PREVENT CHILD ABUSE UTAH BRINGS YOU

Around the World in Quarantine

A PARENT'S GUIDE TO SOCIAL DISTANCING
find themed weekly activities, recipes, and crafts for your family as we travel around the world!

WEEK NINE
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This week we will be exploring: Brazil
Where in the world is Brazil?
Facts About Brazil

- What is the population of Brazil? 209 million
- What is the capital of Brazil? Brasilia
- What is the official language spoken in Brazil? Portuguese
- What are native animals to Brazil? Tapi, Tamarin, Capybara
- What is the Brazilian flag?
- What is the tallest mountain in Brazil? Pico da Neblina
- When did Brazil gain independence? 1822
- What is the most common religion? Catholicism
follow along with us as we give you daily activities, recipes, and learning pages all about Brazil!
The Importance of a Schedule

why should you have a schedule?

1. offers *stability* in times of stress and uncertainty

2. allows the child to *get excited about what is ahead*

3. establishes *expectations for* the child

4. gives your child *confidence and independence*

5. creates a *calmer household* for the whole family
Sample Schedule: School Aged Child

Do your best with the schedule, it's okay to not follow it exactly, adapt it to best fit your family.

8:00 AM: Wake Up
start your morning off with a routine, it helps your child know what to expect

9:00 AM: Exercise
there are so many benefits to daily exercise, check out ideas for family exercise on page 39

10:00 AM: School Program
follow along with your school program, it’s important for your child to know this is expected

12:00 PM: Lunch Time
pick an easy meal idea from our lunch ideas on page 40, keep it simple!

1:00 PM: School Program
follow along with your school program, it’s important for your child to know this is expected

3:00 PM: Activity Time!
pick an activity from our activity pages, let the child have time to be creative

4:00 PM: Wind Down
read books or let the children watch t.v., take time to consider your own hobbies or interests

5:00 PM: Dinner Prep
get ready to make one of the yummy theme inspired recipes, adapt it to your family

6:00 PM: Family Dinner
sit together, learn more about each other, it helps the children feel more secure

7:00 PM: Bed Time
remember to keep a routine! your child should know what to expect, it helps fight anxiety
<table>
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<th>Activity</th>
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<td>there are so many benefits to daily exercise, check out ideas for family exercise on page ___</td>
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</tr>
<tr>
<td></td>
<td>pick an easy meal idea from our lunch ideas on page ___, keep it simple!</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Quiet Time</td>
</tr>
<tr>
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<td>independent play is an important time for children and parents, try some of our suggested activities, or try a nap or a movie!</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Activity Time!</td>
</tr>
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Do your best with the schedule, it's okay to not follow it exactly, adapt it to best fit your family.
follow along with us as we give you daily activities, recipes, and learning pages all about Brazil!
DID YOU KNOW?
The Green Anaconda, or Eunectes murinus, is the heaviest, largest and longest snake in South America, growing up to 5 meters in length (17 feet). In terms of diameter and weight, it's not only the largest in South America and the Amazon rainforest, but in the World.

MATERIALS:
1. Colored paper (or plain paper & markers)
2. Scissors
3. Glue
4. Markers

DIRECTIONS:
1. But paper into inch and a half wide stripes
2. Glue the ends together to make a enclosed circle
3. Thread the next strip though the enclosed circle and glue ends together
4. Keep this same pattern until you use up all your strips
5. Draw a face on the final link and enjoy your Amazonian snake!
DIY Carnival Maracas

DID YOU KNOW?
Maracas are recognized around the world as a symbol of Brazilian Carnival. Maracas are a percussion instrument, which means they make noise by being struck or shaken. They’re traditionally made from dried gourds like pumpkins or melons.

