

# 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 4; 7 Pages

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## The History Keepers

*Helping Your Child Chronicle Their Quarantine Experience Through Journaling*

Journaling is an important way to record history. Some of the best historical papers are simply things such as letters or diary entries. Your child's musings could be an important part of a middle school history lesson in 100 years - who knows?! So it's a great idea to encourage your kids to start journaling during this once-in-a-lifetime (hopefully) era of Covid-19.



One day a classroom might examine this riveting entry my niece made about blowing bubbles and playing outside!

If you're not sure how to get them started, then make sure to check out these [prompts from First Things First](#). Your kids don't always have to write about the days events, it's just good to get them writing about what they're thinking, their feelings, etc. One of my niece's Covid-19 diary entries says that she tried a carrot... last year. (!)

But it is also a good idea to get some information down on paper that directly relates to this Covid-19 event. [Natalie Long of Long Creations](#) has made some very cute, free to

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FREE

## VIRTUAL AUTHOR VISIT!

Would you like Aunt Katie to do a virtual author visit with your school or public library? Let your librarian know! During quarantine, virtual author visits are totally free!

[www.auntkatiesplace.com/virtualvisit](http://www.auntkatiesplace.com/virtualvisit)



## FREE ONLINE RESOURCES

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

### Art/Theatre Activities

Get your kids' creativity going!



#### Quarantine Art Club

On demand projects and videos

by Carson Ellis

<https://www.carsonellis.com/blog>

"I'll be posting art assignments here every weekday morning when I can. They'll be designed for kids and grownups alike." - from the Carson Ellis website.



#### #Draw with Rob

New Twitter videos Tuesdays & Thursdays

On demand videos on website

by Rob Biddulph

<https://twitter.com/robbiddulph?lang=en>  
<http://www.robbiddulph.com/draw-with-rob>

"Hi. I'm Rob and I will be posting a brand new #DrawWithRob video for you and your kids every Tuesday and Thursday at 10am GMT for as long as you need me to." - from the Rob Biddulph Twitter page.



#### Dav Pilkey at Home

New videos every Friday

On demand videos and activities

by Scholastic

<https://kids.scholastic.com/kids/books/dav-pilkey-at-home/>

"Together we can get creative and have fun with some of your favorite characters from Dog Man and Captain Underpants!" - from the Scholastic website.

## Science Activities

Exploring the world... while indoors!



### Fun Science Activities and Projects

On demand activities and videos

by Science Buddies

<https://www.sciencebuddies.org/blog>

"JWe're here to help you navigate STEM learning at home while schools are closed due to COVID-19. Try a fun STEM Activity. Watch our STEM Videos to ignite curiosity! Get tips on Doing Science at Home with your kids." - from the Science Buddies website.



### Science from Home

On demand activities

by The Academy of Natural Sciences of Drexel University

<https://ansp.org/exhibits/science-from-home/>

"Welcome to our Science From Home page! Here you'll find simple science activities to try at home with your family, coloring pages, outdoor activities to explore the nature around you, and more! We are constantly adding and changing the contents of this page, so check back often!" - from the ansp.org website.



### Science Experiments for Kids

On demand activities

By Science Fun For Everyone

<http://www.sciencefun.org/kidszone/experiments/>

"Through "hands-on, minds-on" interactive science programming, our team of science instructors will help foster this educational and empowering experience for EVERYONE ages 1 to 100!!" - from the Science Fun For Everyone website.

## Fitness Activities

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



### School of Strength

*On demand videos*

by Special Olympics

<https://www.specialolympics.org/school-of-strength>

"Introducing a whole new way to exercise, featuring WWE Superstar Becky Lynch. Work out with these videos five times a week to help you stay fit and reach your athletic goals. Watch them in order starting with Video 1. When you can do each exercise in a video correctly, it's time to move on to the next one." - from the Special Olympics website.



