










Activities for School Age Children

March 30, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Code Makers and Breakers: Kids explore alphabet letters, words, and metric measurements with colorful Code Makers and Breakers. Your whole family can create coded messages to decipher.</p> <p>Supplies: Construction Paper, markers, scissors, ruler</p>  <p>Steps:</p> <ol style="list-style-type: none"> To make the code maker, use scissors to cut a rectangle about 3 inches by 7 1/2 inches from recycled cereal box cardboard. Fold the rectangle in half so the long ends meet. Snip into the fold at 1 inch from each end. Unfold. Cut into each snip to make a 1 1/2 inch opening centered and running parallel to each short end. To make the code breaker, 9 inches by 1 1/2 inch piece of construction paper to fit in the code maker's slots. Trim the sides of the code breaker so it will glide easily when you put it into the code maker. Use markers to mark 1/2 inch spaces to the right and left of the code maker. Write A through M to the left and N through Z to the right in the spaces. Write the code letters on the code breaker strip so they line up with your code maker alphabet. You can make several codes by sliding the code breaker up so each letter is aligned with a different letter. Write the top two letters that disappear in the new spaces at the bottom. Mark lines on the construction paper strip at the top to show how to line up the letters for the particular message you are sending, then be sure to tell the message's recipient at which line to arrange the code breaker. 	<p>Tape Town</p> <p>Materials:</p> <p>Painters tape, blocks of your choice, toy cars, toy people & animals</p> <p>Directions:</p> <p>Use painter's tape to create "roads" on the floor of the living room, then grab blocks to build houses and make your own town.</p> 	<p>Calm down jars</p> <p>These are great to help with self-regulation skills. Designed to soothe and relax, the swirling patterns created by glitter in these homemade calm down jars.</p> <p>Just give them a good shake, then watch until the glitter settles in the bottom of the jar to refocus and refresh an overwhelmed mind.</p> <p>Directions:</p> <ol style="list-style-type: none"> Add warm water to your jar or bottle until it reaches around a third of the way up. Add the glitter glue and stir until it is combined with the water. Add a few drops of food colouring and stir. You can add more or less depending on your preferred shade, but remember not to add too much or the mixture will become very dark and it will become hard to see the glitter. Pour in the glitter! You can use more or less than suggested, or go for a mix of chunky and fine glitter to give more texture to your jar. Stir well until combined with the existing mixture. Top up your jar with the rest of the warm water, until it is almost full. Leave a little gap at the top of the jar to allow the mixture to move. 	<p>Hallway Laser Maze: Use ribbon or party streamers and tape on the wall. Create a maze, then children must go through without ripping the ribbon. You can also use string if you do not have any ribbon.</p> <p>This can be done in any space. You can add music, use a timer how fast can you complete the maze. You can make this as challenging for your child as you want.</p> 	<p>Shrinky Dinks</p> <p>Supplies: scissors, Sharpie permanent markers (or any other kind), a small sheet of aluminum foil, recycled plastic that has the "6" sign.</p> <p>Directions:</p> <p>Trim excess so you have one flat sheet of your plastic container and have your child make their drawing on the plastic. You can tape it to your computer monitor if your child is not a confident drawer to trace any characters or patterns.</p> <p>Once drawn you cut and measure your picture (this one is 7 cm long). If you're making a charm or pendant now is a good time to punch a hole in the top.</p>  <p>Simply place the SHRINKY DINKS piece you created into an oven or toaster oven for two minutes. Watch as your creation gets smaller and smaller.</p>  <p>It's "MAGICAL" and it's so quick and easy to do!</p> 

While we make every effort to create safe and engaging activities for children, please be mindful of the type and size of materials you provide your child. Supervision is still required for all the activities and children should not be left unattended during these activities.

