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

WEEK EIGHT
<table>
<thead>
<tr>
<th>TOPIC</th>
<th>PAGE #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Country</td>
<td>3-5</td>
</tr>
<tr>
<td>Importance of a Schedule</td>
<td>7-9</td>
</tr>
<tr>
<td>Family Activities</td>
<td>10-15</td>
</tr>
<tr>
<td>Leaning Roll of Pisa</td>
<td>11</td>
</tr>
<tr>
<td>Pasta Necklace</td>
<td>12</td>
</tr>
<tr>
<td>Communicate the Italian Way</td>
<td>13</td>
</tr>
<tr>
<td>DIY Italian Puzzle</td>
<td>14</td>
</tr>
<tr>
<td>Paper Italian Mosaic</td>
<td>15</td>
</tr>
<tr>
<td><strong>Family Recipes</strong></td>
<td><strong>16-21</strong></td>
</tr>
<tr>
<td>2-Ingredient Homemade Pasta</td>
<td>17</td>
</tr>
<tr>
<td>Homemade Italian Meatballs</td>
<td>18</td>
</tr>
<tr>
<td>DIY Gelato</td>
<td>19</td>
</tr>
<tr>
<td>Simple Caesar Salad</td>
<td>20</td>
</tr>
<tr>
<td>Create your own Pizza</td>
<td>21</td>
</tr>
<tr>
<td><strong>Coloring Pages</strong></td>
<td><strong>22-25</strong></td>
</tr>
<tr>
<td><strong>Learning Pages</strong></td>
<td><strong>26-31</strong></td>
</tr>
<tr>
<td><strong>Parent Resources</strong></td>
<td><strong>32-37</strong></td>
</tr>
<tr>
<td>Child Safety Tip Sheet</td>
<td>33</td>
</tr>
<tr>
<td>What you can do when you feel helpless</td>
<td>34</td>
</tr>
<tr>
<td>Tips for Helping your Kids Get Along</td>
<td>35</td>
</tr>
<tr>
<td>Family Exercise Ideas</td>
<td>36</td>
</tr>
<tr>
<td>Easy Lunches</td>
<td>37</td>
</tr>
<tr>
<td><strong>Sources</strong></td>
<td><strong>39</strong></td>
</tr>
</tbody>
</table>
This week we will be exploring: Italy
Where in the world is Italy?
Facts About Italy

What is the population of Italy? 60 million
What is the capital of Italy? Rome
What is the official language spoken in Italy? Italian
What are native animals to Italy? Speckled Salamander, Marsican Brown Bear
What is the Italian flag?
What is the tallest mountain in Italy? Mont Blanc
What is the oldest building in Italy? Pantheon
What is the most common religion? Roman Catholicism
follow along with us as we give you daily activities, recipes, and learning pages all about Italy!
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
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td><strong>Wake Up</strong></td>
<td>start your morning off with a routine, it helps your child know what to expect</td>
</tr>
<tr>
<td>9:00 AM</td>
<td><strong>Exercise</strong></td>
<td>there are so many benefits to daily exercise, check out ideas for family exercise on page 39</td>
</tr>
<tr>
<td>10:00 AM</td>
<td><strong>School Program</strong></td>
<td>follow along with your school program, it’s important for your child to know this is expected</td>
</tr>
<tr>
<td>12:00 PM</td>
<td><strong>Lunch Time</strong></td>
<td>pick an easy meal idea from our lunch ideas on page 40, keep it simple!</td>
</tr>
<tr>
<td>1:00 PM</td>
<td><strong>School Program</strong></td>
<td>follow along with your school program, it’s important for your child to know this is expected</td>
</tr>
<tr>
<td>3:00 PM</td>
<td><strong>Activity Time!</strong></td>
<td>pick an activity from our activity pages, let the child have time to be creative</td>
</tr>
<tr>
<td>5:00 PM</td>
<td><strong>Dinner Prep</strong></td>
<td>get ready to make one of the yummy theme inspired recipes, adapt it to your family</td>
</tr>
<tr>
<td>6:00 PM</td>
<td><strong>Family Dinner</strong></td>
<td>sit together, learn more about each other, it helps the children feel more secure</td>
</tr>
<tr>
<td>7:00 PM</td>
<td><strong>Wind Down</strong></td>
<td>read books or let the children watch t.v., take time to consider your own hobbies or interests</td>
</tr>
<tr>
<td>8:00 PM</td>
<td><strong>Bed Time</strong></td>
<td>remember to keep a routine! your child should know what to expect, it helps fight anxiety</td>
</tr>
</tbody>
</table>

