



SUMMER-FALL-WINTER-SPRING FAMILY PLAY PLANS

Busy families often find it hard to set aside time for play, especially with the distraction of screens and technology.

TRUCE offers some seasonal, screen-free ideas to inspire your whole family — whatever their ages — to play together.



WINTER FAMILY PLAY PLAN

Turn off the Screen & Turn on the SOCKS

Everyday objects like socks can offer endless opportunities for family playtime.

Every household has several pairs of socks. These can be used to create ideas for family playtime.

As families play together, children learn skills like cooperation, turn taking, and problem-solving. And, of course, it's just plain fun for everyone.

Watch children as they play. This can help you figure out what they are working on and can help you know what to say and do.

You can add to the play by talking about what is happening: "I see that you have matched the socks by their colors." "That gray sock belongs to you and this one belongs to me—how can we tell if they are both the same color?" "We made a mouth for your sock puppet. What else should we put on it?" "Can you guess how many socks will it take to make a jump rope big enough for you? "

PLAY VALUE—PRICE VALUE

Games and projects that use simple, everyday socks can offer a deeper, more creative play experience for children than many of the expensive, one-purpose toys sold today.



IDEAS FOR WINTERTIME FAMILY PLAY WITH SOCKS

GAMES WITH SOCKS



- **Sock Beanbags.** Fill a sock with uncooked beans or rice. Tie a knot at the top. Throw the bean bags at targets you make.
- **Sock Volleyball.** Make a net, using socks tied together. Make a shuttlecock with a ball in a sock with a sock tail. Hit the ball with the palm of your hand. Younger kids can catch and throw the shuttlecock.
- **Match the Socks Game.** Put several (10-20) pairs of socks, mixed up in a pile. See who has the most pairs of matched socks. Younger kids get more time, depending on their age.
- **Sock Touch.** Fill several socks with everyday items, such as a toothbrush, pencil, coin, comb, button, crayon, toy car, etc. Players name the item by feeling it from the outside. Younger children can put their hands into the sock to touch.
- **Jump Rope.** Make a jump rope by tying several socks together.



SOCK ART



- **Sock Puppets** are an all-time favorite! Create simple ones, poking in for the mouth and adding eyes with markers or gluing on googly eyes. Or make more elaborate sock puppets, using felt pieces, yarn, fabric scraps, ribbons, or whatever else you have handy.
- **Creations with Socks.** Color with chalk on white paper and then use socks to smear the chalk, creating an interesting piece of art.
- **Sock Erasures.** Use socks as an erasure on chalk board or white board surfaces.



WHAT DO THE EXPERTS SAY?

The seemingly simple process of sorting by color and shape is the foundation for living in a mathematical world. Sorting by color and shape prepares your child for the future application of these skills in making graphs or searching for a book at the library. It's a perfect example of how children (and adults!) use color as a means for defining and organizing the world.

- Ellen Booth Church, Scholastic

MATH FUN WITH SOCKS

Sorting Laundry. Yes, asking your child to help you sort the laundry is an early math game! Toddlers can help sort laundry by color or type of clothes (socks in one pile, underwear in another). Older children can sort by color, garment type, and owner (Mom's pile, Dad's pile, brother's pile, etc.).



GET PHYSICAL WITH SOCKS

- **Sock Hop.** Turn on some music, take off your shoes, and dance together in your socks!
- **Sock Skating.** Find a **smooth** surface (preferably not a wooden floor) and skate away.

TRUCE FAMILY PLAY TIP

Develop a family screen turn off ritual. Here are some ideas:



- Count all the screens that are on as you turn them off.
- See if you can turn off all the screens in a minute or less.
- Have a bin or basket where you put all portable screens during family play time.