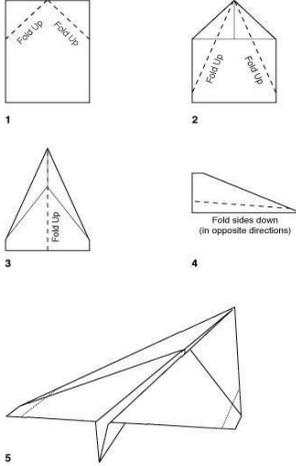




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>Bullying Discussion</b></p> <p>Find a moment to talk with your child about “bullying”. Ask your child how they feel about bullying and have them write down their ideas.</p> <p><u>Discussion:</u></p> <ul style="list-style-type: none"> <li>• What is bullying?</li> <li>• How can bullying be prevented?</li> <li>• Who can you speak to about it?</li> </ul> <p><u>Directions:</u> List on paper (positive and negative) comments they have received from friends and other people in their lives. Help your child write down five positive self-talk sentences that they will practice in their daily life.</p>  <p>For more information about bullying visit: The Ministry of Education resource: <i>Bullying-We Can All Help Stop It</i> <a href="http://www.edu.gov.on.ca/eng/multi/english/bullyingen.pdf">http://www.edu.gov.on.ca/eng/multi/english/bullyingen.pdf</a></p> <p>Kids Help Phone at: <a href="https://kidshelpphone.ca/topic/bullying-abuse/bullying/">https://kidshelpphone.ca/topic/bullying-abuse/bullying/</a></p>	<p align="center"><b>Clear Out Day</b></p> <p><u>Materials:</u></p> <ol style="list-style-type: none"> <li>1. 3 large plastic bins or boxes</li> <li>2. markers</li> <li>3. camera to take before and after photos</li> </ol> <p><u>Directions:</u> Label each bin as follows: Bin #1 - Things to Throw Out Bin #2 – Things to Donate Bin #3 – Things to Keep</p> <p>Have your child sort the items from their drawers, toy bin or closets according to the labels on the bins. You may need to be very creative in supporting your child to get rid of things they no longer need.</p> 	<p align="center"><b>Personal Challenge</b></p> <p><u>Materials:</u></p> <ol style="list-style-type: none"> <li>1. calendar</li> <li>2. marker</li> </ol> <p><u>Directions:</u> Be creative and encourage your child to challenge themselves daily by writing at least one goal onto a calendar or in a journal book. Have your child check off each day they complete a challenge. Consider doing the challenge with them!</p> <p><u>Some examples of challenges:</u></p> <ul style="list-style-type: none"> <li>• Give up your favourite food for one week</li> <li>• Do 50 jumping jacks per day</li> <li>• Do 20 push-ups per day</li> <li>• No screen time for one day</li> </ul> 	<p align="center"><b>It's Story Time</b></p> <p>Step 1: <i>Think of an idea.</i> You can write a story based on real-life experiences, such as your child's first day of school or losing their first tooth.</p> <p>Step 2: Ask your child to <u>create a character(s) and a setting.</u></p> <p>Step 3: Ask your child to expand on their story idea and set the opening scene for <u>the beginning.</u></p> <p>Step 4: A story usually has <u>a conflict.</u> Encourage your child to create one for their story. Maybe even introduce a new character!</p> <p>Step 5: The <u>turning point</u> is usually the middle of the story. It's a time when a character discovers something that can change the whole story.</p> <p>Step 6: Ask your child how the conflict in their story plays out and that there is a <u>meaningful resolution.</u></p> <p>Step 7: What happened to the character once their conflict resolved? What was <u>the end?</u></p> 	<p align="center"><b><u>Paper Planes, Speed and Aerodynamics</u></b></p> <p><u>Materials:</u> paper (various types if you have), if the plane is unfolding then you may need tape, glue or a stapler</p> <p>The idea is to test different styles of paper planes, predicting which one will be faster, fly straighter, how it is thrown.</p> <p><i>You may need a tape measure, to measure the distances where the paper planes land.</i></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.*