



THE MCM PLAYBOOK

SPECIAL EDITION 2020 • VOLUME 5 • ISSUE 2

CHILDREN ASK
THE EXPERTS
.....
ACTIVITY PAGES
TO ENHANCE
AT HOME
LEARNING



When Do We Return to Normal?

Questions have always been encouraged at the Mississippi Children's Museum (MCM). In fact, MCM educators have a fancy name for our informal education framework – inquiry-based learning – which puts the child at the center of their own experience and promotes asking questions. In the midst of navigating a world-wide pandemic, the questions that children – and also their adults – have been asking reflect the anxiety of this new reality and a yearning to return to friends, family, and yes, even school! Many parents of young children “sheltering in place” are challenged as they attempt to work remotely, while facilitating school and online learning and trying to answer the questions that frankly, no one really is able to answer honestly, yet. These queries – *When can we go back to the way it was before? When can I return to the museum and play with my friends? Why is this happening?* – provide opportunities to build resilience and growth.

All of this has made me wonder: *What have we learned from this experience?* I think we have learned that modeling courage and resilience is just as important now as it has been in other historic times of crisis in our country. Our children see it in our healthcare providers, grocery store workers, and first responders, but they also see it in the resilience of their parents and caregivers who navigate the day to day challenges of a new normal.

Personally, I have learned several important things and not just how to properly wash my hands! I admit, I sort of already knew one of the most important things – the fact that I work with a group of very dedicated professionals who, with compassion and creativity, have risen to the challenge of this extraordinary event for our organization and our state's children. Our MCM staff, both in Jackson and Meridian, have created and gathered online resources available on our website and social media outlets, have delivered supplies and books to some of our state's most vulnerable children, and have even offered expertise in creating safe protocols for childcare for first responders. Now, along with wonderful community experts and partners, the MCM team has created this special edition of the Playbook to provide children and families across our state with fun, educational resources which prompt discussions with our children about this unprecedented time.

On behalf of the entire MCM team, it is an honor to provide these resources to our state's children.



Gratefully,

Susan Garrard, Mississippi Children's Museum President/CEO

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MISSISSIPPI CHILDREN'S MUSEUM

Our Children Have Questions.

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Two prominent figures in the Mississippi medical community, Dr. Lisa Didion and Dr. Susan Buttross, recently took time out of their busy schedules to sit down with MCM's President and CEO, Susan Garrard, to answer some of our children's most pressing COVID-19 questions! The questions featured here were sent in to MCM from children all across the state.

Dr. Lisa Didion is a Pediatric Hospitalist and the Associate Chief Medical Officer at Children's of MS at the UMMC, and a member of the Board of Directors for the Mississippi Children's Museum.



DR. LISA DIDION

Annabelle, age 2.5, Madison, MS

Why do I need to wash my hands?

Dr. Didion: This is the most important thing we can do to protect ourselves from this virus! Our hands touch everything – our food, different objects, and most importantly, our faces. When we touch things, we get germs on our hands. So, when we wash our hands, it's really important to remove those germs to make sure our hands are clean.

Susanna, age 10, Ashland, MO

How does the coronavirus spread, and why did the coronavirus happen in the first place?

Dr. Didion: For some reason, this virus, which is normally found in animals, infected a human. Once it infected a human, it was very easy for us to spread it to each other. It spreads primarily through coughs and sneezes. That's why it's really important for you to cough or sneeze into your elbow and wash your hands frequently. It also spreads easily because as humans, we like to socialize and be together. We need to work hard to distance ourselves from family and friends, even though that's not very much fun. That is what is going to help prevent the spread of the virus.

Lilly, age 8, Crystal Springs, MS

Why do we need to stay six feet away from other people? Where did that number come from?

Dr. Didion: Six feet is important because when we cough or sneeze, tiny, little particles of water or mist go into the air – so tiny you can't even see them! Those particles can travel about six feet. It's less likely that we would spread the virus if we stay further than six feet apart.

Malik, age 12, Jackson, MS

Have they found a vaccine for the virus yet, and if not, what is being done to find one and who is finding one?

Dr. Didion: Unfortunately, there's not a vaccine yet, but we are really hopeful that we will have one soon. There are scientists all over the world working on a vaccine. Just like you're asking good questions, so are they! Remember, every good discovery and every good invention comes from a question. They are asking the same questions as you. We are very hopeful we will have an answer within the next year.

Trent, age 8, Meridian, MS

Why does it [COVID-19] hurt people so badly?"

Dr. Didion: This virus gets inside the cells in our body, particularly in the areas that are important for breathing, such as our nose and lungs. Then, it causes inflammation, which is the body's response to infection. That's what causes us to cough and sneeze, and maybe get a sore throat and a fever. Those are the main symptoms that your body will feel with this virus.

Clarke, age 7, Meridian, MS

Can kids get the virus?

Dr. Didion: Kids can get the virus, although most children that have gotten it have not become very sick. Most children get a little cough, a runny nose, a sore throat, or maybe a fever. Generally, they do not get as sick as your grandparents or an older person would.

Cadence, age 7, Meridian, MS

How long is the quarantine going to last?

Dr. Didion: Unfortunately, we don't know the answer yet. It all depends on how many people get infected with this virus on a daily basis. When we see the reports of new cases begin to decrease, then we will probably be able to begin relaxing our quarantine a bit. In terms of being able to go out and play with our friends, we hope that we will be able to safely begin doing those things over the summer. Even once the quarantine has been lifted, it will still be important to wash our hands really well and cough and sneeze into our elbow.

Hamilton, age 12, Meridian, MS

If you're asymptomatic, is it dangerous to have the coronavirus?

Dr. Didion: Yes, it is dangerous. If you're asymptomatic, it is dangerous, not particularly to you personally, but maybe to your grandparents or your neighbors who are maybe a little bit older. We know that this virus can be much



?



We Asked Experts to Help.



DR. SUSAN BUTTROSS

Dr. Susan Buttross is a Professor of Pediatrics and the Medical Director of the Center for the Advancement of Youth at the University of Mississippi Medical Center. She is also a spokesperson for the American Academy of Pediatrics and a longtime friend of our museum.

Dr. Buttross shares 5 steps to help when you feel anxious on page 11, *5 Steps to Calm Anxiety*.



harder on an older adult than it is on children. That is why you'll see a lot of adults wearing masks; to keep from spreading any respiratory particles into the air and to keep those around you safe. That's another reason why social distancing and keeping six feet apart is so very important.

Andrew, age 11, Meridian, MS

Can dogs get the coronavirus?

Dr. Didion: Thankfully, right now, there's no evidence to suggest that dogs can get coronavirus. In fact, there are no reports of pets being infected with the virus in the United States. You may have seen that there was a tiger in a zoo in New York who was positive for COVID-19, but that is the only known case of its kind in the United States.

General questions for Dr. Buttross

Do you have any tips for families about the importance of establishing routines?

Dr. Buttross: Normally, when we have a day off, we can let our schedule go. That's okay for a day or two. The problem is, when you get off your schedule and have no routine for a while, it feels very chaotic. The biggest recommendation I can give any family is to establish a schedule and routine. It's a good idea to create a chart, so everyone knows the routine and doesn't feel unsettled.

What should we do if we feel frustrated?

