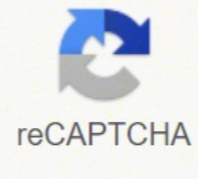




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## The relatives came activities kindergarten

GET ACCESS TO ALL 200+ BOOKS We love using read alouds to teach students about different families and diversity. Students love sharing personal stories about their own families. The book The Relatives Came is a great way to do this. - Jodi and the Starts With a Story Team The relatives in The Relatives Came travel a long way from Virginia to visit with their family. When they get there, everyone is very excited to see each other. There is lots of hugging, laughing, and smiling. The relatives stay for many weeks and their family welcomes them into their home. The relatives do many things during their visit such as tend the garden, fix items, and play music. The relatives and their family are sad when it is time for them to go, but know that they will be back again next summer. Students will enjoy this story about what happens when relatives visit, and will make connections to their own lives and their families. We think the following skills are great to teach using the book The Relatives Came. Practice making personal connections to the story. This is a great way to strengthen students' comprehension of the story. Help students practice their visualizing skills throughout the book. Ask students to write their opinions on traveling in a car like the characters. Integrate poetry by having students write poems about their families. Teach students about possessive nouns. Introduce students to new suffixes using examples from the book. Use the book as an opportunity to discuss transitions. GET THE PRINTABLE ACTIVITIES If you are looking for "ready to go" activities for the first day of school, be sure to check out the book companion. With it you'll receive all of the following resources to align with this specific book: comprehension questions 30 writing prompts with themed paper vocabulary activities word study print & go activities ideas for grammar lessons with focus sentence printables social emotional learning discussion topics graphic organizers to target specific comprehension skills and strategies This resource has everything you need to get started with your instruction right away! GET THE PRINTABLE ACTIVITIES It's hard to explain how amazing the Starts with a Story book companions are because there is just so much goodness included in each one. It's best if you experience using one for yourself. Sign up below & we'll send you an entire book companion to try out for FREE! Close Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. 1.)Gather children into a group. Tell them that you are going to read the story, The Relatives Came, to them. Ask them if they know what the word "relative" means. 2.)Explain that a text-to-self connection is made when something in the story reminds you of something in your life. 3.)Model for the students' text-to-self connections. For example after reading the first page, the teacher could say, "Boys and girls, I have made a text-to-self connection in this story. The family in the story is awaiting a visit of their relatives from Virginia. That reminds me of how excited I was when my relatives from out of town came to see me. I used to stand by the window and wait for them to come." 4.)Teacher continues reading the rest of the book, stopping on every page to allow students to tell the class the text-to-self connections they made. 5.)After reading the book, have the students return to their desks, where they have 2 sticky notes and a pencil available. 6.)Tell students that you are going to read the book one more time to them. While reading have students write 2 text-to-self connections that they make from the story (one on each sticky note). Tell students to write on their sticky notes what happened in the story and then to write "It reminds me of when..." (complete the sentence). 7.)Let the students share what they wrote on their sticky notes and post them on chart paper. 8.)Finally, divide the class into two groups. Let members of one group pretend they are the family in the story. Let members of the other group pretend they are the relatives that came to visit. Let the students debate on how they would feel if they were in this situation (making text-to-self connections). For example, a child who is pretending he was in the family might say that he was glad for the relatives to leave so he did not have to share his bedroom or toys anymore. Someone who was on the relative side might say that she enjoyed going to visit the family because she did not have to do the chores she would have had to do at home. Photo Courtesy: Noel Hendrickson/Getty Images Physical activity, recreation and time spent outdoors are vital parts of a healthy lifestyle. Not only do recreational activities provide great exercise, but they also have the potential to be engaging activities that can help you center yourself, clear your mind or bond with friends and family. Time spent outside is always well spent. From the physical benefits to the mood-boosting and mental advantages, we've rounded up all the reasons recreational activities are great for your mind, body and soul.The Physical Benefits of Recreational ActivitiesWhen you think of exercising, you probably picture lifting weights in a gym. Many recreational activities, however, are also great forms of exercise. Essentially, recreational activities are outdoor pastimes that you engage in mainly for your own enjoyment or as personal pursuits — to relax, get fresh air, exercise and live in the moment. Photo Courtesy: Simon Winnall/Getty Images Hiking, skiing and wakeboarding, for example, are enjoyable activities, and they also have many cardiovascular benefits. It's important not to ignore the physical benefits of outdoor recreation; getting enough physical activity is vital for your health and could actually prevent premature death, according to the Centers for Disease Control and Prevention. Exercising regularly also keeps up your flexibility, muscle tone and strength. If you're looking for a recreational activity that gets your blood pumping and your mind