MATERIALS:
1. 2 paper plates
2. A handful of raw macaroni, beans, rice, or beads
3. Jumbo-size popsicle stick
4. Tacky glue
5. Colorful markers or crayons

DIRECTIONS:
1. Use fun shapes and colors to color on the back of the plates and popsicle stick
2. Place the macaroni (or one of the other options) into one of the plates
3. Glue one end of the popsicle stick onto the inside of the plate
4. Using a lot of glue, trace the rim of the same plate, and place the other plate on top to seal in the macaroni.
5. Press firmly around the rim of the plate and let dry for several hours. Once dry, start shakin’!

**DIY Carnival Maracas**

PAGE 12
DID YOU KNOW?
The scarlet macaw is one of the most popular parrots and most recognizable thanks to its bright red, yellow and blue plumage. It favors humid, evergreen forests and can be found in several areas of Brazil, including the Buraco das Araras, a deep earth depression in Bonito.

MATERIALS:
1. Empty TP roll
2. Feathers (paper or craft)
3. Glue
4. Markers
5. Optional: googly eyes

DIRECTIONS:
1. Grab your empty TP roll and glue feathers all over it
2. **(if you don’t have any feathers, make some out of paper by fraying the edges of a leaf shaped paper cut-out)
3. Glue on googly eyes to paper roll (or draw them) and draw a beak
4. Play around with your new Paper Roll Macaw!
DID YOU KNOW?

Brazil is the most successful national team in the history of the World Cup, having won five titles. They are the only team in the world that has competed in every single World Cup.

MATERIALS:
1. Soccer Ball (or any ball you can find)
2. Optional: cones, goals, etc.

DIRECTIONS:
1. Pick some soccer activities to do with the family
2. Optional: play relay soccer games with the family (example: dribbling around cones, try to get pass the goalie, etc)
**DID YOU KNOW?**

The first costumes and masks appeared in Brazil’s colonial days – a time when the Carnival arrived from Europe, where it was popular in Catholic countries such as Italy.

**MATERIALS:**
1. Paper Plate
2. Markers
3. Scissors
4. Optional: Glue & Decorations

**DIRECTIONS:**
1. Cut the paper plate in half, leaving a small triangle for your nose (shown below)
2. Trace and cut holes for your eyes
3. Use markers (or paint, feathers, gems, etc.) to decorate the mask
4. Parade around with your mask like it is Carnival!

![Paper Plate Carnival Mask](image)
use some of these simplified, delicious, country themed recipes with your family, let the kids help with prep!
DID YOU KNOW?
Try this sweet and sour classic Brazilian drink. It is the best selling non-alcoholic drink and a staple in our Brazilian cuisine.

INGREDIENTS:
- 2 limes
- 3 cups water
- 1/2 cup white sugar
- 3 tablespoons sweetened condensed milk
- 1 cup ice cubes

DIRECTIONS:
1. Wash limes thoroughly.
2. Cut ends off and discard, then slice into about 8 pieces.
3. Place limes, water, sugar, and sweetened condensed milk in a blender.
4. Pulse 5 times. Strain mixture through a sieve into a large pitcher. Serve over ice.
DID YOU KNOW?

Pão de queijo (Portuguese) or Brazilian cheese bread is a small, baked cheese roll or cheese bun, a popular snack and breakfast food in Brazil. It is a traditional Brazilian recipe, from the states of Minas Gerais. Though its origins are uncertain, it is speculated that the recipe has existed since the eighteenth century, although it became popular around the 1950s.

INGREDIENTS:

- 1 large egg
- 1/3 cup extra virgin olive oil
- 2/3 cup milk
- 1 1/2 cups tapioca flour
- 1/2 cup grated cheese of choice
- 1 teaspoon of salt (or more to taste)

DIRECTIONS:

1. Preheat oven to 400°F. Spread a small amount olive oil around the insides of each well of a mini-muffin tin.
2. Blend ingredients: Put all of the ingredients into a blender and pulse until smooth.
3. Pour batter into prepared mini-muffin tin, not quite to the top; leave about 1/8 inch from the top.
4. Bake at 400°F in the oven for 15-20 minutes, until all puffy and nicely browned. Remove from oven and let cool on a rack for a few minutes.
DID YOU KNOW?

