

# THE QUARANTIMES

by Aunt Katie's Place  
www.auntkatiesplace.com

Your kids are home... for who knows how long?! Just breathe - we've got you covered!

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www.auntkatiesplace.com

Issue 2; 7 Pages

Thanks for reading  
The  
QUARANTIMES!  
by Aunt Katie's Place

## In This Issue:

Doctor Kristin's Top 10  
Handwashing Songs p. 1

Free Online Learning  
Resources p. 2-3

For Theatre, Science, Fitness, and  
Reading

E-Book  
Recommendations From  
Ashe Library p. 4

Aunt Katie's Book Of  
The Week p. 5

Virtual Recess: Online  
Board Games p. 5

Home Remedies for Sore  
Throat, Respiratory, and  
Immunity Boost p. 6-7

## Doctor Kristin's Top 10 Favorite Handwashing Songs

*There's no reason protecting ourselves  
from Covid-19 can't be fun!*

Doctor Kristin agrees that handwashing is important to combat Covid-19 and recommends following the CDC handwashing guidelines here: <https://www.cdc.gov/handwashing/index.html>

But repeated handwashing can get boring, so here are Dr. Kristin's top ten favorite handwashing songs to make combatting Covid-19 a little more fun!

10. Under The Sea from Disney's "The Little Mermaid "
9. Don't Go Chasing Waterfalls by TLC
8. Never Seen The Rain by Tones and I
7. Love on Top by Beyonce
6. Africa by Toto
5. All I Do Is Win (or wash!) by DJ Khaled
4. Try Everything by Shakira
3. Baby Shark by Go Noodle

### 2. Wash Your Hands/Do Your Best

("Be Our Guest" Parody)

by Michael Does Disney

<https://www.instagram.com/p/B-DMUk2nhKS/>

### 1. Do You Want To Wash Your Hands Now?

("Do You Want To Build A Snowman" Parody)

by Michael Does Disney

<https://www.instagram.com/p/B9rzGA5H6KM/>

And just for fun: Michael Does Disney also does social distancing... as Elsa.

<https://www.instagram.com/p/B-K1mzHnAy3/>

Dr. Kristin Wenger, DO, works in Family Medicine in Columbus, Ohio.✳

Does your child have a funny quarantine story, photo, or drawing they'd like to share? Send it our way and it may get featured in an issue of "The QUARANTIMES"!  
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## FREE ONLINE RESOURCES

Art, Theatre, Music, Science, Math, Fitness, Reading... nothing is off limits!

### Art/Theatre Activities

Get your kids' creativity going!



#### Art For Kids Hub

On demand YouTube Videos

@ArtForKidsHub

<https://www.youtube.com/artforkidshub>

"Follow along with us and learn how to draw plus other fun art lessons for kids." - from the Art For Kids Hub YouTube channel.



#### Lunchdoodles with Mo Willems

Weekdays 1:00 pm EST

Previous episodes on demand

<https://www.kennedy-center.org/education/mo-willems/>

"Mo Willems invites YOU into his studio every day for his LUNCH DOODLE. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making together." - from the Kennedy Center website.



#### Lunch and Learn

Facebook Live and YouTube

Weekdays 12:00 pm EST

by Denyse Lipka Carbonell

@ArtistAtHeartPaintParty

<https://www.facebook.com/ArtistAtHeartPaintParty>

<https://www.youtube.com/channel/UCDZM7DuTh2LKNqMEzoSQ89Q>

<https://www.youtube.com/channel/UCDZM7DuTh2LKNqMEzoSQ89Q>

"Any Age. Any Supplies. Join me every weekday at noon est for a fun, free art lesson." - from the Artist At Heart Paint Party Facebook page.

## Science Activities

Exploring the world... while indoors!



### Virtual Marine Biology Camp

Facebook/Instagram Live

Mon & Thurs 2:00 pm EST, 11:00 am PST

Previous episodes on demand on Vimeo

by Oceans Initiative

@oceansinitiative

<https://www.facebook.com/OceansInitiative/>

<https://vimeo.com/oceansinitiative>

"Would your kid enjoy chatting with marine biologists about killer whales/orcas, dolphins, salmon, or any other topic to keep them entertained and learning from home? We have a great team of biologists at Oceans Initiative who are all working on interesting projects." - from the Oceans Initiative Facebook page.