Dr. Buttross: It's okay to get a little bit frustrated. You are trying to work and have your child do school work and take care of the household and cook meals; you need to cut yourself some slack. It's okay if you don't have the perfect meal and a spotless house. It's not okay if you find yourself losing patience because everything is not done in the order in which you think it should be. One of the best things you or your child can do if you're getting overwhelmed is to take a time out. Not as a punishment, but as a chance to step back and recognize you're frustrated. Step outside and take a walk for a few minutes. Then, come back and start over again. If your child seems to be on edge, it's ok to say, "I think you need a hug," or "Why don't you go outside or into the other room and do something that makes you feel better?" We need to allow ourselves to take a break when we need it.

Chapman, age 5, Cleveland, MS

Why can't I play at the playground?

Dr. Buttross: It's hard not to get to be on the playground. Part of the problem is, you could catch [the virus] from playground equipment or other children. But you can make your own playground at home; create something to jump over, make a hopscotch board, or ride your bike. Just because you can't go to the playground, doesn't mean you can't play outside. Be creative and make your own outings - try taking a nature walk looking for bugs or different plants.

Wyatt Walker, age 6, Crystal Springs, MS

Why do we have to still have so much school work even though we're not in school?

Dr. Buttross: Remember, it is not summer vacation yet. You are having to do school at home. Normally you would be doing schoolwork about six hours a day. I think teachers are trying hard to not to pile that much work on you, but there are important things you have to learn in order to go to the next grade. If it's hard, it's okay to ask for help from your parents or siblings or [your teacher] online. Set a timer for 15 or 30 minutes, or as often as you need to, and then take a break. Try standing up while you do your work. There are lots of creative ways you can do schoolwork at home.

Mollie Howell, age 4, Meridian, MS

When can I have a play date?

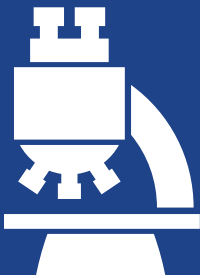
Dr. Buttross: Play dates are so important because they make you feel happy. Here's what you can do; you can try [connecting with your friend on] Skype, FaceTime, or a phone call. It's not quite the same, but there are ways you can visit with your friends and show them what you're doing. We are lucky to have the technology now to visit people even though we can't be with them in person.

To watch the videos of this COVID-19 Q & A series, scan this QR Code with your smartphone.



MISSISSIPPI SCHOOLS

How Mississippi Schools are Facing COVID-19



Since early March, school closures due to the spread of COVID-19 have affected thousands of children and families across Mississippi. However, school leadership has made it clear that being closed doesn't mean they will stop doing everything they can to serve their students and communities during this difficult time.

MCM reached out to several, Mississippi school districts to see how they are handling being out of school, and if there is any advice they have to offer during this public health crisis. Read here for what school district leaders had to say!

MCM: What has been your highest priority since closing for COVID-19?

PASCAGOULA-GAUTIER SCHOOL DISTRICT (PGSD): The highest priority in the PGSD has been providing support for our students, families, and team members. We are providing sustenance through our Child Nutrition Department, serving over 57,000 meals since this all started. We are providing support through mental health and wellness resources, and 600 teacher made instructional videos.

MCM: Please tell us ways your school district has responded to COVID.

LAUDERDALE COUNTY SCHOOL DISTRICT (LCSD): In response to COVID-19 closures, the District has launched the Grab & Go Meal Initiative providing breakfast and lunch for people 18 and younger and the H.E.R.O.E.S. Distance Learning Plan. LCSD is also offering social-emotional support for students. To do this, district officials (school counselors) are conducting mental health phone calls, emails, and other connections to support students.

MCM: What would you like students to focus on during this time at home?

MERIDIAN PUBLIC SCHOOL DISTRICT: We know that this time is very stressful on families, so we want students to focus on basics such as reading. Any time spent on reading, whether it's a comic book, a novel or even a cereal box, is time well spent. We have listed an abundance of resources on our school district website (www.mpsdk12.net). Schools are also sharing resources via their school sites, their social media accounts, and Google Classroom. We have also shared resources with Boys & Girls Club and local housing authorities.

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LET'S START A BACKYARD CAMP

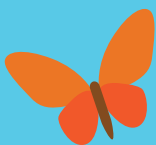
In the summer, MCM hosts a special week of Backyard Camp, and we're sharing our plans for you to experience your own Backyard Camp. Begin by creating a gardening journal to keep track of your discoveries and observations. Our lessons are divided into days, with two activities per day, and broken down by age on our website, so you can tailor the lessons for the ages of your children. This is just one more way you can enjoy MCM at home!



Backyard Camp Snack

Make Your Own Popsicles

- Gather ingredients already in your kitchen: juice, water, yogurt, and/or fruit
- Use popsicle sticks and small cups or popsicle molding kits
- Brainstorm flavors you like - strawberry and banana, blueberry and lemonade, orange and pineapple
- Cut up fruit, mash the pieces in a bowl with a fork, and stir in your liquid of choice - or use a blender!
- Pour a few ounces of the mix into each cup or mold, cover with aluminum foil or plastic wrap, and insert a popsicle stick
- Freeze overnight and enjoy your tasty treats!



To access additional, age appropriate activities to accompany each day of Backyard Camp, please take scan this QR Code, which will take you straight to our website mschildrensmuseum.org.

Day 1

Morning | Food Scrap Planting: Gather potato pieces with eyes, carrot tops, ends of green onions, garlic sections, or tops of pineapples. Plant them, water them, and watch them grow.

Afternoon | Excavation Sites: Mark a few spots in the yard and dig with an appropriate tool to see what's under the dirt. Visit this spot every other day. What do you notice? Did it rain? Are there leaves?



Day 2

Morning | Bug Search: Bugs are living creatures and outside is their home. Investigate them with care. What kind of bugs can you find? Are bugs insects? What about arachnids? How many body parts does a bug have? How many legs does a bug have?

Afternoon | Evaporation Station: Label several identical cups and pour an equal, but small amount of liquid in each one – water, orange juice, salt water, or Capri Sun. Place them in a sunny spot outside. Set a timer for 1 hour and check the cups. Do you notice a change? Keep checking every hour and discuss any changes.

Day 3

Morning | Natural Color Wheel: Take a walk and find items of different colors – place them on the ground in the shape of a rainbow.

Afternoon | Ice-y Time: Collect a few items from your yard – fallen leaves, a flower or a rock. With the help of a grown up, put these items in a reusable container and cover with water. Place the items in the freezer. Do the items change when frozen? Do their colors change after they have thawed?

Day 4

Morning | Natural Paint Brushes: Attach a piece of nature to a stick using an elastic band or a piece of string. Lay out a roll of paper and use watercolor or other paint. Explore different patterns and textures each of the paintbrushes create.

Afternoon | Leaf Identification: Pick up different kinds of leaves off the ground. Look up these new vocabulary words: symmetry, conifer, deciduous, monocot or dicot, and see how they apply to your new leaf collection.

Day 5

Morning | Cloud Drawings: Read *"It Looked Like Spilt Milk"* by Charles Green Shaw. If you can't easily find a copy, there are a lot of great reading options on YouTube. Step outside and observe the clouds.

Afternoon | Tree Rubbings: This is a great chance to explore the parts of a tree without hurting the tree. You can also do this with fallen leaves. Unwrap the paper on a few crayons and use white paper. For children with smaller hands, adults may need to hold the paper against the tree trunk while the child uses the long side of the crayon. Older children may be able to maneuver on their own. Leaves are best done on a smooth, solid surface like a tabletop or desk.