focused, consider hiking, running, walking, swimming or biking. Even a low-impact activity such as bird-watching has some physical benefits: Taking a walk gets your body moving, and getting fresh air can improve your health in numerous ways. Common outdoor recreational activities you can try that'll help you get in a good workout or simply enjoy nature include: Running Walking alone, with a pet or with friends Bicycling the neighborhood or local trails Swimming Rock climbing Paddleboarding Playing tennis Scuba diving Kayaking Recreation's Effects on Our Moods and Mental HealthIn addition to the physical benefits, recreational activities can also do wonders for your mental health. Time spent outdoors has been shown to reduce stress and anxiety levels. Outdoor activities can boost your mood as well. Getting outside and doing what you love grounds you and resets you for the day. Whether you're white-water rafting, skiing, fishing or jogging, these activities offer you time to unwind. Photo Courtesy: Jordan Siemens/Getty Images Sunshine, vitamin D and fresh air are actually recommended as part of a healthy routine. When it comes to urban planning, dense cities pay close attention to the number of trees they plant in new developments or highways for this reason. There's a direct link between being outdoors and experiencing depression and anxiety. Some other mental benefits of recreational activities include: Improved mood Better sleep quality Help with depression Reduction in anxiety and stress Opportunities for companionship Boost in endorphins Recreational Activities Increase Social InteractionAnother amazing benefit of recreational activities is the social interaction that often comes along with participating in them. While there are plenty of activities you can do alone, there's also a lot you can do with or around people. Photo Courtesy: Thomas Barwick/Getty Images In today's climate of social distancing, outdoor recreational activities have been lifelines for people to connect and spend time together safely. Going on a hike with someone or taking a paddle in a canoe is a great way to connect. Not only are you getting all the physical and emotional benefits of being outdoors, but you're also experiencing an emotional connection. For families, recreational activities are a great way to spend time together. You'll get much-needed fresh air, exercise and time together having fun. Tennis, badminton, paddle boarding and golf are all examples of recreational activities you can do with friends or family, as are the following: Jogging or running Walking and talking Hiking Stargazing Boating Skiing Hunting for seashells Playing co-ed team sports Horseback riding Bowling Playing tennis Backpacking Camping The Benefits of Recreational Activity for KidsIt's no secret that kids benefit from time spent outdoors. What may surprise you is just how many aspects of their lives are impacted by participating in recreational activities. Playing games in the yard can help with their motor skills and hand-eye coordination, and enjoying activities with others gives them opportunities to learn to navigate social situations. Jumping, tossing balls, swimming and running can all happen outdoors. The motions involved in throwing, pulling, lifting and running help to build strength and coordination in children. Photo Courtesy: Marko Geber/Getty Images Growing up in a household where physical activity is a priority also builds healthy habits for the future. When a child sees their parents participating in recreational activities, they also want to be involved in the fun. This helps to set them up for a continued life of physical activity. Recreational activities that involve group sports have additional benefits. Kids learn teamwork, sharing, communication and hard work, and these can be self-esteem boosters. Playing together outdoors helps kids boost their physical activity and learn how to cooperate. They nurture friendships and learn about organization and cooperation through play. Fresh air has also been shown to reduce stress and anxiety in children. Kids get to burn off energy while enjoying the benefits of fresh air and sunshine. Getting kids away from devices helps them to improve their senses as well. Let them splash in puddles on a hike or crunch leaves. Kids can smell flowers, jump, climb and explore the outdoors while getting some physical activity and learning about the world around them. Some great (supervised) recreational activities kids can enjoy include: Running while playing tag or capture the flag Jumping on the trampoline Starting swimming lessons Hiking with parents Learning to ride a bike Flying kites or drones Playing team sports Boating Taking martial arts classes Camping Skiing and snowboarding Gardening Yoga Horseback riding Light Recreational Activities for SeniorsAs we age, mobility and flexibility become more difficult to keep up. It's important to stay active as much as possible to keep our strength up and maintain our balance — two factors that can help us stay independent as we get older. Even if you have some mobility limitations, it doesn't mean you can't get outside and enjoy the fresh air and nature; even sitting on a park bench does wonders for your soul. Photo Courtesy: Cavan Images/Getty Images For elderly adults who want to remain active, recreational activities are great. Not all recreation involves strenuous activity that breaks a sweat, either. There are almost endless things you can do with little or no impact to your joints or strain on your muscles. Recreational activity also gives older adults a chance to get outdoors. Bird-watching and photography are examples of recreational activities you can do while sitting, for example. Chair yoga, water aerobics and walking are other examples of activities you can do to build strength and muscle tone. These are also great for flexibility. Consider trying the following if you're looking to ramp up your activity level: Walking Photography Bird-watching Swimming Painting classes Yoga or tai chi Gardening Golfing Fishing Volunteering MORE FROM REFERENCE.COM





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