

family eGuide

Volume 12 Issue 13

March 27-April 2, 2020

**FREE
Meals for
Kids in
LISD**

SPECIAL AT HOME ISSUE #2

- 20 Zoos & Aquariums
Live via Web Cams
- Science From Home
- 50 Virtual Field Trips
- At-Home Activities
- Online Exercise Videos
- Storytime At Home

**LEWISVILLE ISD
AT HOME LEARNING PLANS**



familyeguide.com

At Home Fun

We're shifting gears and sharing lots of virtual events and online activities. If you know about something like this that would be of interest to other parents, please **email us** so we can share details with everyone else! For info on the types of events that we include, **CLICK HERE**.



Have fun this week!

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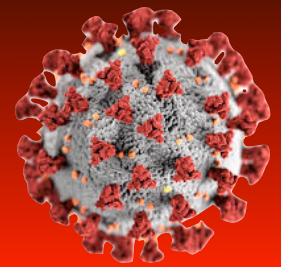
- [50 Free Activities In & Around Flower Mound](#)
- [Boredom Busters: 110 Fun At-Home Activities](#)
- [Community Calendar](#)
- [Coupons](#)
- [Birthday Party Guide](#)
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- [Indoor Play Areas](#)
- [Kids Eat Free and other family meal deals](#)
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TABLE OF CONTENTS

COVID-19

This issue is all about at-home activities, virtual events, and online resources.

Stay safe and healthy!



<u>Lewisville ISD At Home Learning Plans.....</u>	<u>4</u>
<u>Lewisville ISD FREE Meals.....</u>	<u>5</u>
<u>Ft Worth Museum of Science & History Virtual Programming.....</u>	<u>6</u>
<u>Virtual Egg Hunt.....</u>	<u>8</u>
<u>Flower Mound Library.....</u>	<u>9</u>
<u>Lewisville Library.....</u>	<u>10</u>
<u>Green Cleaning During COVID-19.....</u>	<u>12</u>
<u>Take Home Kits from The Flour Shop.....</u>	<u>14</u>
<u>Zoos & Aquariums with WebCams.....</u>	<u>15</u>
<u>110 At Home Boredom Busters.....</u>	<u>15</u>
<u>Online Science Resources for Kids.....</u>	<u>16</u>
<u>Time for Kids - FREE Digital Library.....</u>	<u>16</u>
<u>Netflix Party.....</u>	<u>17</u>
<u>LLELA LIVE on Friday.....</u>	<u>17</u>
<u>Misc Sites for Fun Activities.....</u>	<u>17</u>
<u>FREE Books via Tumble Books Library.....</u>	<u>19</u>
<u>Marlin's Fun at Home Activities.....</u>	<u>19</u>

LISD AT HOME LEARNING PLANS

PRIMROSE SCHOOLS®
.....
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ADVENTURE CLUB**

This summer,
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Experience the excitement of our Summer Adventure Club where imaginations are free to run wild. Get ready for engineering design challenges, discoveries, outdoor exploration and more. It's going to be one epic summer. Fun for ages 5 - 10.*

Learn more at PrimroseSummer.com.

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972.315.9495 | PrimroseOldOrchard.com

Primrose School of NE Flower Mound
972.691.3815 | PrimroseFlowerMound.com

Primrose School of North Lewisville
972.434.4001 | PrimroseNorthLewisville.com

Primrose School of Highland Village
972.317.9332 | PrimroseHighlandVillage.com

Primrose School of Wellington
972.691.9595 | PrimroseWellington.com

Primrose School of Lantana
940.455.2550 | PrimroseLantana.com

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Lewisville ISD At-Home Learning



LISD suspends normal operating procedures through April 3 due to COVID-19, with the possibility of additional closures.

Free Meals for Kids

Free drive-up grab & go meals are available for children age 18 and under. Children must be present to receive meals. No ID required. Visit bit.ly/LISDfreemeals for an interactive map of all locations.

At Home Learning Plans

LISD has also implemented at-home learning in response to COVID-19. Learn more at <https://www.lisd.net/athome>.

Watch for more updates from LISD at <https://lisd.net/covid19>.