Gardening with MCM



During an unsettling and uncertain time such as this, it can be beneficial to focus our attention on fun, productive projects. Thanks to inspiration from Mississippi Commissioner of Agriculture, Andy Gipson, and advising from Mississippi Agriculture and Forestry Museum Executive Director, Hayes Patrick, MCM has chosen to plant a Victory Garden to share with our neighbors and community.

WHAT IS A VICTORY GARDEN?

World War I started in July of 1914. During the war, Europe had a shortage of food because their agricultural workers became soldiers and their farms turned into battlefields. Due to this worldwide shortage of food, the United States began the National War Garden Commission to help feed our allies in need. The Commission encouraged Americans all over the country to build farms on any available land. By the end of World War I, these make-shift gardens took on the name of Victory Gardens.

As we come together to declare victory over COVID-19, MCM hopes that you will join us in planting Victory Gardens. Fortunately, spring is the time of year that planting should begin. The weather is getting warmer, and there isn't the danger of frost that might hurt our plants. Because we are spending more time at home right now, this is a great opportunity to begin planning your own garden.

WHAT IS MCM GROWING IN ITS VICTORY GARDEN?

At MCM, we will be planting our Victory Garden in the back of our museum near The Gertrude C. Ford Literacy Garden. Due to inconsistently warm weather right now, MCM staff decided to plant seedlings in small containers inside the museum.

The five plants that MCM has chosen to start indoors are:



Of these five plants that MCM will have in our garden this year, which is your favorite?

WHAT TO DO WITH YOUR FRUITFUL GARDEN?

Once your plants have grown and are ready to pick, what should you do with your fruitful Victory Garden? MCM has a scrumptious, nutritious recipe to help you prepare your fresh produce. Our simple refrigerator pickle recipe will become your new go-to for any cucumbers you have lying around!

ARE YOU READY TO START YOUR VERY OWN VICTORY GARDEN?

Now that you've learned about these gardens, it's time to think, design, and draw!

- Think about what you want your garden to look like; what would you like to plant?
- Design the layout and any fun additions you want to include in your garden.
- Draw a detailed picture of what you hope to create!

Don't forget to share your glorious garden with us using the hashtag #MCMatHome.

For more information and inspiration on Victory Gardens, check out the MS Agriculture and Forestry Museum's Facebook page: www.facebook.com/msagmuseum.

Refrigerator Pickle Recipe

Ingredients:

- Cucumbers
- 1 cup water (distilled or filtered, if available)
- $\frac{3}{4}$ cup white vinegar
- 1 tablespoon salt

Optional Ingredients: Make these pickles your own! Here are some flavorings you may want to add if they're available to you.

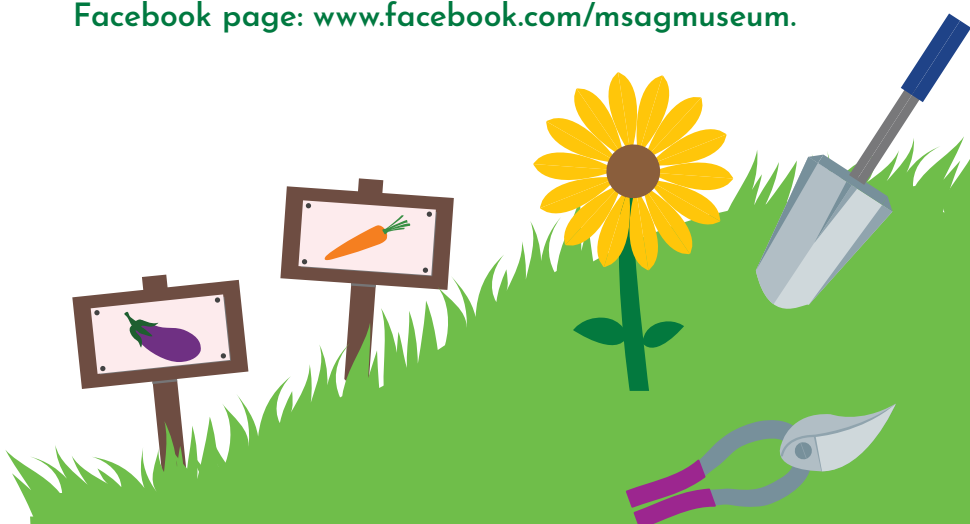
- | | |
|---------------------------------------|--|
| • 2 bay leaves | • $\frac{1}{2}$ teaspoon mustard seed |
| • 1 clove crushed garlic | • $\frac{1}{4}$ teaspoon celery seed |
| • $\frac{1}{2}$ teaspoon black pepper | • $\frac{1}{4}$ teaspoon red pepper flakes |
| • $\frac{1}{2}$ teaspoon dill | |

Instructions:

1. Wash cucumbers and cut off the blossom end (or both ends).
2. Slice cucumbers as desired: chips, spears, halves, or leave them whole.
3. Combine water and salt until salt is completely dissolved to make a brine.
4. Add any optional ingredients to brine.
5. Put cucumbers in a jar and pour in the brine until cucumbers are completely covered.
6. Cover jar tightly and place in refrigerator.
7. Your pickles will be ready in 4 days, but taste best after 10.

Fun Science Tidbit:

The blossom end of the cucumber contains an enzyme that can cause it to soften. So, cutting off the ends, ensures a crunchy pickle.