### Crash Course Kids

On demand YouTube videos

<https://www.youtube.com/user/crashcoursekids>

"We'll cover topics like animals, including predators, prey, and food chains. We'll dive deep into the ocean and soar into the atmosphere. And teachers [can] check out the information below [each video] about the standards in these videos." - from the Crash Course Kids' YouTube channel.



### SciShow Kids

On demand YouTube videos

<https://www.youtube.com/user/scishowkids>

"SciShow Kids explores all those curious topics that make us ask "why?" Whether conducting experiments, researching new questions, or talking with experts, there's always something new to discover with SciShow Kids, no matter what your age!" - from the SciShow Kids YouTube Channel.

## Fitness Activities

*Let's release your kids' pent up energy!*



### P.E. With Joe

YouTube Weekdays 9:00 am  
Previous episodes on demand

by Joe Wicks  
@JoeWicksTheBodyCoach  
<https://www.youtube.com/user/thebodycoach1>

"I started the Body Coach TV with a goal to offer free home workouts to everyone, no matter what their fitness levels. I'm going to be the Nations PE teacher everyday Monday to Friday at 9am."  
- from the Joe Wicks The Body Coach Facebook page and YouTube channel.



### Glenn Higgins Fitness

On demand YouTube videos

<https://www.youtube.com/user/Glennhigginsfitness>

Tabata-style fitness videos for kids featuring many of their favorite superheros!



### Beach Body Kids

On demand videos for a limited time

by Beach Body Fitness  
<https://vimeo.com/showcase/6880106>

"During this unprecedented time, we want to continue helping families stay healthy and sane by offering some fun ways to expend energy together. With schools out and no formal recess or P.E., we hope you'll use these workouts to make family fitness fun and a part of your daily routine with our free selection of Beachbody Kids Workouts from Beachbody celebrity trainers Tony Horton, Shaun T and Leandro Carvalho. This is a temporary service where we make these free to access." - from the Beach Body temporary Vimeo page.

## Reading Activities

*Reading is fuel for the brain!*



### Storyline Online

On demand videos

Stories read by multiple famous actors  
<https://www.storylineonline.net/>  
<https://www.youtube.com/user/StorylineOnline>

"Storyline Online, streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations. Readers include Viola Davis, Chris Pine, Lily Tomlin, Kevin Costner, Annette Bening, James Earl Jones, Betty White and dozens more." - from the Storyline Online website.



### Draw Me More

On demand website links

by H el ene Boudreau  
<https://www.heleneboudreau.com/drawmemore>

"You are the VERY FIRST kid readers of my brand new chapter book MASON & THE MEGA-NAUTS. It is SO new, it doesn't even have illustrations! That's where YOU come in. Would you like to 'Read Along' and 'Draw Along' with MASON & THE MEGA-NAUTS?" - from the H el ene Boudreau website.



### Bookends with Julia

Facebook Live Mon & Fri 10:00 am EST,  
9:00 am CST

by Julia Cook, children's author  
@juliacookonline  
<https://www.facebook.com/juliacookonline>

"I [will] be going live on Facebook, Mondays and Fridays at 9 am central to read to you and your kids during this time of quarantine. I'll also offer a fun lesson for each book!" - from the Julia Cook Facebook page.

## Good E-Book Reads

Recommended by Ashlin Edmisten,  
Director of Children's Services for Ashe County Public Library

### Picture Book



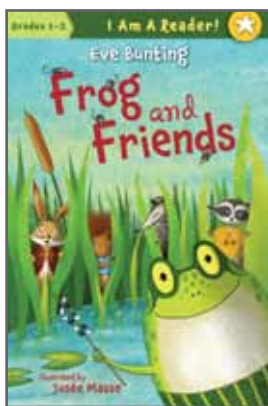
## Scout

by Gordan McMillan

"Scout the Scottie dog lives on the top floor of an apartment building. His favorite toy is his shiny red ball.

This ball can bounce higher than anything. It is rounder than anything. And it is faster than anything... But one day Scout loses his shiny red ball. Where did it go? How will Scout find his favorite toy? On his search for his missing toy, Scout gets some help along the way and he learns that, while his ball is indeed special, it is not as special as his new friends."