**Visit
Family eGuide's
Child Care &
Education Page!**

FREE MEALS

Monday - Friday

Breakfast | 7:30 am - 8:30 am

Lunch | 11:00 am - 12:30 pm

Free drive-up grab & go meals available for children age 18 and under beginning Monday, March 23, 2020. Breakfast and lunch must be picked up within specified time frames. Children must be present to receive meals. No identification required. For any questions, email LISD Child Nutrition Department at cn@lisd.net.

Visit bit.ly/LISDfreemeals for an interactive map of all locations

MILL STREET ELEMENTARY SCHOOL

601 S Mill St., Lewisville, TX 75057 (back entrance)

SOUTHRIDGE ELEMENTARY SCHOOL

495 W, Corporate Dr., Lewisville, TX 75067 (front entrance)

PETERS COLONY ELEMENTARY SCHOOL

5101 Nash Dr., The Colony, TX 75056 (front entrance)

VICKERY ELEMENTARY SCHOOL

3301 Wager Rd., Flower Mound, TX 75028 (front entrance)

POLSER ELEMENTARY SCHOOL

1520 Polser Rd., Carrollton, TX 75010 (front entrance)

DELAY MIDDLE SCHOOL

2103 Savage Ln., Lewisville, TX 75057 (back entrance)

HUFFINES MIDDLE SCHOOL

1440 N Valley Pkwy., Lewisville, TX 75077 (front entrance)

LEWISVILLE HIGH SCHOOL

1098 W Main St., Lewisville, TX 75067 (back entrance)



FORT WORTH MUSEUM GOES VIRTUAL

Fort Worth Museum of Science and History to provide virtual STEAM programming with *Discovery Lab Online*

The Fort Worth Museum of Science and History is closed to the public for now, but will continue to support educators, students, members and families with a wide range of virtual engagements through a new program, Discovery Lab Online.



FORT WORTH MUSEUM
SCIENCE AND HISTORY

The Ft Worth Museum of Science and History has a legacy of leadership in online education through its award-winning Distance Learning program, which has reached over 70,000 students. With the unprecedented and indefinite closure of schools across North Texas and around the nation due to the COVID-19 outbreak, museum staff are committing to providing diverse, high-quality, online STEAM and history-based programs to students and lifelong learners at no cost to our guests.

The Museum will draw on the breadth of its expertise and collections to present state standards-based content in a wide variety of fields, including hands-on art and science, artifact-based science and history, and live animal demonstrations. These programs will be targeted at a variety of ages, providing content appropriate for preschool through middle school audiences. Hands-on activities will draw from supplies many students are likely to have at home, replicating the museum's proven hands-on experiences.

Discovery Lab Online will be accessible through the Museum's YouTube channel, youtube.com/FortWorthMuseum, and will present content daily. Check out our schedule and lesson descriptions on the Museum's social media channels, including [Facebook](#) and [website](#).



One month of progress in just one week.

Our Jump Start Clinics are a quick and easy way to get your kids swim ready or to advance to the next level, while learning how to be safer in and around the water.

WHAT?
5 CONSECUTIVE 30-MINUTE LESSONS,
SAME TIME, SAME INSTRUCTOR,
MONDAY - FRIDAY

WHEN?
MARCH 16 - 20, 2020

Call TODAY
to reserve
your spot!