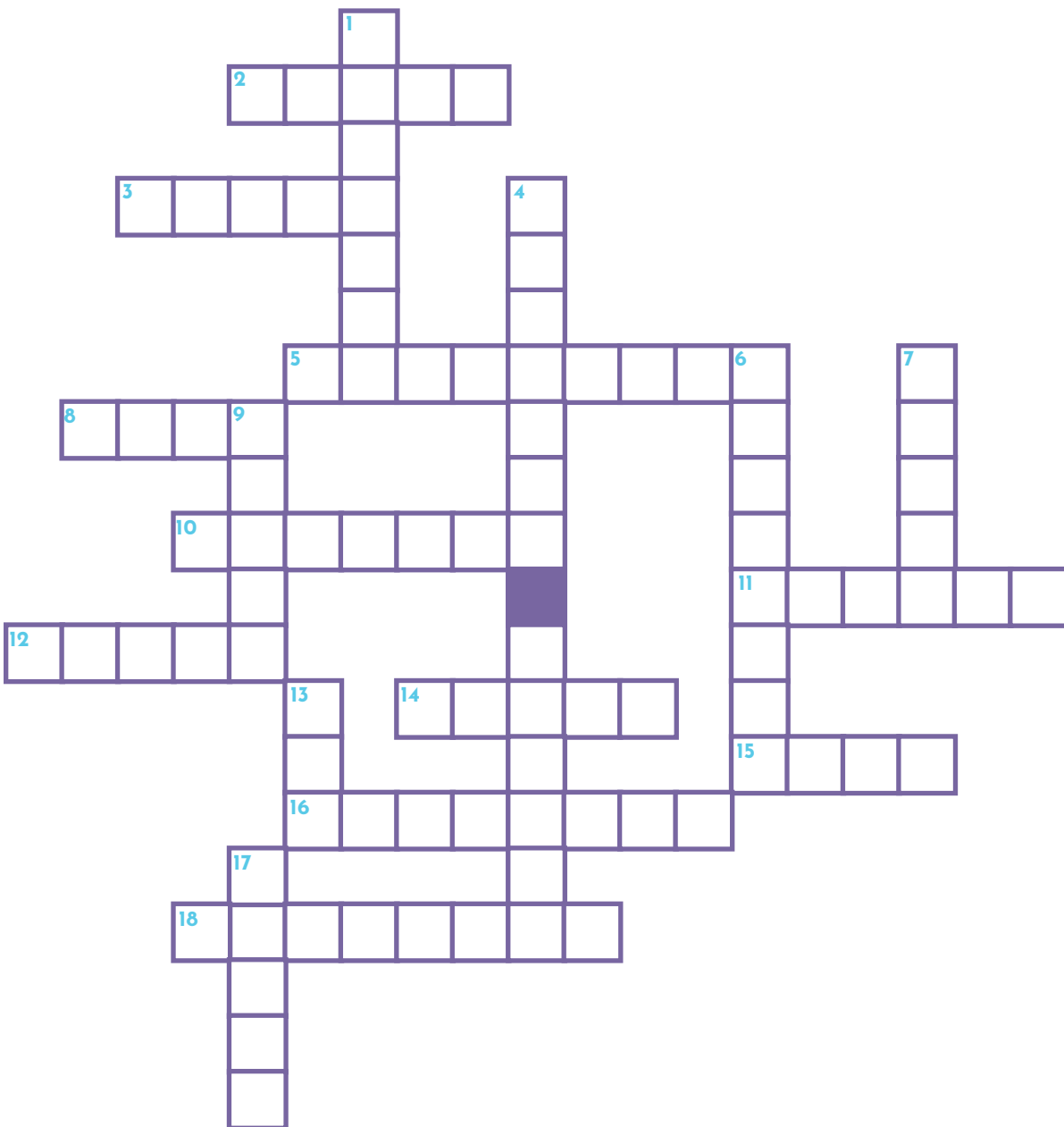
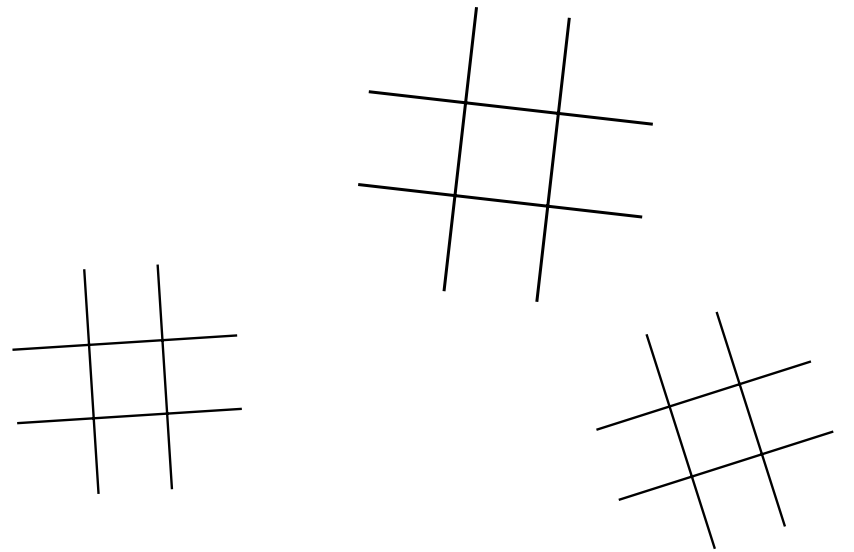


A C T I V I T Y P A G E S

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

MCM Word Search

BARN
BOATRACE
CARS
CATFISH
COTTON
CRANE
DAISYTHECOW
EXPRESSYOURSELF
GASTROCLIMBER
HEALTHYFUN
JUKEBOX
LITERACYGARDEN
LOUISLEFLEUR
MUSHROOMS
SCRABBLEBOARD
SHRIMPBOAT
UNDERGROUND
VOLCANO
WATERTABLE
WORLDATWORK



Stay Strong Crossword

DOWN

- go -- to enjoy the sunshine and nature
- the special kind of garden MCM is planting
- children should do this 60 minutes every day
- drink plenty of this every day
- you plant these
- three letters that represent the Mississippi Children's Museum
- exercise every day to keep this beating strong

ACROSS

- not a vegetable but a
- what you can read to have fun and learn
- not a fruit but a
- flying black and yellow pollinators
- keep -- by staying active and eating a balanced diet
- this is an orange root vegetable
- responsible for taking in oxygen
- this is protected by your skull
- these come from birds and can be cooked many ways
- where MCM is building a satellite museum
- take this when you're sick

MAINTAIN A HEALTHY SCHEDULE



As we all grapple with the public health crisis affecting our nation and community, it may be an especially tricky time to be a parent while sheltering-in-place. It is normal to feel overwhelmed; these are overwhelming times! Something that may help alleviate stress for both you and your family is a daily schedule. Creating a predictable, regular, and consistent schedule can provide children and caregivers with a sense of peace and confidence as you move through your day. Schedules and routines positively influence children’s emotional, cognitive and social development, because a well-defined daily schedule provides them a better understanding of expectations. If you are interested in implementing a schedule in your home, you may use this example as a guide to design one suited to your family’s needs.

A few suggestions on setting up your family’s schedule could include posting your schedule in a place where everyone in the household can easily view it while still keeping your schedule dynamic by balancing activities. Your day could include these types of activities: quiet, active, indoor, outdoor, self-directed, and parent-directed opportunities for learning and play throughout the day.

We’ve also included a list of chores and resources in which the entire household can participate together, to help keep your house sparkling clean, all while having a little fun!



Example Schedule:

7:30-8:00 am	Wake up
8:00 am	Breakfast - Prepare a nutritious meal with your family and encourage everyone to help clean up.
8:45 am	Get ready for the day
9:00 am	Quiet learning time - read a book, watch an educational video, work on prepared educational packets
10:00 am	Active learning time - do a learning exercise that involves movement, such as conducting a science experiment
10:30 am	Snack
11:00 am	Outdoor exercise
12:00 pm	Lunch
1:00 pm	Naptime/Rest
2:30-3:00 pm	Wake up
3:00 pm	Snack
3:30 pm	Family cleaning time
4:00 pm	Quiet learning time
4:30 pm	Active learning time
5:00 pm	Play time – children can clean up their play area when finished playing
6:00 pm	Dinner
7:00 pm	Get ready for bed
7:30 pm	Do something relaxing as a family
8:00 pm	Bedtime

For more information on how to involve the whole family in keeping your home clean, check out our MCM at Home website page: mschildrensmuseum.org/activities-you-can-do-at-home/

Sample Chores:

- **Bedroom:** make beds, put things in their place, sweep/vacuum
- **Kitchen:** wash dishes, clean countertops, clean appliances, sweep, mop, put things in their place, take out trash
- **Living spaces:** put things in their place, sweep/ vacuum, dust, wash windows
- **Bathroom:** wipe down sink and countertop, clean mirror, clean outside of toilet and toilet bowl, wipe down shower, sweep/mop



Do you enjoy learning about history in school? Sometimes it’s easy to look at our history lessons as just names and dates that we have to memorize, but what we forget is that these stories are about real people! We may not realize it, but we are living history right now. It’s important that we keep track of how we are living and what is happening in the world around us. An easy way to record what is happening to us during this time is by journaling. Here are some prompts that will help you write about what your daily schedule looks like right now. Younger children can also draw their responses to these prompts.

We would love to read your responses! Feel free to share them with us by using the hashtag #MCMatHome. What else can you write about?