Do your best with the schedule, it's okay to not follow it exactly, adapt it to best fit your family.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Wake Up</td>
</tr>
<tr>
<td></td>
<td>start your morning off with a routine, it helps your child know what to expect</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Exercise</td>
</tr>
<tr>
<td></td>
<td>there are so many benefits to daily exercise, check out ideas for family exercise on page ___</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Activity Time!</td>
</tr>
<tr>
<td></td>
<td>pick an activity from our activity pages, let the child have time to be creative</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch Time</td>
</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>
<td></td>
<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>
<tr>
<td></td>
<td>pick an activity from our activity pages, let the child have time to be creative</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Dinner Prep</td>
</tr>
<tr>
<td></td>
<td>get ready to make one of the yummy theme inspired recipes, adapt it to your family</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Family Dinner</td>
</tr>
<tr>
<td></td>
<td>sit together, learn more about each other, it helps the children feel more secure</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Wind Down</td>
</tr>
<tr>
<td></td>
<td>read books or let the children watch t.v., take time to consider your own hobbies or interests</td>
</tr>
<tr>
<td>8:00 PM</td>
<td>Bed Time</td>
</tr>
<tr>
<td></td>
<td>remember to keep a routine! your child should know what to expect, it helps fight anxiety</td>
</tr>
</tbody>
</table>

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 Italy!
Leaning Roll of Pisa

DID YOU KNOW?
The Leaning Tower of Pisa or simply the Tower of Pisa is the campanile, or freestanding bell tower, of the cathedral of the Italian city of Pisa, known worldwide for its nearly four-degree lean, the result of an unstable foundation.

MATERIALS:
1. Toilet Paper Roll (empty)
2. Scissors
3. Markers or Paint

DIRECTIONS:
1. Get an empty toilet roll and cut the bottom of it at a slight angle (pictured below)
2. Draw or paint upside down "U"s as windows in rows along the tower
3. Optional: use finger prints instead of "U"s, dip them in paint and stamp them onto the tower (shown below)
4. Set it up to dry and show it off!
DID YOU KNOW?
The word "pasta" translates to paste in Italian. This is a reference to the dough, made from a combination of flour and water or eggs all simple components that have been around for centuries.

MATERIALS:
1. Dried penne pasta (or any pasta with a closed hole)
2. String
3. Markers or paint

DIRECTIONS:
1. Grab a handful of dried pasta and decorate with paint or markers
2. String your pasta onto the string to make a necklace
3. Tie the string together and put it around your neck, show it off!
DID YOU KNOW?
The Italian language derives mainly from "vulgar" Latin, which was the spoken language among commoners and less educated citizens of ancient Rome. The other form, classical Latin, was used in a literary and ecclesiastical scope.

MATERIALS:
1. Notecards
2. Marker

DIRECTIONS:
use flashcards to learn the terms below, decorate the cards if you want!

- Buon Giorno (BWAWN Jor noh) - Hello
- Arrivederci (ahr REE veh DER chee) - Good-bye
- Grazie (GRAH tsee) - Thank you
- Prego (PRAY go) - You’re welcome
DID YOU KNOW?
The flag of Italy (Italian: Bandiera d’Italia, Italian: [banˈdɛraj diˈtaːːlia]), often referred to in Italian as il Tricolore is a tricolour featuring three equally sized vertical pales of green, white and red, with the green at the hoist side. Its current form has been in use since 18 June 1946 and was formally adopted on 1 January 1948.