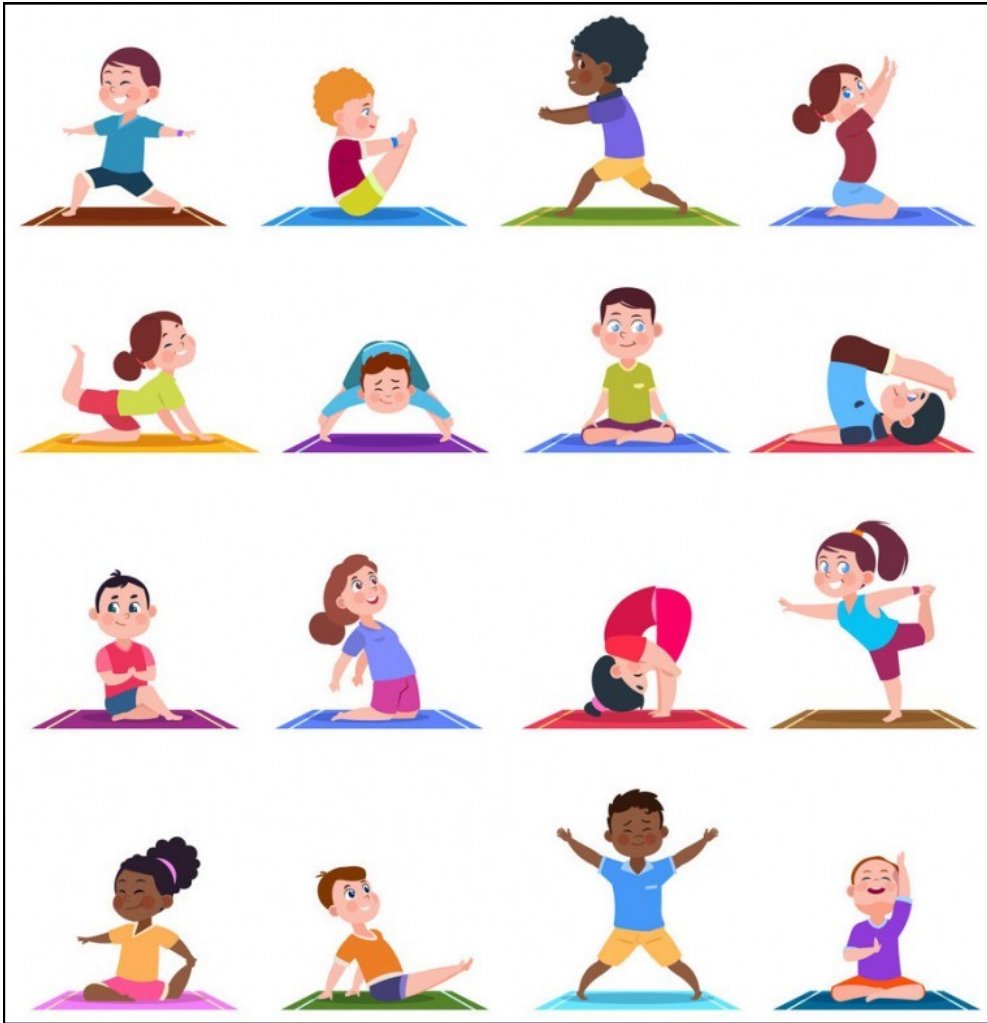


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CALMING

Yoga and mindfulness is a great way for your child to calm and refocus themselves. Try any of these poses below. Once you have completed yoga have your child mediate for 10– 15 minutes to regroup and relax.



THINGS TO DO TOGETHER

Lego Challenge. There are many Lego challenges you can do, for example, what can you create in just five minutes? Can you build a house using only long blocks, can you build a car in 3 minutes, etc...

Pick a random item in the house, and challenge each other to create a funny, TV-style infomercial to convince each other to buy it. Pretend this object is new on the market and no one has ever heard of it. It's fun to try to "sell" a sticky note, a pair of headphones or a toaster.

Take something apart, like an old appliance or electronic device (clock, remote control, etc.), and figure out how it works. Bonus: Try to put it back together!

Choose a theme (like pirates or cowgirls) and do your around-the-house chores in character. Get imaginative! For example, pirates doing laundry would probably check the pockets for treasure.

Play the Movement Chain game. You'll need at least two players for this game. The first person begins by performing a movement (jumping in place or anything else they come up with). The next person has to perform that movement and add on one of their own, forming the movement chain. The next person must do the two original movements and add on one of their own. You continue this until the movement chain is broken (someone forgets a move) and that person is out. The last person standing wins!

Go on a neighbourhood scavenger hunt walk. Make a list of things you think that you might see before going out and see how many you actually find while out exploring.

If you have board games that are missing pieces have your child use the incomplete games to make new games. See what they come up with! They can make new parts for the games to be complete or create a whole new board game and remember to write down the new rules of the game.