A PARENT'S GUIDE TO SOCIAL DISTANCING

find themed weekly activities, recipes, and crafts for your family as we travel around the world!

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This week we will be exploring: Egypt
Where in the world is Egypt?
what year was Egypt's unification? 3150 BC
what is the capital of Egypt? CAIRO
what is the official language spoken in Egypt? ARABIC
what are native animals to Egypt? CAMEL, HYENA
what is the Egyptian flag?
what is the tallest mountain in Egypt? MOUNT CATHERINE
what is the most common religion? SUNNI MUSLIM
Daily Schedule

follow along with us as we give you daily activities, recipes, and learning pages all about Egypt!
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.

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

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

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

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

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

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

7:00 PM: Wind Down
Read books or let the children watch t.v., take time to consider your own hobbies or interests.

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

8:00 PM: Bed Time
Remember to keep a routine! Your child should know what to expect, it helps fight anxiety.
### Sample Schedule: Child Aged 0-5

**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 ____.

**10:00 AM: Activity Time!**
Pick an activity from our activity pages, let the child have time to be creative.

**12:00 PM: Lunch Time**
Pick an easy meal idea from our lunch ideas on page ____., keep it simple!

**1:00 PM: Quiet Time**
Independent play is an important time for children and parents, try some of our suggested activities, or try a nap or a movie!

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

**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: Wind Down**
Read books or let the children watch t.v., take time to consider your own hobbies or interests.

**8:00 PM: Bed Time**
Remember to keep a routine! Your child should know what to expect, it helps fight anxiety.

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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.
Family Activities

follow along with us as we give you daily activities, recipes, and learning pages all about Egypt!
DID YOU KNOW?
Scarabs are a type of Egyptian beetle. Generally they are oval-shaped and stout, ranging in size from miniscule to mythic. The smallest grow to about 0.08 inches while the Hercules beetle can reach a palm-covering 6.7 inches in length. The Egyptian sacred scarab is a dung beetle.

MATERIALS:
1. Small paper plate
2. Black paper or card
3. Optional: Paint
4. Markers
5. Glue

DIRECTIONS:
1. Paint (or color) your paper plate and leave to dry.
2. With the black marker draw on the markings of your beetle.
3. From black paper cut two small straight black legs, two longer straight middle legs, two bent front legs and two pincers.
4. Glue these to the underneath of the plate rim.
DID YOU KNOW?

A camel is an even-toed ungulate in the genus Camelus that bears distinctive fatty deposits known as "humps" on its back. Camels have long been domesticated and, as livestock, they provide food (milk and meat) and textiles (fiber and felt from hair).

MATERIALS:

1. Paper
2. Brown paint (markers could work here, too)
3. Marker

DIRECTIONS:

1. Dip your hand or paint your hand with brown paint (optional: if you are just using markers you can trace your hand with a marker and fill it in
2. Make a handprint out of paint on your piece of paper
3. Then, turn the paper upside down (shown below)
4. Use the thumb and extend it to make a head (shown below)
5. Draw a tail
6. Decorate the backdrop and enjoy!
Sugar Cube Pyramid

DID YOU KNOW?
The pyramids were built as burial places and monuments to the Pharaohs. As part of their religion, the Egyptians believed that the Pharaoh needed certain things to succeed in the afterlife. Inside the pyramid the Pharaoh would be buried with all sorts of items that he may need to survive in the afterlife.

MATERIALS:
1. Sugar cubes (can also use small blocks or legos)
2. Glue
3. Optional: Paint

DIRECTIONS:
1. Stack your sugar cubes up to in the shape of a pyramid, for a challenge, try making a tunnel on the inside
2. Glue them down once you are satisfied with your design
3. Optional: paint the sugar cubes when you are all done
4. Show them off to family!
**DID YOU KNOW?**
The collar was composed of cylinders or tubes strung in horizontal rows around a central choker. In art, the wesekh collar was favoured by both the gods and the pharaohs.

**MATERIALS:**
1. Paper plate
2. Scissors
3. Markers

**DIRECTIONS:**
1. Start by cutting out a hole in the center of the plate leaving just the rim (as seen below)
2. Cut a slit in the paper plate towards the center hole to allow for placement around your neck (if you cut a slit, you don’t need to attach string)
3. Allow your child to decorate the collar however they want, if you have gems or glitter, they can use that too!
DID YOU KNOW?