MATERIALS:
1. Italian flag printable (pg 38)  4. Tape
2. Markers
3. Scissors

DIRECTIONS:
1. Print out or draw the Italian Flag
2. Color it in with green, red, and white
3. Cut the flag into "puzzle" pieces
4. Mix them all up
5. Try to tape them back together and make the Italian Flag
**DID YOU KNOW?**

*Mosaic, a medium comprising natural stone and/or glass and pasta vitrea (glass paste) tesserae or cubes set into mortar, is among the most durable and prestigious art forms of medieval Italy.*

**MATERIALS:**
1. Colored paper
2. Glue
3. Scissors

**DIRECTIONS:**
1. Draw or trace a shape on to a blank piece of paper
2. Grab different colored papers and cut them into small trapezoids of different sizes (think the size of a coin)
3. Glue the paper mosaics on to the shape that you created
use some of these simplified, delicious, country themed recipes with your family, let the kids help with prep!
DID YOU KNOW?
Nothing says Italy like its food, and nothing says Italian food like pasta. Pasta is an integral part of Italy’s food history. Wherever Italians immigrated, they have brought their pasta along, so much so today it can be considered a staple of international cuisine.

INGREDIENTS:
- 3 cups (15oz/426g) all-purpose flour
- 4 large eggs* (or 5 small eggs)

DIRECTIONS:
1. On a large flat clean surface place the flour in a mound.
2. Crack all 4 large eggs into the center of the mound of flour creating a well to hold the eggs.
3. Using a light hand, break the yolks of the egg and gently bring the flour into the center of the well using your fingertips.
4. Keep incorporating the flour into the eggs until all the flour has been absorbed.
5. Once the dough starts to form, bring it together with your palms and knead into a smooth yellow dough.
6. When the dough forms a ball, cover tightly with cling wrap and refrigerate for a minimum of 30 minutes.
7. After resting, remove the dough from the fridge and cut into 4 equal pieces.
8. Flour your work surface and rolling pin and roll 1 ball of dough at a time into a large paper thin sheet. Once the dough has been rolled out, fold it over itself several times. Cut the roll of pasta into strips roughly 1/4 inch thick.
9. To cook fresh pasta, add the pasta to boiling water and allow to cook for roughly 2 minutes or until tender. When the pasta floats to the top of the pot it is ready. Strain the water off the pasta and serve as desired.
DID YOU KNOW?
The first known Italian meatball recipes appeared in Apicius, the oldest surviving recipe book from the Roman empire, which was published sometime between the 1st and 5th centuries A.D. Italian polpettes (meatballs) are smaller and bite-sized—usually no bigger than a golf ball, and sometimes as small as marbles.

INGREDIENTS:
- 1 lb ground beef
- 1 lb ground pork
- 1/2 cup Italian breadcrumbs
- 1/3 cup milk
- 1/4 cup onion, diced
- 1/2 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 egg
- 1/4 cup parsley chopped
- 1/4 cup shredded parmesan
- salt and pepper to taste

DIRECTIONS:
1. Preheat oven to 400 degrees F.
2. In a medium bowl, mix all ingredients until just combined.
3. Shape mixture into 48 meatballs, approximately 1 1/2 tablespoons each.
4. Bake 18–20 minutes or until cooked through.
DID YOU KNOW?
Gelato dates back to the 16th century. There is some confusion in the origin as to where or who really invented gelato. As most stories go, it is credited to Bernardo Buontalenti, a native of Florence, who delighted the court of Catherina dei Medici with his creation.

