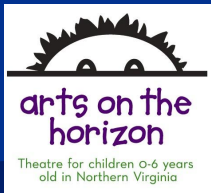


Continue the  
adventure after each  
episode with our  
*Everyday Magic* activity  
guide!

Thank you for being  
magical with us!



# Ep. 4: Brainstorm

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# Icy Ocean Sensory Play

1. Color some water in a medium to large container with food coloring.
2. Place various arctic themed items into an ice cube tray, such as penguins, walrus, and polar bears!
3. Pour water into the ice cube tray and freeze.
4. Place ice cubes onto a tray or rimmed cookie sheet.
5. Using warm water to pour over the ice cubes, allow your little one to unfreeze the creatures.

# Arctic Balance and Breathing

Time to work on some gross motor skills - balance and coordination!

To work on balance and stretching you can do a couple of things:

1. On an outdoor walk find curbs and ledges, and encourage your little one to try step over and balance on the items - have them move like some of our favorite arctic creatures, such as penguins, snowy owls, polar bears, or an arctic fox.
2. In your home, you can use tape to create a balance line on the floor to encourage them to practice balancing indoors.
3. Using animal inspiration, do some yoga poses to increase balance and calm! A few to try: Cat Pose (Majaryasana); Downward Facing Dog (Adho Mukha Svanasana).
4. When we get frustrated like Erin, it is important to take deep breaths, talk it out, and find balance. One way to do this is to take a deep breath in for 6 seconds, hold for 4, breathe out for 7.

# Crafting Corner: Snow Globes

*What you need: jar/clear bottle, warm water, glitter, school glue, beads, sequins, miniatures (like snowmen, penguins, and more), a family picture, glue gun, packing tape*

Step 1: Have a grownup help you fill the jar with warm water. Leave a couple of inches at the top.

Step 2: Add glitter and other items. If you have food coloring or watercolors, add those to make your water a fun color.

Step 3: If you want to add a figure to your snow globe, have a grownup help you glue a small toy or figurine to the inside of the lid. You can also use clear packing tape to create a waterproof seal around a family photo that you can add to the jar.

Step 4: Add more water until there is only an inch or so left at the top of the jar. Screw the lid on tightly. Hot glue or use packing tape to secure your lid.

Step 5: Shake, shake, shake! Check out the calming feature of the flowing glitter!



# A Time for Talking

Use the prompts below to encourage conversations with your little one based on Episode 4 of *Everyday Magic*, and how we can calm our own storms!

1. Erin got really frustrated in her math class this week; what are some things that make you feel mad or nervous?
2. What are some things you can do to feel better when something scary, big, or frustrating happens?
3. Today, Erin said some things that hurt Michael's feelings, and then she said she was sorry. Can you remember a time when someone hurt your feelings? How did they fix it?

# Books to Read

***Breathing is My Superpower: Mindfulness Book for Kids to Feel Calm and Peaceful*** by Alicia Ortego

***The Color Monster: A Story About Emotions*** by Anna Llenas

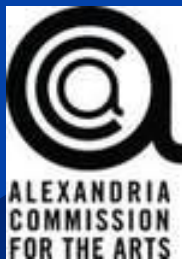
***I'm Sorry*** by Barry Timms

***Let's Make Yoga Magic*** by Heather Leah

***Lost and Found*** by Oliver Jeffers



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