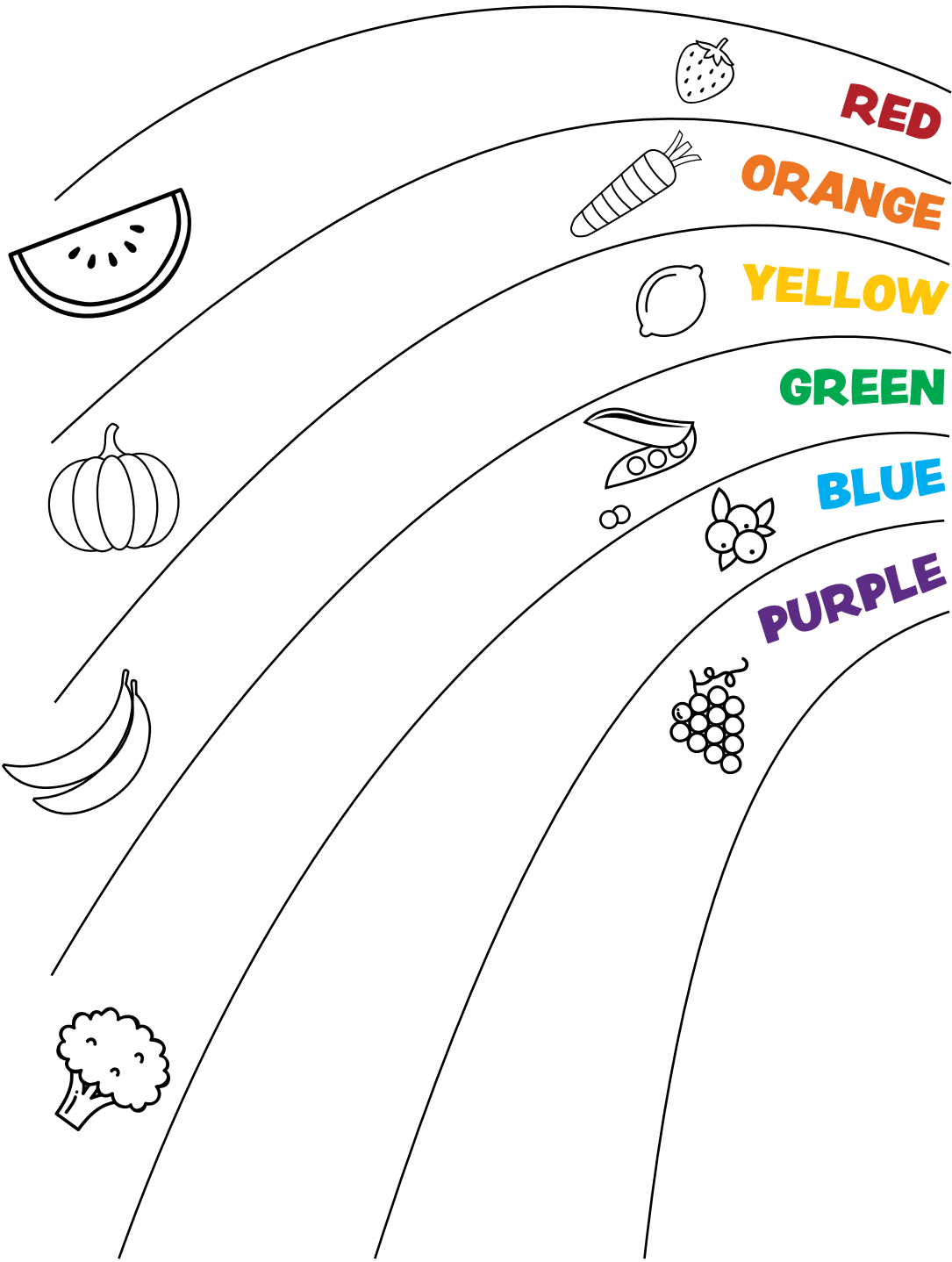
Here are some ideas you could use to get started with your journal:

- What does your day look like now that you’re at home more? How is it different from your day before? How is it the same?
- How are you learning from home?
- Interview someone in your family. Ask them about how their daily routines have changed!
- Create a comic strip about an activity you’ve done since being at home.

What's in a Rainbow?

A rainbow is a special phenomenon that occurs in nature. When sunlight shines through raindrops, the sunlight is dispersed, and it causes a rainbow to appear.

We see all of the colors of the rainbow in nature.
Think of things that you see in your garden.
Where do they fit on our rainbow?
Can you draw some of these things that you see in the correct row of the rainbow?



ANSWERS TO CROSSWORD

1. Outside, 2. Fruit, 3. Books, 4. Victory garden, 5. Vegetable, 6. Exercise, 7. Water, 8. Bees, 9. Seeds, 10. Healthy, 11. Carrot, 12. Lungs, 13. Mcm, 14. Brain, 15. Eggs, 16. Meridian, 17. Heart, 18. Medicine

Can you draw the other half of the butterflies? Use your imagination and create the other half of the picture.



Can you guide the animals through the garden?



Can you unscramble the following words
HINT: Look in the garden.

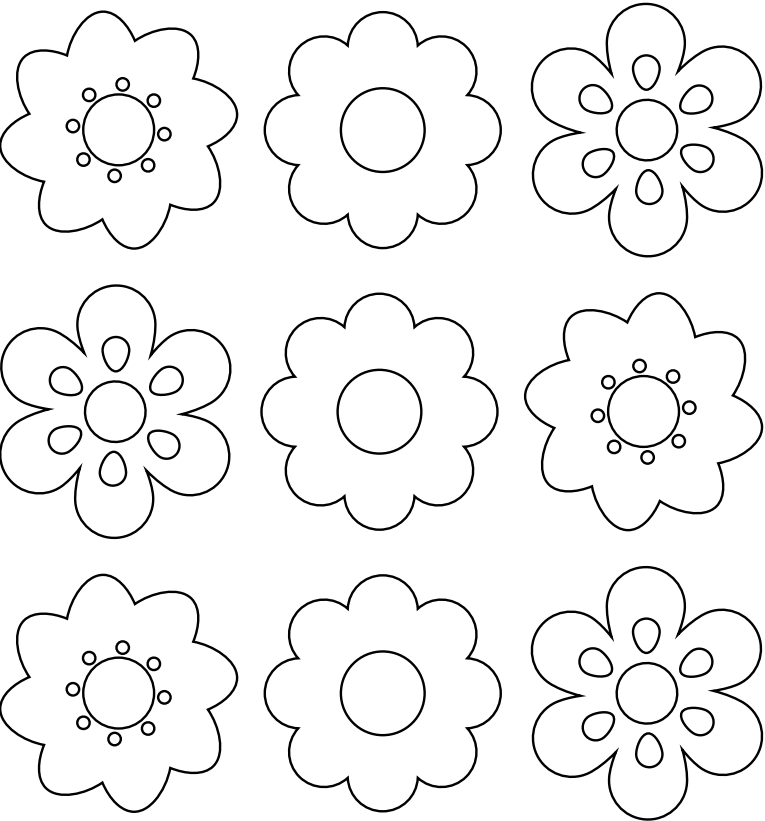
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- WFRLOE
- RIDB
- FTBYUTERL
- FTRIUI
- GLVEBETAE
- VLESAE

Backyard Scavenger Hunt

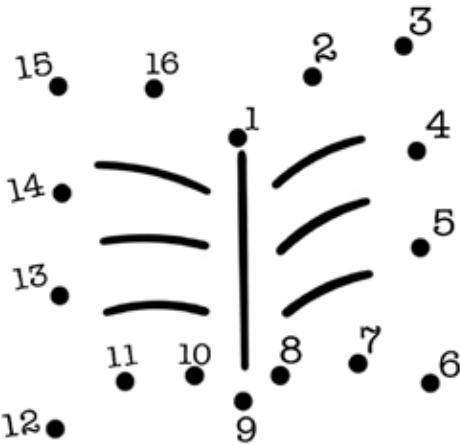
At this moment in time, we have been asked to stay at home as much as possible. That means that we can't do what we normally do, like go to school, or the park, or to our friends' houses. What we can do, however, is go on walks in our neighborhood, or spend time in our own front or back yards. Getting outside is a great way to breathe some fresh air and connect with nature, especially when we are spending so much time inside! Below is a scavenger hunt that you can do in your own neighborhood or yard.