Cuneiform script is one of the earliest known systems of writing. It used wedge-shaped marks on clay tablets, made by a reed stylus. The name cuneiform itself means "wedge shaped".

MATERIALS:
1. Paper
2. Markers
3. Printable (on next page)

DIRECTIONS:
1. Use the printable on the next page to practice writing your name in cuneiform
2. When you are done, practice writing other things!
3. **young children can just try their best**
use some of these simplified, delicious, country themed recipes with your family, let the kids help with prep!
In a bowl, combine flour, salt, and baking soda. Add the butter and combine well. Add water until you have a soft dough. Cover and let rest for 30 minutes. Knead for a minute into a small dough. Divide the dough into six to eight portions. Use a rolling pin on each section to roll into a 6 to 8-inch disc. Heat a cast-iron skillet or frying pan on medium heat. Place on the first side – once you see bubbles, flip over and brush with melted butter. Then, flip again – brush with more melted butter. Cook each flatbread for a minute on each side or about 2 to 3 minutes in total.

**DID YOU KNOW?**
Pita bread has roots in the prehistoric flatbreads of the Middle East. There is evidence from about 14,500 years ago, during the Stone Age.

**INGREDIENTS:**
- 2 cups All-purpose flour
- 1 tsp Baking Soda
- 1/2 tsp Salt
- 3/4 cups Water
- 2 tbsp Butter, soft, room temperature

**DIRECTIONS:**
1. In a bowl, combine flour, salt, and baking soda
2. Add the butter and combine well. Add water until you have a soft dough
3. Cover and let rest for 30 minutes
4. Knead for a minute into a small dough. Divide the dough into six to eight portions
5. Use a rolling pin on each section to roll into a 6 to 8-inch disc
6. Heat a cast-iron skillet or frying pan on medium heat. Place on the first side – once you see bubbles, flip over and brush with melted butter. Then, flip again – brush with more melted butter.
7. Cook each flatbread for a minute on each side or about 2 to 3 minutes in total.
DID YOU KNOW?
"So by now, you must be wondering, what exactly is koshari? One of our Egyptian friends describes it perfectly- it is carbs, wrapped in carbs and topped with carbs. I kid- but only slightly. Basically, koshari is a dish with rice, lentils, and pasta (generally elbow macaroni) which is topped with this amazing tomato sauce that’s deliciously tangy"

• INGREDIENTS:
  • 1 box Elbow macaroni- cooked al dente, drained
  • 1 cup Green lentils soaked for 20 minutes
  • 2 cup White Basmati Rice, rinsed thoroughly but not soaked
  • Pre-made tomato sauce
  • 1 small Onion, fried until golden brown
  • 1 tbsp Chopped garlic and ginger
  • Salt & pepper to taste
  • 1 tsp Cumin
  • 3 cups Water/broth

DIRECTIONS:
1. Set your crock pot or slow cooker to high
2. Add lentils, rice, garlic, ginger, broth, salt & pepper, and cumin
3. Cook on high for 4 hours
4. When finished, fluff the rice and add the onions and pasta
5. Top with tomato sauce!
Ful Medames (Egyptian Beans)

DID YOU KNOW?
Ful medames, or simply ḍūl, is a stew of cooked fava beans served with vegetable oil, cumin, and optionally with chopped parsley, garlic, onion, lemon juice, chili pepper and other vegetable, herb and spice ingredients. It is notably a staple food in Egypt.

INGREDIENTS:
- 1½ pounds dried fava beans, soaked for 8 to 10 hours
- 1 medium yellow onion, peeled and diced small
- 4 cloves garlic, peeled and minced
- 1 teaspoon ground cumin
- Zest and juice of 1 lemon
- Sea salt

DIRECTIONS:
1. Drain and rinse the beans and add them to a large pot. Cover with 4 inches of water and bring to a boil over high heat.
2. Reduce the heat to medium, cover, and cook until the beans are tender, 1½ to 2 hours
3. While the beans are cooking, sauté the onion in a medium skillet over medium heat for 8 to 10 minutes, or until it is tender and starting to brown.
4. Add the garlic, cumin, and lemon zest and juice and cook for 5 minutes longer. Set aside.
5. When the beans are fully cooked, drain all but ½ cup of the liquid from the pot and add the onion mixture to the beans. Mix well and season with salt to taste. Serve garnished with the lemon quarters.
Quick Falafel

DID YOU KNOW?
Traditional falafel recipes using dried chickpeas can be time-consuming. This recipe for falafel contains few ingredients which cut down on preparation time. It's perfect for those who want an easier version of falafel.