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12:00pm - 8:30pm

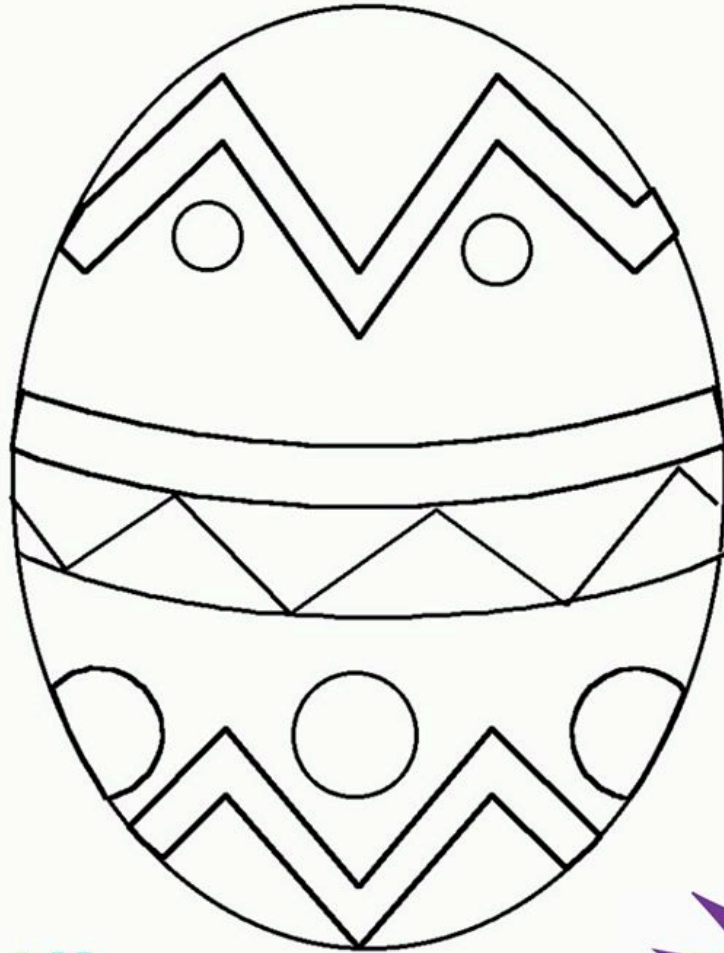


LEWISVILLE

Entrance 6 curbside between
JCPenney & David's Bridal

VIRTUAL EGG HUNT

LEWISVILLE PARKS & RECREATION



**From Lewisville Parks & Rec:
(But really, it could be done in any community)**

This bunny is still a little funny. Time for the EGG SCRAMBLE!

Instructions:

1. Print the "Easter egg" and color to perfection.
2. Tape the paper in a window of your house that faces the street (with the image facing out).
3. Take a walk through your neighborhood and see how many "Easter eggs" you can find.
4. Share your Easter egg to our social media pages! [#PlayLewisville](#).

FLOWER MOUND LIBRARY

Flower Mound Library

Worried about your child's academic progress during the COVID-19 pandemic?

[Tutor.com](https://www.tutor.com) is

free to all
Flower Mound
Public Library



cardholders and connects students with credentialed tutors for chat-based online tutoring. Visit <http://bit.ly/3d2YNCZ> to go directly to the Flower Mound Library account. Then, enter your library card number when prompted.



The link can also be found on the Town's website at <https://www.flower-mound.com/1399/Education>.

Drop-off Playcare!

For Kids 6 weeks to 12 years old

690 Parker Square, Flower Mound • 972-899-9332
Shops at Highland Village, Suite 140 • 972-317-4158
www.AdventureKidsPlaycare.com

Follow Flower Mound Library on FB for ONLINE STORYTIME!

You can enjoy
Wiggly Walkers,
Leaping Learners,
Romp Rhymers
Buzzing

Bumblebees, and -
from the comfort and safety of your home!

Visit their Facebook page for updates:

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



Michaels Stores At Home Activities

CREATIVE FUN FOR
CRAFTY KIDS

Need stay-at-home boredom busters for your little makers? We've got 'em.

Visit <https://www.michaels.com/boredombusters> for videos of fun craft ideas you can do at home!

For your safety,
Spring Break Events are NOW Take Home Kits!
Call the bakery for curbside pickup

6100 Long Prairie Rd. Ste. 200 | Flower Mound, TX | 972-355-3600 | [TheFlourShop.com](https://www.TheFlourShop.com) | [@FlourShopTX](https://www.instagram.com/FlourShopTX)

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Using the Lewisville Library During Our Closure



While the library building is closed due to the public health emergency from the COVID-19 outbreak, there are still ways you can access library resources. Below are steps you can take to ensure easier access to library services, resources, and materials.

During the library closure, library staff are answering phones during the Library's regular hours of operation to answer questions and provide as much assistance as possible. Call the Library at 972.219.3570

Library materials may be placed on hold and picked up and returned via the drive-up window and drive-up book return located off Civic Circle on the west side of the library building. The drive-up window will be open during the Library's regular hours of operation each day.

LIBRARY HOURS

Mon-Thu 10 a.m. - 9 p.m.
Fri-Sat 11 a.m. - 5 p.m.
Sunday 1-5 p.m.

Placing Holds & Picking Up Materials

- Lewisville library cardholders may place holds on books, CDs, DVDs, Blu-rays, audiobooks, Playaways, and Wi-Fi Hotspots for pickup at the library's drive-up window.