We would love to see what you find in your yard! We encourage you to share pictures or drawings of what you find using the hashtag #MCMatHome. What else have you found that isn't on our list?

- Ants– Are the ants you found red or black?
- Clover– Bonus if you can find a four-leaf clover!
- Pinecone
- Grass
- Feather– What kind of bird do you think your feather came from?
- Brown leaf
- Cloud– There are many different types of clouds. The most commonly seen types are cirrus, cumulus, stratus, and cumulonimbus. What kind of clouds do you see?
- Ladybug
- Green leaf– Do you know what kind of tree your leaf came from?
- Rock
- Sticks
- Butterfly
- Purple or pink flower
- Yellow flower
- Bird– Bonus if you can find a bird's nest. Just don't disturb it!
- Water–What kind of water did you find? Is it a puddle? A stream? Maybe you found water that collected in a leaf.
- Spiderweb– Can you tell what kind of spider you found?



Can you connect the dots? Start with 1 and draw a line to 2. Follow the numbers until you reach 16. What did you reveal?



DID YOU KNOW?

Butterflies change from crawling caterpillars into winged beauties. This process is called metamorphosis, which comes from the Latin words for "changing shape."

Adult butterflies have large wings with different colored patterns. Besides using them to fly away from threats or things that are trying to harm them, butterflies colorful wings provide camouflage in their surroundings.

ANSWERS TO WORD SCRAMBLE
DIRT, FLOWER, BIRD, BUTTERFLY, FRUIT, VEGETABLE, LEAVES



MCM's Wonder of Wellness

In late 2018, MCM was awarded a Community Catalyst grant from the Institute of Museum and Library Services (IMLS) to design a community health program for children and their caregivers across the state of Mississippi, which we now call the *Wonder of Wellness!* The *Wonder of Wellness* program is designed to teach children and their caregivers about the impact that physical activity, healthy eating, and even emotional health can have on their bodies.

Why Movement is So Important?

During this time of sheltering-in-place, while families everywhere are spending more time at home, it is more important now than ever that we fit in some fun elements of exercise into our day! Wonder of Wellness Partner, Partnership for a Healthy Mississippi, has provided us some information on why it is so important for the whole household to stay active while home from school and work.

Why We Exercise:

- Aerobic exercise – running, playing sports, etc. – is best for brain health. Any activities that increase your heart rate, means your body pumps more blood to your brain!
- Physical activity keeps your lungs strong and healthy, which is very important for a healthy immune system.
- Being active can help you think, feel, and sleep better, and perform daily tasks more easily.
- Exercise helps clear your head and can make you feel more relaxed during times of stress.
- Children ages 6-17 should aim to get at least 60 minutes of physical activity per day.
- Adults ideally need at least 150 minutes per week of physical activity, which is 30 minutes a day.

5 Steps to Calm Anxiety

Grounding is a wonderful exercise for children and caregivers to do together when we are feeling anxious or upset by bringing our mind and our body into the present moment! These thoughts and emotions don't feel very good, so instead of focusing on those negative feelings, we want to think about where we are in the moment.

Dr. Susan Buttross, Professor of Pediatrics and the Medical Director of the Center for the Advancement of Youth at the University of Mississippi Medical Center, shared these five steps to practice:

When you are feeling anxious, ask yourself:

1. What are five things you can see? **Toys, pets, trees, etc.**
2. What are four things you can feel or touch?
Clothes, air conditioning, the table, etc.
3. What are three things you can hear? **Birds, your breathing, wind, etc.**
- 4.. What are two things you can smell? **Candles, lunch, flowers, etc.**
5. What is one thing you can taste? **Juice, candy, toothpaste, etc.**

If children are especially upset, it may help to sit and breathe deeply with them for a few minutes to calm down before trying to process feelings through this grounding exercise.

Nutrition at Home

Eating nutritious food is one of the most important things we can do for our daily health. In addition to buying healthy produce at the grocery store, you can also plant your own garden at home! MCM is very excited about the fruits and vegetables we are planting in our new Victory Garden and in our Literacy Garden this spring.

So far this year, we have planted:

- | | |
|----------------|------------|
| • Bell peppers | • Tomatoes |
| • Eggplants | • Cucumber |
| • Cantaloupe | • Onions |
| • Squash | |

The fruits and vegetables we chose to plant are nutrient rich, and great sources of vitamins A and C, potassium, protein, and much more. All of these nutrients are essential for healthy brain development, which is important because healthy brains ensure healthy bodies and lives!

What are some of your favorite fruits and vegetables? Have you started your own garden at home?