### Koo Koo Kanga Roo Dance Parties

*On demand YouTube videos*

<https://www.youtube.com/user/kookookangaroo/featured>

"Koo Koo Kanga Roo is the dance-a-long show from Bryan and Neil, two friends who set out to experiment with live music and make it more fun. Armed with nothing more than an iPod, two mics and some gold sneakers, Koo Koo Kanga Roo puts on an all-ages dance party that invites everyone to join in." - from the Koo Koo Kanga Roo YouTube channel page.



### PE Fitness Frenzy

*On demand YouTube videos*

<https://www.youtube.com/channel/UCWams9s5m139BCv6z4TEQdw>

"A fun and healthy workout. Stay active and moving with our very own Energetic Mrs. Triantafillou's PE Fitness Frenzy." - from the PE Fitness Frenzy YouTube channel page.

## Reading Activities

*Reading is fuel for the brain!*



### Read Along With Michelle Obama

*YouTube Mondays 12 noon (ET)*

by PBS Kids

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

"Mondays with Michelle Obama is a four-week series of videos that will feature Mrs. Obama reading aloud from beloved children's books!" - from the PBS Kids website.



### Read, borrow, and download ebooks

*On demand ebooks*

by Open Library and Gutenberg Project

<https://openlibrary.org/>

[http://www.gutenberg.org/wiki/Main\\_Page](http://www.gutenberg.org/wiki/Main_Page)

Ebooks available to borrow and download for free. Must sign up for a free account to start borrowing/downloading.



### Harry Potter at Home

*On demand activities*

by Wizarding World

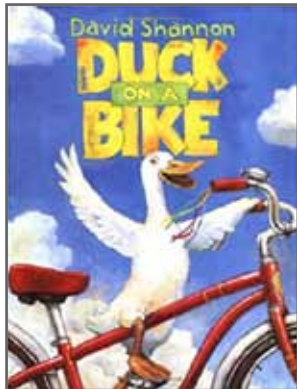
<https://www.wizardingworld.com/collections/harry-potter-at-home>

"Welcome to the Harry Potter At Home hub where you'll find all the latest magical treats to keep you occupied - including special contributions from Bloomsbury and Scholastic, nifty magical craft videos (teach your friends how to draw a Niffler!), fun articles, quizzes, puzzles and plenty more for first-time readers, as well as those already familiar with the wizarding world." - from the Harry Potter at Home website.

## Good E-Book Reads

Recommended by Ashlin Edmisten,  
Youth Services Manager for Ashe County Public Library

### Picture Book



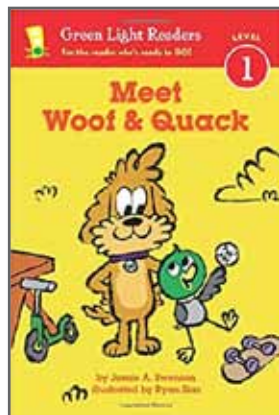
### Duck On A Bike

by David Shannon

"One day down on the farm, Duck got a wild idea. "I bet I could ride a bike," he thought. At first

he rode slowly and he wobbled a lot, but it was fun! Duck rides past sheep, horse, and all the other barnyard animals. Suddenly, a group of kids ride by on their bikes and run into the farmhouse, leaving the bikes outside. Now ALL the animals can ride bikes, just like Duck!"

### Beginning Chapter Book



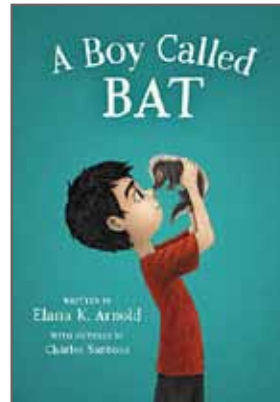
### Meet Woof & Quack

by Jamie Swenson and Ryan Sias

"Meet Woof and Quack, a fun pair of pals who defy dog and duck stereotypes. Woof absolutely does not

like to fetch—not a ball, not a banana, not that lovely cake. Good thing Quack likes to fetch! Story unfolds in speech bubbles on colorful pages brimming with easy-to-read banter, fun-to-repeat phrases, and silly sound effects—SWOOSH! WHOOSH! WOBBLE! SPLAT!"