LEWISVILLE LIBRARY

- Items NOT available for checkout at this time include STEM kits, Binge Boxes, Maker Kits, Storytime Backpacks, and other kits.
- All items will check out for their normal borrowing period. Patrons are expected to return items by the due date. Late fines and fees still apply.
- Cardholders may place an item on hold via the Library's online catalog, Bookmyne app (available on Google Play or the Apple App Store), or by calling the Library at 972.219.3570.
- Visit the Library's online catalog to search for and place holds on materials. You will need your Lewisville library card number and PIN to place a hold online.
- Wait to come to visit the Library drive-up window until after you have received a notification via email or phone alerting you that your item is ready to be picked up, or until after you have accessed your library account online and see that the item is available for pick-up.



Online Options:

With your library card, you can read free eBooks, magazines, and comics! You can also listen to eAudiobooks and music, and watch movies! Since these are all digital, there are no late fees, ever! (Once the item is due, it's automatically taken off your device.)

Download these apps in your App Store.
Call us if you have questions:
972.219.3570

<https://library.cityoflewisville.com/digital-.../ebooks-media>



Sign up your kids ages 5-12 for a summer of fun!

Registration opens April 1 for residents
and April 15 for non-residents.



cityofcarrollton.com/signupnow

Camp Wonder operates with a state-approved licensing exemption and follows City Council approved Standards of Care.



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Facebook**

**Does your child suffer from
digestive issues or headaches?**

**Find NATURAL RELIEF through chiropractic,
massage, and nutritional support**

Michelle Martz, DC, CCN



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(972) 317-9355 • trinitywellnesscenter.com

GREEN CLEANING DURING COVID-19

How to Clean with Green Products During COVID-19



<https://abc57.com/news/how-to-clean-with-green-products-during-the-coronavirus-outbreak>

As families work to clean their homes to protect themselves from the coronavirus, a Michiana cleaning company says now is a good time for people to consider swapping out some everyday cleaners for less toxic ones.

“Green cleaning is using environmentally friendly products to reduce the use of chemicals in your home,” said Nicole Petty, CEO of Green Clean.

Green Clean is a South Bend based business that started in 2010.

“If you do it, consistently and all the time, then you’re going to become a healthier household,” said Petty.

Petty says there’s about 60 different chemicals in a person’s home.

It’s still being researched, but some studies say the chemicals in household cleaners are possible reasons for adverse health effects on a person’s skin and in their lungs.

“I definitely think it’s becoming more popular,” said Petty. “People want to bring this healthy environment to their children. They want them to eat clean, they want them to, you know, have their environment clean, breathing clean air.”

GREEN CLEANING DURING COVID-19

The CDC recommends people clean and disinfect surfaces to get rid of the coronavirus, COVID-19.

Petty says while it can't be done completely green, it is possible to implement some healthier alternatives. She suggests people start by using a Norwex to clean. It's a microfiber cloth that removes up to 99 percent of bacteria using only water. Petty also recommends Speed Cleaning products.

"I think overall, using environmentally friendly products, you will become a healthier individual, you know for the rest of your life," said Petty. "It's everything that you put into your body. No one thinks of dryer sheets as toxic, but you're putting them into your laundry, you're wearing them on your clothes."

To then kill the virus, Petty explains the EPA only recommends disinfectants, which contain chemicals and toxins not usually used in green cleaning.

However, Green Seal says families can still choose disinfectants with hydrogen peroxide, citric acid, lactic acid, ethyl alcohol, or isopropyl alcohol, which they say are chemicals known to be less hazardous and don't cause allergic reactions or asthma.

"Just the simple steps, there's a mattress spray, you can spray down your mattress and keep that free of dust mites and things like that. And again, keeping your children safe. They're walking on your floors, touching your surfaces, but again I feel like it would improve the quality of life and keep your family healthy."

To contact Green Clean, click [here](#).



A few simple ideas for fun activities you can do with your family:

- Dig out the tent and set it up in your backyard. Have a campout, complete with weenie roast, scary stories around a fire, and s'mores.
- Take a long walk after dinner or a family bike ride. It's a great way to exercise and spend time together at the same time.
- Find an abandoned parking lot and practice driving. Whether your kids are 5 and sit on your lap (while you control the gas and brake), or your kids are teens, practicing for an upcoming driving test, they'll love the opportunity to get behind the wheel.

