3 books every day for a week, and let them finish the sentences.

- Point to the words as you read so they associate words with reading.
- Encourage them to talk about the pictures.
- Talk about what happened in the books after reading them.
- Choose a “reading time” where the whole family sits down to read their own books.
- Allow them to choose the books they want to read.
- Find a book that you enjoy reading and read it in front of your child.
- Go to the library together.
- Be excited about reading with your child – It’s contagious!
- Try some riddles with your kids! The ones below may be appropriate for kids ages 5-12. If you want more riddles, check out: <https://www.everythingmom.com/parenting/45-riddles-and-brain-teasers-for-kids>.

RIDDLES

1. What is as big as you but does not weigh anything?
2. You can hold it without using your arms?
3. What can you catch but never throw?
4. If you drop me I am sure to crack, but give me a smile I'll always smile back?
5. What goes up and down the stairs without moving?
6. You can't keep this until you have given this?
7. Who is that with a neck and no head, two arms and no hands?

Answers - 1. Your shadow, 2. Your breath, 3. Cold, 4. Mirror, 5. Carpet, 6. A promise, 7. A shirt



Q G E H P U P C P V N J Z Q L
 R R S F D V I V U Q D G G X A
 L I H I Y N D D Q D P D U O H
 N O I T A X A L E R W T D L F
 E E K J D L C Y R H O T P E Y
 N F J U G N I D A E R S C J N
 T Z S G F V Q P I D B I I L A
 B P E R W U R Y Q X P W X C I
 R A L E A R N Y R J O F R W R
 I D B R E T H G U A L R N X A
 E R U T N E V D A T R T T X R
 D N F L O J T T B S E B F K B
 K D G X P J V N X C M O I N I
 T M R Y B O O K S R E D K L L
 M R O W K O O B Q S X S M N X

LIBRARY
 BOOKS
 ADVENTURE
 READING
 FUN
 RELAXATION
 LIBRARIAN
 BOOKWORM
 LEARN
 LAUGHTER

EXPLORATION AND ART: HOW TO MAKE RUBBINGS

What you need:

- White sheets of paper
- Crayons with the wrapper peeled off



How you do it:

For kids, rubbings can seem like magic!

1. This is best done outside to explore what textures and surfaces you can find, but you can also do it indoors too!
2. Walk around and have your child find an interesting surface (you might help them with the first few). For example, try a brick wall, the sidewalk, wood, and different types of leaves.
3. Have your child hold the piece of paper on top of the surface or object (or help them hold it). Then have them rub the crayon on its side on the paper. The texture of the surface or object below should show up!