### Advanced Chapter Book



### A Boy Called Bat

by Elana K. Arnold

"For Bixby Alexander Tam (nicknamed Bat), life tends to be full of surprises—some of them good, some not so

good. Today, though, is a good-surprise day. Bat's mom, a veterinarian, has brought home a baby skunk, which she needs to take care of until she can hand him over to a wild-animal shelter.

But the minute Bat meets the kit, he knows they belong together. And he's got one month to show his mom that a baby skunk might just make a pretty terrific pet."

## 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...*



## I'm Trying to Love Spiders

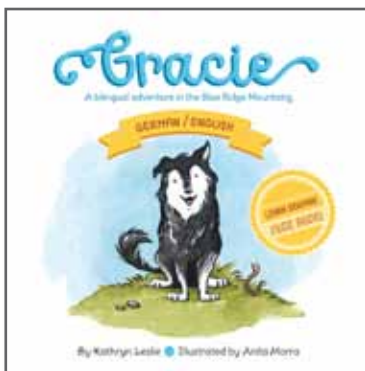
by Bethany Barton

"What do you do when you see a spider?"

a. Lay on a BIG spidey

smoocheroo. b. Smile, but back away slowly. c. Grab the closest object, wind up, and let it fly. d. Run away screaming. If you chose b, c, or d, then this book is for you! (If you chose a, you might be crazy.)"

I love this amazingly silly, and informative, book with spiders everywhere... and I hate spiders! There are handprints on certain pages for you to SQUASH them... I love it! Mwa ha ha! It's a hilariously fun, squeal inducing, way to learn scientific facts about spiders and release some pent up energy while staying inside!



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

by Kathryn Leslie

I absolutely love this story about a sweet

dog searching for friendship in the Appalachian Mountains. I am excited that it comes in three different languages (Spanish/English, French/English, and German/English) and I adore the free audio versions. 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, and Barnesandnoble.com

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.auntkatie'splace.com](http://www.auntkatie'splace.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.auntkatie'splace.com/shop](http://www.auntkatie'splace.com/shop)



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"!  
[auntkatie@auntkatie'splace.com](mailto:auntkatie@auntkatie'splace.com)

## The History Keepers

(continued from page 1)

download, [Covid-19 Time Capsule coloring worksheets](#). This is a way great to memorialize who you social distanced with, what holidays or events you celebrated in quarantine (and how you celebrated them), and more! My niece has already started on hers and loves that the front is a combination of a Covid-19 cell and the earth... so funny!

Another free option for journaling pages are the [simple pages created by Thirty Handmade Days](#). They are great for daily journaling, as they ask you to draw a picture of the day, choose the weather, and describe how you're feeling. They are a great way to start journaling with younger kids!

I would just caution to not push your children too much about journaling, or you may have entries that end up looking like this...



"I did not like writing in my diary today", "No, no, no, fine", "Write, write, write", "Fake it and so I did but was a...", "Bye for now."

Writing prompts: <https://firstthings.org/title-covid-19-outbreak-journaling-writing-prompts-for-kids/>

Covid-19 time capsule:  
<https://letsembark.ca/time-capsule>

Journaling pages: <https://www.thirtyhandmadedays.com/wp-content/uploads/2020/03/journalingpages.pdf> ✨

## On The Ball Snacks

Simple Snacks Made With Long-  
Storing Pantry Items

This article is aptly titled for the shape of the food that it features... round, ball snacks! The best kind, of course! It's also a kind that you can get your kids to help you make, because they all know how to make balls with dough... right? And if they don't, then these recipes are good motor skills practice.

These recipes also use ingredients that have long shelf lives, so you may have already had the ingredients hanging around for some time and would like to use them up. Or, during Covid-19, you've bought them in excess and want some new ideas for cooking with them. Well, here ya go! Don't ask me the serving sizes... I don't know! I just make a lot of food and store the leftovers... if there are any!