### Beginning Chapter Book



## Frog and Friends

by Eve Bunting

"Frog enjoys nothing better than spending time floating in his pond or visiting with his friends. He appreciates

the simpler things in life and would prefer that things stay just the way they are - nice and peaceful. Frog is alarmed when he finds a strange object in his pond, he tries to re-gift a scarf, and he makes friends with a runaway hippo. In Party at the Pond, Frog is busy with his autumn party, he is overseen dancing around the pond, and he narrowly escapes being turned into a prince."

### Advanced Chapter Book



## Crenshaw

by  
Katherine Applegate

"Jackson and his family have fallen on hard times. There's no more money for rent. And not much for food, either. His parents, his little

sister, and their dog may have to live in their minivan. Again. Crenshaw is a cat. He's large, he's outspoken, and he's imaginary. He has come back into Jackson's life to help him. But is an imaginary friend enough to save this family from losing everything?"

## Free digital resources from your local library!

Did you know that your local library has a whole slew of digital content you can access from home? Your library card unlocks a whole world of e-books, videos, language learning applications... all for FREE! Don't have a library card? Well, you have two easy options: 1) you can apply for a library card online - visit your local library's website and look for the online application. If you can't find it - contact them! They should have that information easily accessible, and if it's not, they need to know so they can fix it! Or 2) most public schools have an agreement with their public libraries to allow a child's student school ID to be useable as a library card number. Check your local library's website for more details! And, again, if you can't find the information - contact them! ✨



## Aunt Katie's Pick Of The Week

*I LOVE picture books! And I love sharing my favorites with you! This week it is...*

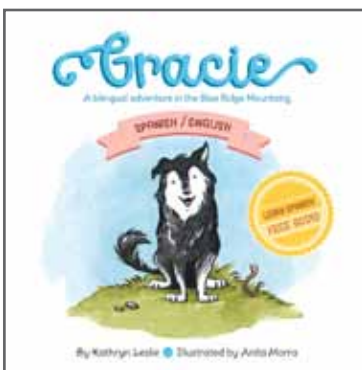


### Sticks

by Diane Alber

"Sometimes things happen, and the reasons aren't clear, but give it some time and the answers appear..."

I love this rhyming book about a poor popsicle who melts in the sun and is now just a stained stick... what is his purpose? It helps kids understand that life doesn't always work out the way we think it should, but our trials can lead to something greater in the end.



### Gracie: A bilingual adventure in the Blue Ridge Mountains

by Kathryn Leslie

I absolutely love this story about a sweet dog searching for friendship. The scenery of the Appalachian Mountains is beautiful, and the bilingual aspect is incredibly educational. I adore the free audio versions and am excited that it comes in three different languages (Spanish/English, French/English, and German/English). Of course, I'm a little biased since I wrote and published the book myself... but hey, it's a great book! Why don't you see for yourself? Available at Aunt Katie's Place, Amazon, Barnesandnoble.com, Walmart.com, and Target.com

## Virtual Recess: Online Board Games

*What can you do to help your upper elementary kids stay connected with their friends?*

While virtual playdates are super fun for younger kids, older children *may* get bored with playing tea party through the screen...

So what can you do to help your older elementary aged kids stay connected with their friends? Other than texting, Minecraft, and Roblox of course.

**Virtual board games** are a great way to help your kids connect with their friends during quarantine, but still hopefully encourage them to use reasoning and strategy skills. Here are some suggestions for FREE online board games that your kids can play with friends:

### Catan Universe

<https://catanuniverse.com/en/>

Catan is one of my favorite board games to play. It involves both luck and strategy. It's simple to play and highly addictive. With Catan Universe, the game goes online and you can play it for free using a web browser or downloading the app onto a device.

### Pogo Online Board Games

<https://www.pogo.com/board-games>

At this site, you can play lots of online board games with friends for free. It has lots of classics to choose from such as Monopoly, Risk, Scrabble, Yahtzee and more!

### Cardz Mania

<https://www.cardzmania.com/>

This site is free to use and lets you play classic card games against your friends. Solitaire, hearts, spades, euchre, and more!!

How are you keeping your kids connected? ✨

## Home Remedies For Sore Throat, Respiratory, And Immune Boost When You Can't Get OTC\* Meds

*Many \*over the counter medications are out-of-stock or on backorder. What can you use to find relief in the meantime?*

Quarantine started off with a bang... my niece already had a nasty cold with plugged up sinuses. I immediately started her on vitamin C fizzy drinks, vitamin D gummy supplements, and twice daily doses of Mucinex for kids. When I went to buy more Mucinex kids and fizzy vitamin C, I struggled to find any in stock on Amazon, Walmart, Target, etc. It's understandable that everyone is trying to stock up right now, but what will I use if I run out and I need to help alleviate her, or my own, cold or respiratory issues?