How are you spending this extra time with your family? [Email us](#) ideas that we can share.



TAKE HOME KITS FROM THE FLOUR SHOP

Please note, for your safety, we have cancelled our in store Spring Break events but we are offering
SPRING BREAK TAKE HOME KITS



DECORATING KITS:

Cupcakes

4- \$20, includes 4 cupcakes, icing, sprinkles, and instructions.

6- \$30, includes 6 cupcakes, icing, sprinkles, and instructions.

Cake Pops

6- \$20, includes cake, icing, sticks, chocolate, sprinkles, and instructions.

12- \$40, includes cake, icing, sticks, chocolate, sprinkles, and instructions.

Cookies

6- \$22.50, includes un-iced sugar cookies, icing, sprinkles, and instructions.

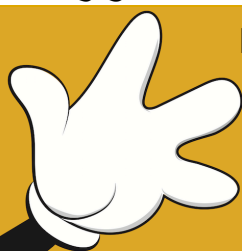
12- \$45, includes un-iced sugar cookies, icing, sprinkles, and instructions.

If you use a decorating kit, please take pictures and tag us (@flourshoptx) on social media so we can see all the desserts you create!

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WEBCAMS AT ZOOS AND AQUARIUMS

WebCams at Zoos & Aquariums

There are many zoos and aquariums that offer live feeds of a variety of animals and sea creatures. Learn about their habits, watch them being fed, and enjoy their interaction with each other.



Aquarium of the Pacific:

Penguin, shark, jellyfish, tropical reef cams, and more.

Atlanta Zoo:

Check out the PandaCam

Cincinnati Zoo:

Home Safari Facebook Live event daily at 2pm

EarthCam:

Offers a variety of animal cams from across the country and around the world.

ElPaso Zoo:

Offers webcams of meerkats, orangutans, giraffe, siamangs, and sea lions.

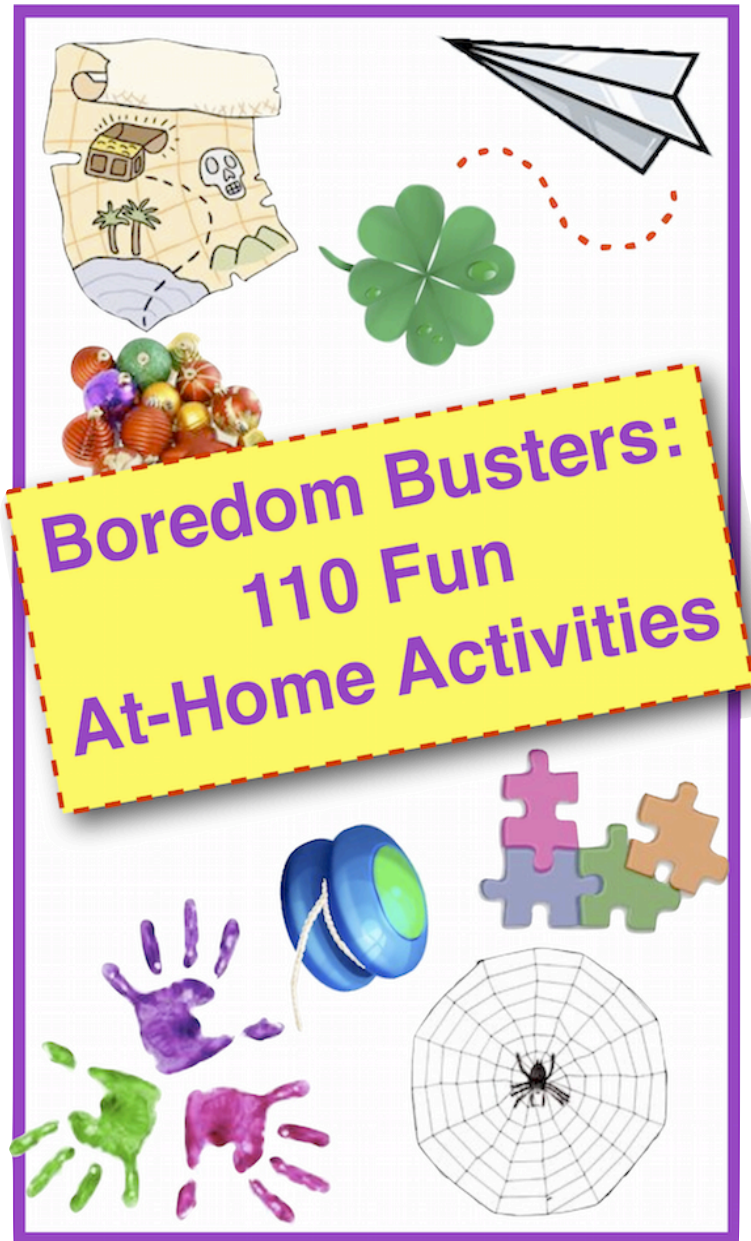
Explore.org:

Offers 96 live feeds including some adorable bear cubs:)

International Wolf Center:

Live wolf cams

[Get the full list of Zoos & Aquariums that offer LIVE webcams HERE...](#)



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**Monday-Friday
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SCIENCE RESOURCES FOR KIDS

25 Free Science Resources for Kids

Get your kids thinking with these science resources for kids. The following are either totally free or offer free trial periods.



[American Chemistry Society:](#)

High school chemistry topics

[Ask Dr. Universe:](#)

Based out of Washington State University, Dr. Universe teams up with professors, researchers, and experts in the field, to tackle big questions like: What is fire? Why does soda fizz? And why is the ocean salty?

[Backpack Sciences:](#)

Hands on elementary science videos

[Biology Simulations:](#)

Learn about biology and practice data analysis skills

[Brain Pop:](#)

Engaging learning games, animated movies, and activities designed to encourage kids on their unique learning paths.

[Club SciKidz:](#)

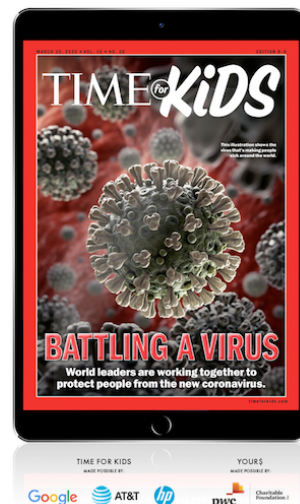
Daily science or cooking experiments.

[Get the full list of 25 Science Resources HERE...](#)

Time for Kids Digital Library FREE for the Rest of the School Year

As the world asks more of families and teachers, TIME for Kids salutes you, and we're here to support you! TIME for Kids is in the unique position to help kids understand this unprecedented moment.

[CLICK HERE](#) for free access to a library of four grade-specific digital editions of TIME for Kids and your \$ financial literacy magazine.



VETRO

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www.VetroArtGlass.com

Looking for something unique to do?

Check our calendar for upcoming help-create events!



Event Registration Required

701 S. Main Street Ste. 103 Grapevine, TX 76051
www.VetroArtGlass.com 817.251.1668

FUN SITES FOR CRAFTS, ACTIVITIES, ETC.

Some of our favorite sites for kids' activities:

All Kids Network:

Crafts, activities, mazes, etc.

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

Highlights Kids:

Fun games, recipes, crafts, activities

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

Jigsaw Explorer:

Jigsaw Puzzles Online

<https://www.jigsawexplorer.com>

Kids Activities Blog:

Fun activities for kids.

<https://kidsactivitiesblog.com/>

PBS Kids:

Play with fave characters and learn too

<https://pbskids.org/>

Seussville:

Read, play games, and hang out with Dr. Seuss

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

LLELA is Offering Science Friday LIVE

Going stir crazy with your little scientist?

Fire up your mobile device and join us for

a live stream of Lewisville Lake Environmental Learning Area's exploration of Earth Science right in our backyards



Details at <https://www.facebook.com/events/2890719227653985/>

A new way to watch Netflix together

Netflix Party is a new way to watch Netflix with your

friends online. Netflix Party synchronizes video playback and adds group chat to your favorite Netflix shows.

Join over 1,000,000 people and use Netflix Party to link up with friends and host long distance movie nights and TV watch parties today!