First, let's start with my childhood favorites. The tuna ball, the peanut butter oatmeal ball, and the buckeye. Yum!

### Tuna Balls

If your child refuses to eat fish, then skip this one. But if you have tuna lover (I was one!) then this recipe will get gobbled up the moment they come out of the oven, so it's a good idea to make a double batch!

Ingredients:

- 1 6.5 oz can of tuna (drained)
- 1 egg
- 1/4 cup breadcrumbs
- 3 tablespoons mayonnaise
- 1 teaspoon yellow mustard
- 1/2 teaspoon poultry seasoning
- 1/2 cup crushed corn flakes
- 3 tablespoons melted butter

Directions:

Preheat the oven to 375 degrees F. Set the cornflakes and melted butter to the side. Combine all other ingredients. Roll into

balls. Roll balls in the cornflakes and dip into the melted butter. Bake for 10 minutes (small balls) to 20 minutes (large balls). Try (unsuccessfully) to keep children from eating all of them before you get some. Enjoy!

### Peanut Butter Oatmeal Balls

These yummy protein-packed balls can be a bit sticky to make, but, when finished, they make a delicious treat to lick off your fingers!

Ingredients:

1-1/2 cup oats  
 3/4 cup peanut butter  
 1/2 cup raisins  
 2 tablespoons honey  
 1/2 teaspoon vanilla  
 Shake of cinnamon

Directions:

Mix all the ingredients together with a fork. Roll mixture into small balls. Place in fridge until chilled. Enjoy! Leftovers can easily be frozen and unthawed.

### "Buckeyes"

(chocolate covered peanut butter balls): Another treat for peanut butter lovers everywhere is the Buckeye! (Wait, the what...?) Also known as a chocolate covered peanut butter ball, but lovingly coined "the buckeye" in Ohio since people make them to look like the famous state nut. My recipe is from a friend and adds a bit of crunch with graham crackers - it's the best buckeye recipe I've found yet!

Ingredients:

2 bags milk chocolate chips (11.5 oz)  
 4 cups crushed graham crackers  
 4 sticks butter (melted)  
 2 lbs powdered sugar  
 24 oz peanut butter  
 parafin wax (not very much)  
 toothpicks  
 wax paper

Directions:

Melt butter. Add peanut butter, sugar, and graham crackers. Mix well. Form into balls and put on wax paper. Chill for one hour in fridge or freezer.

In a double boiler, melt wax and add chocolate. Melt slowly. Stir often. Remove from heat and dip balls using toothpick. Set to dry on wax paper.

If you're looking for other snack ball options, then you should check out this post from *Good Housekeeping* that has 45 different protein snack balls. I plan on trying the *S'Mores Protein Ball*, but omitting the whey protein powder. My niece will taste it... she can taste everything.

<https://www.goodhousekeeping.com/food-recipes/healthy/g4892/protein-ball-recipes/>

Another recipe to try is this banana ball recipe from *Valentina's Simply Good Food*. It has only three ingredients: bananas, biscuits/cookies, and coconut. I plan to try it with bananas, graham crackers or vanilla wafers, and chocolate flakes or sprinkles.

<https://www.youtube.com/watch?v=I9KdZJUXzmk>

The other recipe I plan on trying is combining these two carrot cake ball recipes to make one more kid-friendly recipe. One relies too much on the flavor of the carrots and doesn't have a binder, so it would probably be too mushy. The other is very.... vegan. Which my picky-eater niece is not. So things like almond/cashew butter and coconut would need to be subbed out for ingredients she likes (peanut butter, icing, etc.)

<https://kidsactivitiesblog.com/61752/bake-carrot-balls>

<https://www.sweetashoney.co/carrot-cake-balls-vegan-no-bake-healthy/>

Do you have any favorite snack ball recipes in your house? ✨