INGREDIENTS:
- 1 (15-ounce) can chickpeas (drained)
- 1 tablespoon garlic (minced)
- 1 medium onion (finely chopped)
- 2 tablespoons fresh parsley (finely chopped)
- 1 teaspoon coriander
- 3/4 teaspoon cumin
- 1/2 teaspoon salt
- Pepper (to taste)
- 2 tablespoons flour
- 3 cups canola or vegetable oil (or amount needed for frying)

DIRECTIONS:
- Combine chickpeas, garlic, onion, parsley, coriander, cumin, salt, and pepper (to taste) in a medium bowl.
- Add flour and combine well.
- Mash chickpeas, making sure to mix ingredients together. You can also combine ingredients in a food processor. You want the result to be a thick paste.
- Form the mixture into small balls, about the size of a ping-pong ball. Slightly flatten.
- Fry in 2 inches of oil at 350 F until golden brown (2 to 5 minutes).
DID YOU KNOW?
We love a good traditional cookie recipe, but we also like to try something new, maybe put a new twist on something old. Such is the case with these buttery and delicious Eid cookies, or Egyptian sweet cookies. This is a little spin on a centuries-old cookie recipe.

INGREDIENTS:
- 4 cups flour
- 2 ½ sticks unsalted butter, melted
- ½ cup powdered sugar, plus more for dusting
- ¾ teaspoon baking powder
- Pinch salt
- ¼ teaspoon vanilla extract
- ¼ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ cup milk, room temperature

DIRECTIONS:
1. Preheat oven to 350°F and line 2-3 baking sheets with parchment paper.
2. In a large bowl or mixer, mix together all the dry ingredients: flour, sugar, baking powder, salt, cinnamon and nutmeg.
3. With mixer set to low speed, slowly add vanilla followed by melted butter and continue mixing - pausing just before the dough fully forms.
4. Pour in milk and mix until all ingredients are fully incorporated.
5. Scoop a rounded tablespoonful of dough and roll into a ball. Place on a cookie sheets. Make a cross hatch on the top using a fork, pressing down slightly.
6. Bake each batch for 12-15 minutes, or until bottom edges are slightly browned. Cool completely before dusting generously with powdered sugar.
color in these theme-inspired pages to enhance the exploration of our different countries each week!
Cleopatra Mask
Pharaoh
try studying one of these each day with your family to learn more about the highlighted country!
1. What are mummies?
   - A mummy is the body of a person (or an animal) that has been preserved after death.

2. Who were the mummies?
   - They were any Egyptian who could afford to pay for the expensive process of preserving their bodies for the afterlife.

3. Why did the Egyptians make mummies?
   - The Egyptians believed in life after death. They believed that they had to preserve their bodies so they could use them in the afterlife.

4. What is the afterlife?
   - The Egyptians believed that when they died, they would make a journey to another world where they would lead a new life. They would need all the things they had used when they were alive, so their families would put those things in their graves.

5. What was the name of the process the Egyptians used to preserve their bodies?
   - It was called mummification.

6. How long did it take to make a mummy?
   - It took a very long time, from start to finish, it took about 70 days to embalm a body.
What are the Egyptian Pyramids?

The Ancient Egyptian pyramids are some of the most impressive structures built by humans in ancient times.

- **Why did they build the pyramids?** The pyramids were built as burial places and monuments to the Pharaohs. As part of their religion, the Egyptians believed that the Pharaoh needed certain things to succeed in the afterlife.

- **Types of Pyramids:** Some of the earlier pyramids, called step pyramids, have large ledges every so often that look like giant steps. Later pyramids have more sloping and flat sides.

- **How big were the pyramids?** There are around 138 Egyptian pyramids. Some of them are huge. The largest is the Pyramid of Khufu, also called the Great Pyramid of Giza. When it was first built it was over 480 feet tall! It was the tallest man-made structure for over 3800 years and is one of the Seven Wonders of the World.
Ancient Egypt was one a thriving civilization, lasting over 3,000 years.

The pharaoh that was the leader was thought to be both a man and a god.