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

**ONLY available on Chrome browsers on desktop or laptop computers.*

NETFLIX PARTY

Watch Netflix in sync with friends

CATCH THE WAVE OF YEAR-ROUND SWIM LESSONS

SCHEDULE YOUR FREE IN-WATER EVALUATION

AQUA-TOTS SWIM SCHOOLS

FLOWER MOUND • 214-396-7900 • aqua-tots.com
6060 Long Prairie Rd. Ste. 100, Flower Mound, TX 75028

ONLINE WORKOUTS & VIRTUAL FIELD TRIPS

12 Free Online Exercise Resources for Kids

Dance, Yoga, Conditioning, and more!



20 Online

The videos are save and effective for kids of all ages.

BalletNova:

Free conditioning classes for kids and adults

BeachBody:

Beachbody is offering free kids workouts!

Cosmic Kids:

Yoga for Kids

Fitness Blenders:

Free 25-minute fitness videos for kids

Fluency & Fitness:

Helping students exercise their brains and bodies. Recommended for ages 4-8.

Group Hiit:

Short, fun workouts to burn energy and increase strength.

GoNoodle:

Movement and mindfulness videos

[Get the full list of 12 Exercise Resources for Kids HERE...](#)

Virtual Field Trips:

Museums:

These 12 famous museums offer virtual tours you can take from your couch.



National Parks:

Take a virtual tour of 12 of our greatest National Parks

Farms:

11 virtual tours of farms from pigs and cows, to apples and eggs.

Great Wall of China:

Virtual tour of the Great Wall of China.

Mars:

Explore the surface of Mars on the Curiosity Rover.

[Get the full list of virtual field trips HERE...](#)




X-RAY GOGGLES




Fun!



invent



SPARK
IMAGINATION
THROUGH STEM

1,800+
LOCATIONS
NATIONWIDE

Secure your spot and save today at invent.org/save!

FREE TUMBLEBOOKS & MARLIN'S AT HOME FUN

ACT The Actors Conservatory Theatre

REGISTER FOR SUMMER CAMPS 2020!

JOURNEY OF THE NOBLE GNARLE
JUNE 22-28

Disney CAMP ROCK THE MUSICAL
JUNE 13-19

Disney CAMP ROCK THE MUSICAL
JUNE 29-JULY 3, JULY 6-12

The GRUNCH
A New Children's Musical
JULY 20-24, JULY 27-AUG. 2

For more info and tickets, visit GetIntoTheACT.org
359 Lake Park Road, Suite 118, Lewisville, TX 75057

FREE Books via Tumble Books Library



Tumble Book has a bunch of books that you can access online for FREE! These books are read aloud to kids through a video. Books also highlight text as they're reading, so little ones can follow along.

[Use this link to access >](#)

THE CROSS TIMBERS GAZETTE

Local LIVES Here

Serving southern Denton County since 1979

Marlin's Fun at Home Activities

Billy The Marlin has hit a home run, with a new activity zone – Marlins.com/HomeFun – where kids can visit for



fun at home activities. With additional activities to be added soon, Billy's Activity Zone will keep kids engaged with a variety of fun and educational options.

Here is the initial list of activities available now at Marlins.com/HomeFun:

- Coloring Pages
- Word Searches
- Player Development Tips
- Youth Baseball and Softball Toolkit -- The Miami Marlins Youth Baseball and Softball Toolkit is a great resource for players, coaches and parents, and features a welcome letter from Marlins player Brian Anderson.
- Fun At Bat -- Fun At Bat is an entry-level bat and ball program for kids, launched by USA Baseball, with an emphasis on character development, functional movement, active play, and fun. The program is locally supported by Florida Blue and the Miami Marlins Foundation.

Marlins.com/HomeFun is live now and will be continuously updated with additional activities.



**For free stuff,
coupons, and ways
to save money visit
MyDFWMommy**

The best compliment you can give is a referral. Tell your family & friends about [FamilyGuide!](#)

SECONDS COUNT.

9-1-1

STAY ON THE LINE.

TIPS FOR CALLING 9-1-1

- If possible, get to a safe location before dialing. If you are calling to report a fire, exit the burning structure before calling.
- Try to stay calm; speak clearly.
- State your address, or describe your location as completely as possible using cross streets or landmarks.
- State what help you need: police, fire or EMS/ambulance.
- Answer all questions.
- Stay on the line – do not hang up until the operator says it's OK.

FOR MORE TIPS AND INFORMATION ON
DIALING 9-1-1, VISIT WWW.DENCO.ORG/9-1-1

