



Universal PreK (UPK) Café

June 26, 2020 – Issue 34

Yay for summer weather! The Agency of Education Early Education Team's **UPK Café** is continuing through the summer with a variety of research and evidence-based resources, hot topics, news items and professional articles relevant to your daily work and practice as an Early Childhood Educator and Early Childhood Special Educator. We will be spending the next few weeks sharing some fun summertime activities that you can share with families in newsletters, home visits, playgroups...the list goes on! And as always, we welcome you to share some of your favorite warm weather activities that can be added to the next few issues summer UPK Café. We love to see what you are doing!

Once again, THANK YOU for the work you do with Vermont's children! Please take a moment or two for yourself and enjoy the wonderful summer – it's your turn to go run through a sprinkler!

Star Gazing! Stay up late and try to find constellations! Warm summer nights are the perfect time to enjoy outside activities! Download a [children's stargazing app](#) onto your phone so that your kids can start investigating the sky before the sun goes down. Pack some pillows, soft blankets, stuffed animals, and any other bedtime comforts along with a snack or two and head out to your backyard or an open field for a night sky odyssey! Can you identify a constellation? Compare the size of some stars to others – and are those all stars? Be ready to do further exploration when you return home – you may have more night sky investigating to get ready for!

Spreading Kindness! [The Kindness Rocks Project](#) is a fun and easy way to spread kindness in your community. The latest (and maybe the sweetest) craze to sweep the country has artists of all ages spreading happy thoughts by way of painted rocks. With some paint and imagination, you and your family and friends can create something inspiring or cheerful on a rock and leave it for someone else to find. You can leave artistic messages along a local walking path and around your neighborhood to share your kindness with others!

I spy with my little eye... This game is a great addition to afternoons outside. You can play it by "spying" something that is a certain color ("I spy something purple") or by spying something that starts with a specific letter ("I spy something that starts with the letter B"). Use real or make binoculars out of toilet paper cardboard rolls and try to spot

things at a certain distance away. Look at the clouds and find shapes and animals there too! So many things to spy!

Vermont PBS Scheduling Information Week of 6/29

This is the [Vermont PBS Week-Ahead Program Schedule](#) for the week of June 29, 2020. For the summer months, the schedule is focused on two channels. Please pass this information along to families.

But Why Live: Music with Mr. Chris

On Friday, June 26 at 1 p.m., enjoy music with [Mister Chris](#). Children can explore music and write a song with Chris Dorman and other musicians. Get your instruments ready to play or sing along and send VPR your music! Kids can send their questions ahead of time to questions@vpr.org, or call in at 1-800-639-2211 while the program is live. Listen to VPR [on-air in Vermont](#) or listen to our [live stream](#) from anywhere in the world. Supplemental resources are also available on the [AOE VPR webpage](#).

Summer Reading

- *Vroom!* Written and Illustrated by Barbara McClintock
- *I Walk with Vanessa: A Story About a Simple Act of Kindness*
Written and Illustrated by Kerascoë
- *Saturday Is Swimming Day* Written and Illustrated by Hyewon Yum
- *Summer Supper* Written by Rubin Pfeffer, Illustrated by Mike Austin
- *All Kinds of People* Written by Shelley Rotner, Photographs by Sheila M. Kelly
- *Bigmama's* Written and Illustrated by Donald Crews
- *What We See in the Stars: An Illustrated Tour of the Night Sky*
Written and Illustrated by Kelsey Oseid
- *Zoo in the Sky: A Book of Animal Constellations*
Written by Jacqueline Mitton and Illustrated by Christina Balit

Again, thank you for all the work that you do and for your continued work supporting Vermont's young children and families.

If you have received this issue from a coworker and would like to be placed on the UPK Café listserv, please email Leslie at leslie.freedman@vermont.gov.

Be well and stay healthy!

The Early Education Team