INGREDIENTS:
- 2 cups whole milk
- 1 vanilla bean, split and scraped
- 4 large egg yolks
- 3/4 cups granulated sugar
- 1 cup heavy cream
- 1 teaspoon pure vanilla extract
*no ice cream machine need

DIRECTIONS:
1. Heat the milk and vanilla bean in a medium saucepan set over medium heat until simmering, stirring occasionally with a heat-proof spatula. Meanwhile, vigorously whisk the egg yolks and sugar in a medium-sized bowl until the yolks lighten in color slightly.
2. Remove the milk from the heat and pour slowly into the egg yolks while whisking. Pour everything back into the saucepan, scraping the bowl. Return the saucepan to the heat and, using a heat-proof spatula, stir until the mixture thickens slightly, approximately 3-4 minutes.
3. Remove from the heat and discard the vanilla bean. Stir in the cream and vanilla extract. Allow to cool (I let it cool overnight).
4. Place the mixture in a metal container and freeze, beating at 1-hour intervals, until the gelato is scoopable.
Simple Caesar Salad

DID YOU KNOW?
Gelato dates back to the 16th century. There is some confusion in the origin as to where or who really invented gelato. As most stories go, it is credited to Bernardo Buontalenti, a native of Florence, who delighted the court of Catherina dei Medici with his creation.

INGREDIENTS:
- 1/4 cup grated Parmesan
- 1/4 cup mayo
- 2 tablespoons milk
- 1 tablespoon lemon juice
- 1 tablespoon Dijon
- Dash cayenne pepper
- 1 garlic clove, minced
- 1 bunch romaine, torn
- Salad croutons and additional grated Parmesan cheese, optional

DIRECTIONS:
In a small bowl, whisk the first seven ingredients. Place romaine in a large bowl. Drizzle with dressing and toss to coat. Serve with salad croutons and additional cheese if desired.
DID YOU KNOW?
The word pizza was first documented in A.D. 997 in Gaeta successively in different parts of Central and Southern Italy. Pizza was mainly eaten in Italy and by emigrants from there. This changed after World War II when Allied troops stationed in Italy came to enjoy pizza along with other Italian foods.

INGREDIENTS:
• Pre-made pizza crust
• Sauce
• Toppings
• Cheese

DIRECTIONS:
1. pick your favorite sauce, toppings and cheese and cover your pre-made pizza dough
2. cook in the oven at 400 until cheese is melted and starting to brown
color in these theme-inspired pages to enhance the exploration of our different countries each week!
Tower of Pisa
Colosseum
Julius Caesar
try studying one of these each day with your family to learn more about the highlighted country!
A boat called a gondola is mentioned in a letter from a Venetian Republic official.

Gondolas appear in Italian paintings by Carpaccio and Bellini. Interestingly, the manner of rowing depicted is the same as that used by gondoliers today.

Gondolas are fashioned with the ornate ornamentation popular in the Baroque period. In addition to the fanciful ironwork, gondola design also takes on a broader stern and an increase in rocker at the boat’s bottom.

The element of asymmetry is brought to the gondola design, making the boat perfect in the eyes of gondoliers. Unfortunately, at the same time the gondola reaches perfection, steam-powered boats reach the waterways of Venice. The usage of gondolas begins to decline.

John Kerschbaum brings his first authentic gondola to the waters of Stillwater, Minnesota.

Gondola Romantica/Gondola on St. Croix begins to row lovers along the St. Croix River in Stillwater.

The romantic, historic experience of a gondola cruise continues in the Midwest, far from the Venetian waterways of Italy.
Quick Facts about Roman Mythology

The Romans adopted much of Greek Mythology into their own. They took most all of the Greek gods, gave them Roman names, and then called them their own. Here are a few of major Roman gods:

- **Apollo** - The god of the sun/rides the sun chariot
- **Cupid** - The god of love.
- **Fortuna** - The goddess of luck
- **Jupiter** - The king of the gods and goddesses, and god of lightning and the sky
- **Juno** - Jupiter's wife, and Goddess of marriage
- **Mars** - God of war
- **Mercury** - Messenger of the gods; also the god of thieves, commerce and travelers.
- **Neptune** - The god of the sea
- **Pluto** - The god of death, and the riches under the Earth
- **Saturn** - The titan of time and king of the titans
- **Venus** - The goddess of love and beauty
The Colosseum is an oval shaped Roman amphitheatre in Rome, Italy. It’s sometimes known as the Flavian Amphitheatre because it was built during the Flavian dynasty.