"Beans are sacred for Brazilians. In Brazil we eat beans at least once a day, sometimes more." A typical lunch consists of rice, beans (usually use carioca beans, but you'd also see other kinds of beans, like black beans for example), beef or chicken, salad and fries.

INGREDIENTS:
- 2 cups dried pinto beans
- 8 cups of water, plus more for washing and soaking
- 2 bay leaves
- 3 strips of bacon, chopped
- 1 medium onion, chopped
- 4 cloves of garlic, minced
- Salt to taste

DIRECTIONS:

1. Wash the beans several times, until the water coming out of the beans is translucent.
2. Boil enough water to cover the beans and soak the beans overnight.
3. The next day, drain the beans and discard the water.
4. Add the beans and 8 cups of water to a large pot and cook over high heat until the water boils. Lower the heat to low and simmer for 1.5 to 2 hours, covered, until the beans are tender and al dente.
5. In a large skillet, add the bacon and let it cook in its own fat
6. Add the garlic and onion and sauté with the bacon until translucent
7. Add a ladle of beans (just grains, no broth) to the skillet and let it cook for a minute or so. With the back of a wooden spoon, mash the beans until you have almost like a paste consistency.
8. Add the rest of the beans (with broth) to the skillet, lower the heat to medium-low and cook until the broth thickens. That should take 10 to 20 minutes.
9. Season with salt, discard the bay leaves and serve with rice.
DID YOU KNOW?

Rice is a very important part of the Brazilian cuisine and is served at least once a day. It’s part of the most popular “everyday meal”. So what’s so special about the way Brazilians cook rice? The way they season it! They add onions and garlic to the rice and it makes all the difference.

INGREDIENTS:

- 1/4 cup vegetable oil
- 1 cup white (long grain) rice (I use jasmine), washed
- 2 cups water
- 1 medium onion, finely chopped
- 3 cloves of garlic, minced
- Pinch of salt

DIRECTIONS:

- Boil water in a tea kettle (or pot).
- In a large pot, heat the vegetable oil over medium high heat.
- Add the onion and garlic and sauté until translucent.
- Add the raw washed rice and cook, stirring occasionally so it doesn’t burn, until it starts forming clumps.
- Add the boiling water and the salt, cover and lower the heat to the lowest setting.
- Cook for 20 minutes. Turn the heat off and lift the cover slightly.
- Let the rice sit untouched for 5 more minutes. Fluff the rice with a fork and serve.
Traditional Brigadeiros (fudge balls)

DID YOU KNOW?
Brigadeiros are bite-size chocolate sweets. Some people say they are bon-bons, other people say they are truffles or fudge balls. They are traditionally made of sweet condensed milk, chocolate powder, eggs and butter. They are hand rolled individually and then covered in chocolate sprinkles.

INGREDIENTS:
- 1 (14oz) can sweet condensed milk
- 4 Tbsp cocoa powder, sifted
- 2 Tbsp butter, plus more for rolling balls
- A pinch of salt
- Good quality chocolate sprinkles (or any other type of sprinkles you like)

DIRECTIONS:
1. In a small sauce pan mix the sweet condensed milk, the cocoa powder, the salt and the butter.
2. Bring the sauce pan to the stove and heat it over medium-low heat. Cook it, mixing constantly until it thickens. Set aside to cool.
3. In a plate or bowl, spread your sprinkles.
4. Once the brigadeiro is cool, grease your hands with butter and roll the brigadeiros into little balls.
5. Roll the brigadeiro balls into the sprinkles.
color in these theme-inspired pages to enhance the exploration of our different countries each week!
Brazilian Flag
try studying one of these each day with your family to learn more about the highlighted country!
What is the Carnival Celebration?