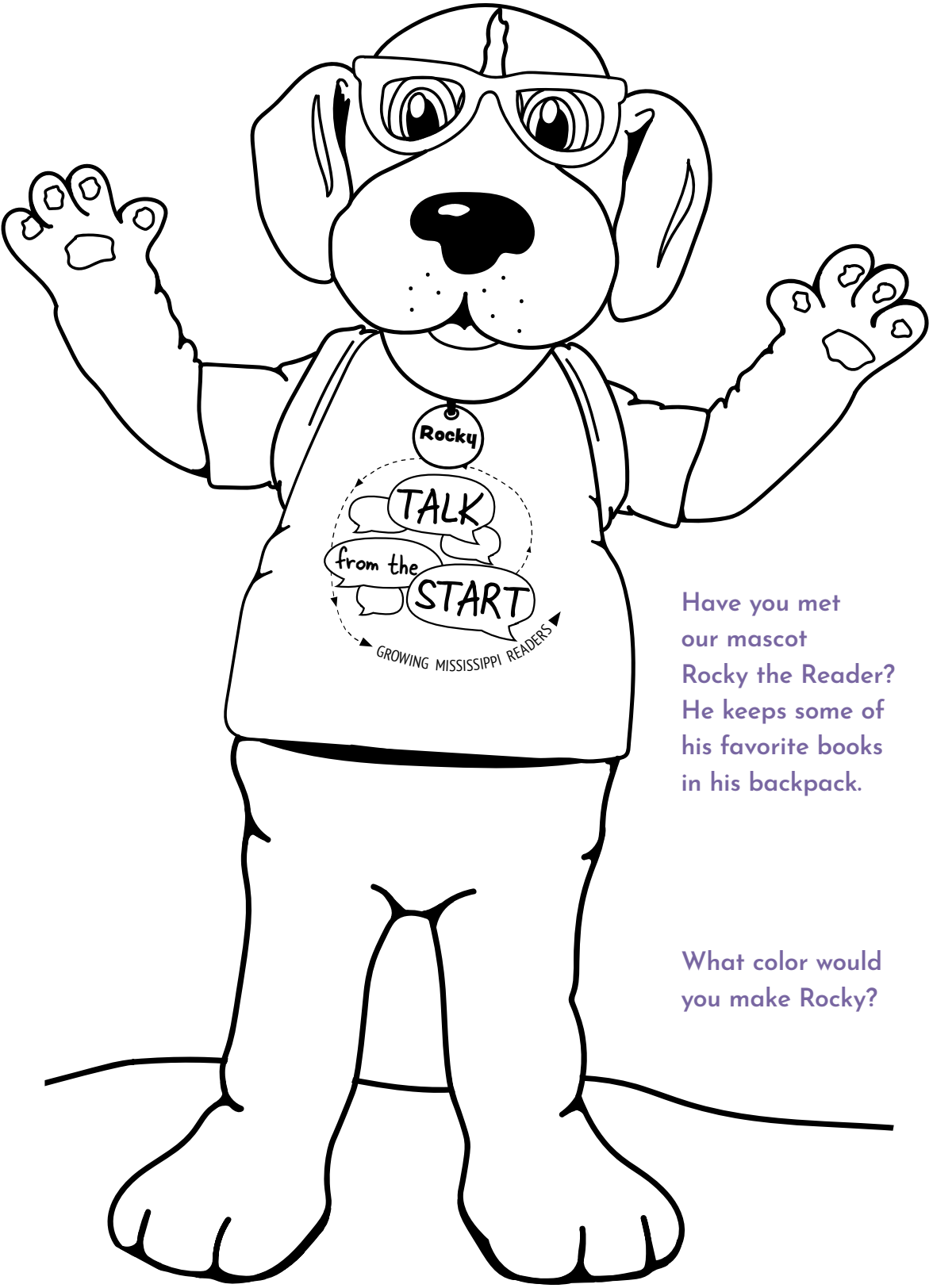
TALK from the START! with MCM and BRI

During this public health crisis, families and households across our state are spending more time at home together. And while many caregivers may be feeling overwhelmed, wondering how to engage their young children in critical learning while away from daycare or school, our campaign has a simple suggestion – just talk!

TALK from the START! Growing Mississippi Readers is a statewide campaign seeking to raise public awareness about the importance of talking to and with children from birth in order to boost early language development and literacy in our youngest Mississippians. It may sound simple, but research has proven that simply talking to and with children throughout the day gives them a strong foundation for early literacy, which can make the difference between a good reader and a struggling reader. This is remarkable yet little known information, and this campaign is looking to change that. Talking to and with children from birth is actually the most powerful tool for significantly improving children's language and their ability to read. And, the best part? Talking is totally free!

In need of a little inspiration? The TALK from the START! campaign's trusty mascot, Rocky the Reader, is sharing some of his very favorite books, so households across Mississippi can get to reading and start talking!

The TALK from the START! Campaign and this special edition of the MCM Playbook have been made possible by generous funding from the W.K. Kellogg Foundation.



Have you met
our mascot
Rocky the Reader?
He keeps some of
his favorite books
in his backpack.

What color would
you make Rocky?

Young children need
to hear about 21,000
words per day for optimal
language development.

When adults talk purposefully
with children, children develop
larger vocabularies.

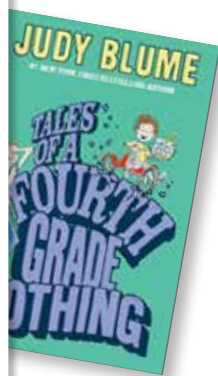
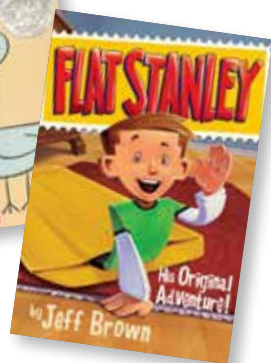
Quality interactions—talking,
singing, playing, reading—
with a young child sets
them up for literacy success.

TALKING from the START
is everyone's responsibility!



KELLY BUTLER

TALK from the START! Growing Mississippi Readers is a partnership between The Barksdale Reading Institute (BRI) and the Mississippi Children's Museum. Kelly Butler is BRI's Chief Executive Officer. She holds a bachelor's degree in special education from the University of Alabama and a master's degree in administration, planning, and social policy from Harvard University. Kelly is a long-time resident of Jackson with her husband, Thorne. She has been spending some of her COVID-19 social-distancing time sprouting sunflower seeds to share with her neighbors. She plans to plant the seeds by neighborhood lampposts to create a "post-pandemic," street-long statement that life and learning continued in spite of their isolation.



SOME OF ROCKY'S FAVORITE BOOKS

FOR AGES BIRTH - 1 YEAR

Ten Little Fingers and Ten Little Toes by Mem Fox
Where's Spot? by Eric Hill
Chicka Chicka Boom Boom by Bill Martin Jr. & John Archambault

FOR AGES 2-3 YEARS+

The Very Hungry Caterpillar by Eric Carle
Goodnight Moon by Margaret Wise Brown
Cars and Trucks and Things That Go by Richard Scarry

FOR AGES 4-5 YEARS+

Don't Let the Pigeon Drive the Bus by Mo Willems
Curious George by H.A. & Margaret Rey
The Little Engine That Could by Watty Piper

FOR FIRST GRADE

Strega Nona by Tomi dePaola
Giraffes Can't Dance by Giles Andreae & Guy Parker-Rees
The Big Honey Hunt by Stan & Jan Berenstain

FOR SECOND GRADE

Flat Stanley by Jeff Brown
Duck for President by Doreen Cronin & Betsy Lewin
Rosie Revere, Engineer by Andrea Beaty

FOR THIRD GRADE

The Paperboy by Dav Pilkey
Tales of a Fourth Grade Nothing by Judy Blume
The Boxcar Children by Gertrude Chandler Warner

Rocky says...

These are a few of my favorite books!



For more of Rocky's favorite books, scan the QR code and click on the link under "Resources."

The TALK from the START! Campaign and this special edition of the MCM Playbook have been made possible by generous funding from the W.K. Kellogg Foundation.

FOUNDING PARTNERS



BARKSDALE READING INSTITUTE



talkfromthestart.org



Magnolia Book Awards Winners 2020

The Magnolia Book Awards (MBA) was created to introduce Mississippi children and teens to current literature and to instill a love of reading. Mississippi children from pre-kindergarten through 12th grade may participate in nominating and voting for books through their teacher, librarian, bookstore manager, or MCM. Each year students select their favorite books, awarding them the prestigious MBA designation!

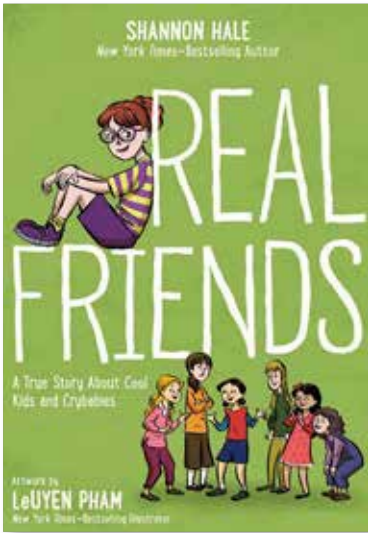
Winners are typically announced during the Fay B. Kaigler Children's Book Festival; however, this year due to COVID-19 crowd restrictions, the festival was cancelled. In lieu of the festival, members of the MBA Board of Directors and MCM team created a video to reveal and celebrate the winners! To view the video and all of the winning books, please visit www.facebook.com/MagnoliaBookAwards.