Construction was started by Emperor Vespasian in 72 AD and was finished in 81 AD by Titus, Vespasian’s successor. This means it took only 9 years to build.

The Colosseum was used as a games arena for gladiator contests, executions, mock battles (including sea battles) and animal hunts.

Gladiator games lasted for nearly a thousand years, and were most popular between the 1st century BC and the 2nd century AD.

Food and entry to the Colosseum was free to all who were attending events there.

Many people died in the Colosseum during its time as an entertainment venue, possibly as many as 400,000. And even more animals were killed in the great Roman amphitheatre.

Today, you can see what it might have been like to watch a battle in the Colosseum by watching the movie, Gladiator, starring Russell Crowe.
Romulus and Remus are the mythological twin brothers who founded the city of Rome. Here is their story.

- The twins are Born
- Their father had the boys left in a basket on the Tiber River. He figured they would soon die.
- The boys were found by a she-wolf. The wolf cared for them and protected them from other wild animals.
- As the boys grew older they became natural leaders. One day Remus was captured and taken to the king. He ended up killing the king.
- When the city learned who the boys were, they offered to crown them as joint kings.
- However, they turned down the crowns because they wanted to found their own city.
- The twins left and set out to find the perfect spot for their city.
- The twins eventually came to the place where Rome is located today.
Geography facts about Italy?

Facts about Italy’s Geography

• Italy is a boot-shaped peninsula that juts out of southern Europe into the Adriatic Sea, Tyrrhenian Sea, Mediterranean Sea, and other waters.
• Its location has played an important role in its history.
• The sea surrounds Italy, and mountains crisscross the interior, dividing it into regions.
• The Alps cut across the top of the country and are streaked with long, thin glacial lakes. From the western end of the Alps, the Apennines mountains stretch south down the entire peninsula.
• West of the Apennines are wooded hills that are home to many of Italy’s historic cities, including Rome.
• The south has hot, dry coastlands and fertile plains where olives, almonds, and figs are grown.
additional resources for families, we know you need help during social distancing, this is hard!
**WARNING SIGNS**
- Changes in behavior
- Inability to reach the family through virtual methods or phone
- The child is alone and/or in charge of other children in the household

**BE EXTRA SUPPORTIVE**
Ask the child how they are feeling.
Write the child a letter and include a return letter with stamp.
Spend a little extra time with children who you know have extra challenges.

**CHECK IN ON CAREGIVERS**
If the parent seems overly stressed and frightened, this could be a sign of domestic violence.
Share online resources for mental health, basic needs, etc.

**FIND WAYS TO COMMUNICATE**
Ask children how their pets are doing. Pet maltreatment can be an indicator of child abuse.
Ask kids what they’ve eaten that day.
Develop a code word if kids need to tell you something is wrong.

**REPORT YOUR SUSPICIONS**
You are still a mandated reporter.
Call Child Protective Services at 1-855-323-3237.
Have ready the child’s name, location and the disclosure or your suspicions.
What you can do when you feel helpless?

1. Check in regularly with friends, family and neighbors especially with those affected.
2. Share WHO information to manage anxieties.
3. Provide calm and correct advice for your children.
4. Thank your local medical professionals.
5. Offer to go grocery shopping for the elderly or someone who might be more at risk.
6. Do your part by social distancing & wash your hands!
7. Donate to your local food pantry.
Tips to Help your Kids Get Along

- Be **calm** and give each child an opportunity to tell you what happened.

- Repeat their responses and **validate** their feelings.

- Ask for suggestions to solve the problem and **brainstorm** until a compromise is made.

- Later, **talk about the issue** -- ask how they can **avoid** hurting each other in the future.
Family Exercise Ideas

Nature Walk

Hop Scotch

Family Obstacle Course

Bike Rides
Easy Lunch Ideas

- pb&j
- fruit kabob
- mac & cheese
- roasted potatoes
- cheesy nachos
- canned soup