1. Carnival in Brazil attracts quite the crowd
   - 500,000 foreign visitors attend carnival every year.
   - 2 million people take to the streets every day.

2. Carnival is technically a farewell to meat
   - The word Carnival comes from the Latin, translating as a removal of meat. So, really, all that dancing and fun is really just to say goodbye to steak dinners.

3. Carnival has made the Guinness Book of Records
   - That’s right – Rio’s Carnival is world record-breaking. It is registered as the biggest carnival in the world.

4. Carnival takes it to the streets
   - Carnival is celebrated either on the city streets of places like Rio and Salvador, or at the popular Samba Parade.

5. Carnival has a bloco for everyone
   - There are around 587 street parties, known as blocos, which take place in Rio de Janeiro during the Carnival period.
   - They’re more casual affairs than the official parades, but still come complete with the Carnival costumes and wild parties you’d expect from these wild festivities.
Why do Brazilians speak Portuguese?

- In the 15th century, Christopher Columbus and other explorers discovered the New World, triggering a land grab competition between Spain and Portugal.
- In 1494, the two countries signed the Treaty of Tordesillas, which divided their claims. Spain was given rights to all lands west of the line of demarcation, while Portugal got everything to the east.
- Spain went on to colonize much of what is today Latin America, while Portugal got a sliver of land on the east coast of modern-day Brazil.
- Over the next century or so, Brazil’s modern borders were established and the country eventually gained independence.
- Portuguese remained the dominant language throughout all of these developments, adding linguistic bits and pieces from native groups. Today, Brazilian and European Portuguese have slight differences in grammar and vocabulary -- and major differences in pronunciation -- but the languages remain very similar.
1. The Amazon is the world’s largest tropical rainforest. Covering over 5.5 million square kilometres, it’s so big that the UK and Ireland would fit into it 17 times!

2. The Amazon is found in South America, spanning across Brazil, Bolivia, Peru, Ecuador, Colombia, Venezuela, Guyana, Suriname and French Guiana.

3. Running through the north of the rainforest is the Amazon River – a network of many hundreds of waterways that stretches 6,840km.

4. In 2007, a man named Martin Strel swam the entire length of the Amazon river! To complete his splashing jungle journey, Martin powered through the water for up to ten hours a day for 66 days!

5. Around 400-500 indigenous Amerindian tribes call the Amazon rainforest home. It’s believed that about fifty of these tribes have never had contact with the outside world!

6. The Amazon has an incredibly rich ecosystem – there are around 40,000 plant species, 1,300 bird species, 3,000 types of fish, 430 mammals and a whopping 2.5 million different insects. Wow!

7. This area of immense natural beauty plays an important role in limiting climate change. This is because the rich vegetation takes carbon dioxide (a greenhouse gas) out of the air and releases oxygen.
Climate in Brazil

- Most of Brazil is in the Southern Hemisphere, where the seasons are opposite to those in the UK and USA.
- The Brazilian summer runs from January to March and the winter from July to September. So Christmas falls in Brazil’s sunniest month, while in the UK, school summer holidays actually take place during Brazil’s winter!
- The city of Rio de Janeiro has a tropical savanna climate with a long, hot summer, which is also the wettest part of the year. Temperatures in the city are 24 °C on average, but rise by two or three degrees across the summer months, from November to March or April.
- The cooler winter in Rio de Janeiro isn’t really that cold – temperatures only fall about as low as 10.2 °C, and that’s pretty rare. City residents comment that ‘it’s getting colder’, when the temperature dips below 21 °C. Not much prospect of a snowball fight, then!
Brazil & the World Cup

- Brazil won more World Cups than any other country.
- Banks shut down 3 hours prior to each match.
- Pele remains Brazil’s top scorer with 77 goals.
- Brazil is the only country that qualified for every World Cup.
- Brazil is the only country with the most goals scored of all time!
- Brazil is the only country that holds the record for most consecutive wins in the World Cup play.
additional resources for families, we know you need help during social distancing, this is hard!
**SHOW & TELL**
Teach children right from wrong with calm words and actions. Model behaviors you would like to see in your children.