There were about 170+ pharaohs that were the leaders of Egypt, and it covered over thirty dynasties.

There were many cases where the title had to be given to the closest male relative.

Only males were supposed to have the title of pharaoh, but if the pharaoh was a young child, the wife of the former pharaoh would step in as ‘regent’ and make the decisions for him.

In one case, a woman took the title of regent and then assigned herself the title of pharaoh.

Hatshepsut was the first known female pharaoh in the history of Egypt.

Later in time, Cleopatra gave herself the same title.
What are Hieroglyphics?

- Hieroglyphics is a writing system that uses pictures and symbols instead of letters and words. It is most often associated with the ancient Egyptians.
- Each symbol in hieroglyphic writing is called a hieroglyph. The word hieroglyph means “holy carving.” The Egyptians used hieroglyphs on their temple walls and public monuments.
- Hieroglyphs were used in several ways. Some represented the objects that they depict. For example, the word sun would be represented by a large circle with a smaller circle in its center. Other hieroglyphs represented ideas that were associated with the picture.
- Hieroglyphics developed thousands of years ago. By 2900 BC, the Egyptians were using hieroglyphic writing. It remained in use for more than 3,000 years.
Climate in Egypt

- The climate in Egypt varies from surprisingly cold to extremely hot.
- Along the northern coast of the country the climate is Mediterranean during winter (December through March) - cool, windy and humid, with occasional rains.
- Sometimes Mt. Sinai can be covered with snow!
- Summer in Egypt (June through September) is usually very dry with extremely hot temperatures into the 90°'s and 100°'s, sometimes breaking 120° F.
- Many of Egypt’s best-preserved sites are in desert regions where it never rains. The parched atmosphere and desert winds can sway temperatures from hot in the day to freezing at night.
- Shoulder seasons of April-May and October-November are particularly pleasant months to travel.
additional resources for families, we know you need help during social distancing, this is hard!
The Benefit of Unstructured Play

so much of kids time is structured, what is the benefit of allowing unstructured play time?

- It provides opportunities for children to master elements of the world on their own terms.
- It develops self-determination, self-esteem, and the ability to self-regulate – all vital elements of emotional development.
- It fosters social competence, respect for rules, self-discipline, aggression control, problem solving skills, leadership development, conflict resolution, and playing by the rules.
- It stimulates the senses and allows children to discover the different textures and elements in the world.
- It provides fertile ground to cultivate creativity and imagination.
- It enhances cognitive understandings.
- It builds strength, coordination and cardiovascular fitness and moderates childhood obesity and its associated health complications.
- It sees boredom as a vehicle for children to create their own happiness, enhance inventiveness, and develop self-reliance.
Ways to Praise your Child

_How praise works_
Praise is when you tell your child what you like about her or her behaviour. Praise nurtures your child’s self-esteem, confidence and sense of self.

By using praise, you’re showing your child how to think and talk positively about himself. You’re helping your child learn how to recognise when he does well and to pat himself on the back.

_What to use praise for_
You can praise children of different ages for different things. You might praise a younger child for leaving the park when asked, or for trying to tie her own shoelaces. You can praise teenagers for coming home at an agreed time, or for starting homework without being reminded.

_Descriptive praise_
Descriptive praise is when you tell your child exactly what it is that you like. For example, ‘I like the way you’ve found a spot for everything in your room’. This helps your child understand what you mean. It’s also more genuine than non-specific praise like ‘You’re a good boy’.

You can’t give too much praise. But praise can lose its impact if it isn’t specific or if you use it when your child hasn’t done anything. This might teach your child that she doesn’t have to do anything to be praised.

_Use of praise to change behaviour_
Children are more likely to repeat behaviour that earns praise. This means you can use praise to help change difficult behaviour and replace it with desirable behaviour.
Family Exercise Ideas

Weekly Sports Night

Yard Work

Play w/ Dog

Evening Walk
Easy Lunch Ideas

- crackers & cheese
- hard boiled egg
- hummus & pita
- pasta
- cereal
- sandwich
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."

VISIT YOUR LOCAL DISTRICT WEBPAGE FOR MORE INFORMATION
Content Provided By:

1. www.wikipedia.com
3. https://www.activityvillage.co.uk/paper-plate-beetle-craft
6. https://happilyhafsa.com/recipe/instantpotkoshari/