Luckily, mother nature has provided us with a few other options. They may not work as well as our Mucinex or Vicks products, but they can help to ease our pain and suffering until other options become available again.

### 1. Honey

Honey is known to help a sore throat and is a good cough suppressant (Steckelberg 2018). So if you have children who are complaining of a sore throat and you're out of Halls (or they don't like the taste) you can give them a spoonful of honey at regular intervals (Leonard 2020). If you can get them to drink warm fruit tea with honey mixed in, then this will help even more to alleviate scratchy throats.

### 2. Elderberry

Elderberry is known to help boost the immunity and lessen the harshness of cold and flu

symptoms (Cleveland Clinic 2018). You can buy elderberry as prepared syrups or capsules/tablets or make your own if you have elderberry bushes near you. BUT elderberries are toxic if consumed when not properly prepared. So make sure that if you're going to make your own syrup that you cook the berries thoroughly. Pregnant and breastfeeding women should not consume elderberry products.

### 3. Garlic

Garlic is an immunity booster and can help lessen the symptoms of cold and flu when consumed on a regular basis. Garlic contains a compound called alliin. When raw garlic is crushed or chewed, this compound turns into allicin. Allicin converts to sulfur-containing compounds which are believed to give garlic its medicinal properties. Confusing enough for you? Heat can actually deactivate the allicin, so for best results the garlic must be consumed raw. Of course, many kids (and adults) may have a hard time stomaching raw garlic. There is a suggestion that if you crush/slice the garlic and let it sit 10 minutes before cooking, that the allicin properties won't be damaged as much when cooked. But it's also suggested that if you plan to cook the garlic, that you should use a lot more than just one clove so as to ensure you're still getting a decent amount of the medicinal properties (West 2016). Maybe you could sneak some fresh garlic into some yummy chicken noodle or tomato soup?

### 4. Ginger

Ginger has anti-inflammatory and antimicrobial properties that can help relieve a sore throat and fight off infection. Its spicy kick can also drain sinuses quickly... which makes it great for home remedies for sinus relief. A nice cup of ginger tea (with honey in it!) can help to loosen mucus and reduce swelling in the nasal passages and throat (White 2018). Of course, this is another one that your kids might need some coaxing to stomach...

### 5. Vitamin D

Vitamin D supplements have worked wonders

for keeping me from getting sick and are currently helping my niece recover quickly from a bad cold. But, if no supplements are available, you can still get vitamin D from eating **egg yolks** and canned **tuna**. One egg yolk can contain 37 IU of vitamin D (or more!). Light tuna can have up to 268 IU of vitamin D in a 3.5-ounce serving. Just be careful to not consume too much tuna because of the mercury content (Jones 2019). While vitamin D may not provide symptomatic relief for colds or flu, it should definitely help you clear up the overall virus quicker.

### 6. Warm Fluids, Steam, and Salt Water

These are incredibly simple remedies, but they are worth repeating! Warm fluids can work wonders in multiple ways. We all know that a good cup of tea or a hot cup of soup can greatly relieve our sore throat, and a hot compress on our chest or a warm shower/bath can help to loosen and break up the mucus in our chest! Steam from a hot shower or from a boiling pot of water can also help with loosening mucus. Gargling salt water is also widely recommended for this same purpose (Leonard 2020).

*\*Disclaimer: Aunt Katie is not a medical provider and these are home remedies and should not be taken as medical advice. If you show signs of Covid-19 you should contact your healthcare provider immediately\**

### Sources

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QUARANTINE  
IS A GREAT TIME TO  
LEARN A SECOND LANGUAGE!

Check out the

LANGUAGE  
LEARNING  
RESOURCES

AT AUNT KATIE'S PLACE!

Available in  
Spanish, French, and German  
[www.auntkatiesplace.com](http://www.auntkatiesplace.com)

### DID YOU KNOW?

That all books purchased from Aunt Katie's Place are signed by the author and come with this awesome bookmark? [www.auntkatiesplace.com/shop](http://www.auntkatiesplace.com/shop)



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