**SET LIMITS**
Have clear and consistent rules your children can follow. Be sure to explain these rules in age-appropriate terms they can understand.

**GIVE CONSEQUENCES**
Calmly and firmly explain the consequences if they don’t behave. Be prepared to follow through right away. Don’t give in by giving them back after a few minutes. But remember, never take away something your child truly needs, such as a meal.

**KNOW WHEN NOT TO RESPOND**
As long as your child isn’t doing something dangerous and gets plenty of attention for good behavior, ignoring bad behavior can be an effective way of stopping it.
Family Exercise Ideas

Build a Fort

Family Hike

Jump Rope

Hoola Hoop
Easy Lunch Ideas

- Tacos
- Grilled cheese
- Buttered noodles
- Ramen
- Cereal
- Fish sticks
May is National Mental Health Awareness Month

Here is the month long campaign:

"YOU ARE NOT ALONE"
This campaign features the lived experience of people affected by mental illness to fight stigma, inspire others and educate the broader public.

Now more than ever before, it is important for the mental health community to come together and show the world that no one should ever feel alone.

Even in times of uncertainty, the NAMI community is always here, reminding everyone that you are not alone.
In this time of uncertainty, we know that stress and anxiety for parents can be high. There are many resources that are available, while still practicing social distancing.

Attempt to control self-defeating statements and replace them with more helpful thoughts. Identify unhealthy thoughts and learn how to cope with them here:


Get support regarding your anxiety or stress by speaking to a trained counselor at SAMHSA Disaster Distress Helpline at 1-800-985-5990 or by texting TalkWithUS 66746

Use tele-health services to attend therapy:
Call Utah Valley Psychology at (801) 854-7942

Pathways Mental Health Services (https://www.pathwaysmhs.org/telehealth-utah.html)

Utah Center for Evidence Based Treatment (https://www.ucebt.com/telehealth)
"We are committed to continuing to provide breakfast and lunch for all children, ages 0-18, during the school dismissal. We will provide “grab and go” meals every weekday, starting Tuesday, March 17, at the following school sites:

Backman Elementary
Edison Elementary
Escalante Elementary
Franklin Elementary
Liberty Elementary
Mary W. Jackson Elementary
Meadowlark Elementary
Nibley Park School
Parkview Elementary
Riley Elementary
Rose Park Elementary
Whittier Elementary
Bryant Middle School
Clayton Middle School
Glendale Middle School
North Star Elementary (instead of Northwest Middle School)
East High School
Highland High School
Salt Lake Center for Science Education
West High School

Breakfast will be served daily from 8:30-9:30am. Lunch will be served from 11:30am-12:30pm. Meals will be provided to ALL children, ages 0-18, regardless of school enrollment. This will be similar to our summer lunch program. Children may receive one breakfast and one lunch per day."
all additional utah school districts are following a similar program, please check your school district webpage for more details. Below are listed some district websites:

granite school district

canyons school district

davis school district

jordan school district

murray school district

nebo school district

weber school district
"We recognize that many of our students do not have internet connections at home.

Comcast, a partner of the Salt Lake Education Foundation, is generously offering a program called “Internet Essentials,” which would allow families to receive two free months of Internet service, with the option of continuing thereafter with monthly payments of $9.95 per month.

Salt Lake City School District families have been pre-approved for a streamlined enrollment process.

Call 855-846-8376 or apply online at www.InternetEssentials.com. You’ll be asked to provide your contact information and school name. No other paperwork is necessary, and if you meet the program eligibility criteria, you will be approved and could have home Internet within 5-7 days. After your free two-month trial, you can cancel at any time."
1. www.wikipedia.com