The winners of the 2020 Magnolia Book Awards are:

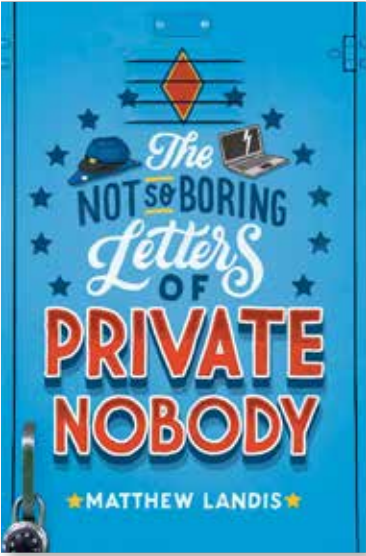
Pre-k-2nd Grade:
What Do They Do with All That Poo?
Written by Jane Kurtz
and illustrated by Allison Black



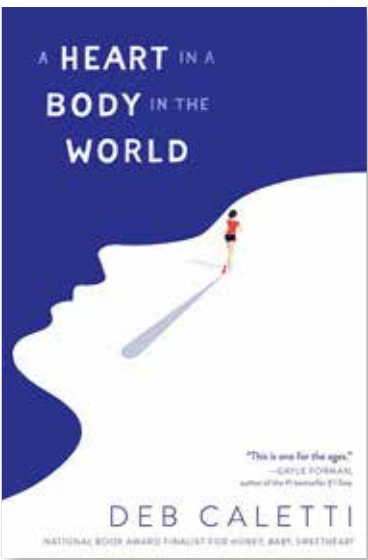
3rd-5th Grade:
Real Friends: A True Story About Cool Kids and Crybabies
by Shannon Hale and illustrated by LeUyen Pham



6th-8th Grade (Tied):
• *The Doughnut Fix* written by Jesse Janowitz
• *The Not-So Boring Letters of Private Nobody* by Matthew Landis



9th-12th Grade:
A Heart in a Body in the World
by Deb Caletti



MCM Loves Our



Keeping our members in the loop is always a top priority! Here are a few answers to FAQ's:

Memberships— For every day MCM is closed, we will add a day to extend memberships once we reopen. For membership inquiries or to renew your membership, email Bob Lowery, at membersonly@mcm.ms.

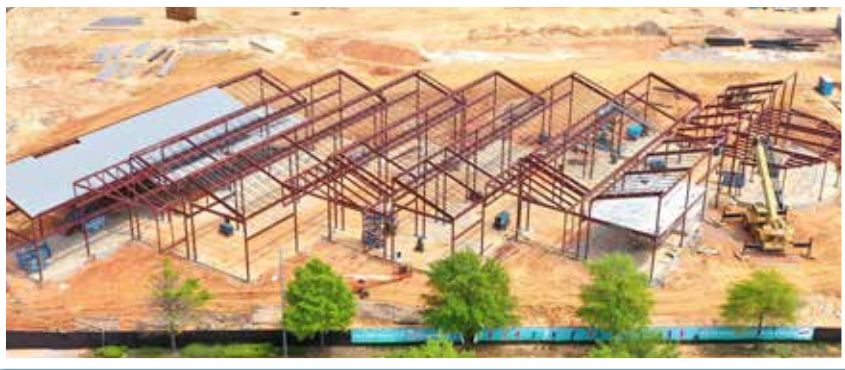
Facility Rentals— For facility rental questions, email Cynthia Till at Cynthia@mcm.ms.

Birthday Parties— If your child missed having their birthday party while we were temporarily closed, consider a "half year" birthday party for a later date. Contact Cynthia Till at Cynthia@mcm.ms to reserve a date.

Summer Camp— Register for camp on our website or email Patti Reiss at patti@mcm.ms.

Events— Check our website for all calendar updates.

Field Trips— To schedule a field trip email Phillip Weisenberger at fieldtrips@mcm.ms.



Scan the QR code to link to the live construction camera and keep up with our progress.

MCM-MERIDIAN: A GARDEN AND SO MUCH MORE

The Mississippi Children's Museum is planting more than just a garden in East Mississippi; we are well underway with the construction of MCM's first satellite campus! Expanding our statewide footprint, the Mississippi Children's Museum - Meridian will provide new educational resources for the community and a magical space for children to engage their imaginations.

In a little less than a year from now, MCM-Meridian will open its doors to children, families, and educators. "Over the past 6 months, it's been a remarkable journey watching the museum take shape so quickly and yet, so skillfully!" said Liz Wilson, MCM-Meridian executive director. "This new museum is a beacon of hope for the entire MCM team and an exciting project to collaborate on. Construction is progressing smoothly, and we anticipate a victorious grand opening in early 2021. It will be a joy and a pleasure to serve the community in this way after winning the battle against COVID-19."

More Resources



These are some of our favorite children's books about gardens. Give them a read to get excited about planting!

- *Diary of a Worm*, Doreen Cronin
- *Compost Stew: An A to Z Recipe for the Earth*, Mary McKenna Siddals
- *Mrs. Spitzer's Garden*, Edith Pattou
- *A Bad Case of Stripes*, David Shannon
- *Bloom*, Deborah Diesen
- *Good Trick Walking Stick*, Sheri Mabry Bestor
- *If I Were a Tree*, Dar Hosta



Scan this QR Code to link to MCM's YouTube channel and watch a video that showcases the museum. While you're there, subscribe to our channel!



During these challenging times, it's important to remember the fun of playing outdoors and using your imagination. While you plant your Victory Garden, take time to explore and appreciate nature! The following poem by Sherry Norfolk served as the inspiration for MCM's Gertrude C. Ford Literacy Garden. We hope it inspires you, as well!

The Enchanted Land of Story By Sherry Norfolk

Float with clouds across the sky,
Talk with trees and stones,
Explore a desert island,
Call a live oak home.




Discover a topsy-turvy world,
Under a mushroom ring,
Climb over a giant's knee,
Hear the forest sing.

Play in dancing waters,
Visit a dragon's lair;
Return and tell the story
Of what you did while there.



Did you know that MCM's website, www.mschildrensmuseum.org, has fun, digital resources for children and families? By clicking on the "Play" tab, you'll find an "Activities You Can Do At Home" option, which includes videos of book readings, experiments you can try at home, educational activities broken into three categories: Health and Nutrition, Literacy, and STEAM, MCM at Home video series, coloring pages, and various health and wellness resources for families. We are adding to this information daily, so be sure to check back for new material often!

To stay on top of all of the latest MCM updates, you can also keep in touch with us through social media! Throughout this period of sheltering-in-place, we have been posting daily, educational videos of MCM staff members reading your children's favorite books and leading your favorite MCM programs. Stay virtually connected with us until we can all be safely together again by visiting the following social media platforms:

-  Facebook: @MississippiChildrensMuseum and @mcmmeridian
-  Instagram: @mschildsmuseum and @mcmmeridian
-  Twitter: @MSChildsMuseum and @mcmmeridian



Scan this QR Code to go directly to our MCM AT HOME page on our website.

mschildrensmuseum.org/activities-you-can-do-at-home



mschildrensmuseum.org • 601.981.5469

WE TAKE FUN SERIOUSLY!

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This project was made possible in part by the Institute of Museum and Library Services.