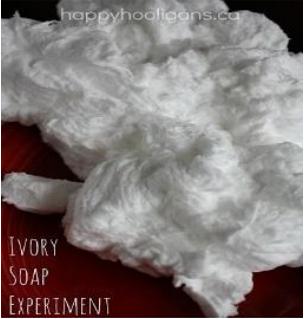




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b><u>Germs and Handwashing</u></b></p>  <p><i>Materials:</i> Black pepper, water, bowl and soap</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> <li>1. Sprinkle pepper onto the surface of the water. The pepper in this case represents germs.</li> <li>2. Tell your child to dip their hands in the mixture (they'll notice nothing will happen).</li> <li>3. Repeat the same step but this time with soap on their fingers.</li> </ol> <p><i>This activity will promote inquiries and observation skills in children</i></p>	<p align="center"><b><u>Maze Project</u></b></p>  <p><i>Materials:</i> straws, cardboard, glue and a little ball or marble</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> <li>1. Cut the straws into various lengths. 2. Then glue the straws to the cardboard creating various pathways as you'll find in a real maze with a start and finish path. (Depending on your children's age you can increase the difficulty level.)</li> </ol> <p><i>This particular activity is great for fine motor skills and helps children to focus attention as they try to maneuver the ball from start to finish without dropping it.</i></p>	<p align="center"><b><u>Scavenger Hunt Activity</u></b></p>  <p><i>Materials:</i> sticky notes and a few other materials from around your home that your child can search for (e.g., pair of socks, toys, spoon)</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> <li>1. Use the sticky notes to write and create clues that will help your child figure out where to look for the hidden objects. For example, "I'm under something white and soft".</li> </ol> <p><i>This activity will stimulate their brains, and encourage children to think logically and also get them physically moving.</i></p>	<p align="center"><b><u>Healthy Pinwheel Sandwich</u></b></p>  <p><i>Ingredients:</i> bread, carrot, cucumbers, cream cheese or other desired spread, rolling pin</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> <li>1. Get a slice of bread and cut the edges.</li> <li>2. Flatten the bread using a rolling pin,</li> <li>3. Spread cream cheese (or other spread), add grated carrot and sliced cucumbers.</li> <li>4. Roll it up and slice into smaller pieces.</li> <li>5. Enjoy the delicious meal!</li> </ol> <p><i>You child can assist in this activity or make the meal on their own with adult supervision.</i></p>	<p align="center"><b><u>Memory Time Capsule</u></b></p>  <p align="center"><i>What is a time capsule?</i></p> <p>A time capsule is a container that holds our personal items, such as clothes, photos, newspapers, letters, puppet, or anything that reflects our interests. It's usually hidden away either indoor or outdoor. You can open it after one year, five, or even longer if you wish.</p> <p><i>Item ideas for the time capsule:</i></p> <ul style="list-style-type: none"> <li>- a letter to your older self</li> <li>- newspaper front page headlines</li> <li>- family photo</li> <li>- artwork</li> <li>- money or coins</li> <li>- toys</li> </ul> <p><i>You can be creative and brainstorm items that you think will be memorable for you and your child.</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.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b><u>Expanding Ivory Soap</u></b></p>  <p><i>Materials:</i> bar of Ivory soap, microwaveable plate, microwave</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> <li>1. Unwrap bar of soap, place bar of soap on a microwavable plate.</li> <li>2. Place your plate of soap in the microwave. Heat the soap in the microwave on high for 1 - 2 minutes. <i>*You can't overcook your ivory soap, but it will eventually reach a point where it stops expanding.</i></li> <li>3. When the microwave stops, remove the soap and examine it. <b>CAUTION!</b> The plate and soap will be quite hot after being removed from microwave.</li> </ol> <p><i>Science helps children develop key life skills, allowing them to remain focused and even form their own opinions based on observations.</i></p>	<p align="center"><b><u>Tissue Paper Stain Glass Art</u></b></p>  <p><i>Materials:</i> coloured tissue paper, watered down glue</p> <p><i>Directions:</i></p> <ol style="list-style-type: none"> <li>1. Tear tissue paper into variety of pieces.</li> <li>2. Brush liquid starch on waxed paper.</li> <li>3. Place coloured tissue paper on wax paper until it's completely covered.</li> <li>4. Let it dry, display stain glass art in window.</li> </ol> <p><i>Art helps young children navigate their emotions and are less likely to experience depression and anxiety.</i></p>	<p align="center"><b><u>Home-made Oven Fries</u></b></p>  <p><i>Ingredients (serves 4):</i></p> <ul style="list-style-type: none"> <li>- 1lb of potatoes (peeled)</li> <li>- 2 tbsp of sunflower oil</li> <li>- salt and pepper</li> <li>- ketchup &amp; mayonnaise to serve (optional)</li> </ul> <p><i>Directions:</i></p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 200c / 400f</li> <li>2. Cut the potatoes into thick, even sized fries.</li> <li>3. Rinse them under cold running water, then dry well on clean towel.</li> <li>4. Put in a bowl, add oil and toss together until thoroughly coated.</li> <li>5. Spread the fries on a baking sheet and cook in the pre-heated oven for 40 to 45 minutes, turning once until golden.</li> <li>6. Add salt and pepper to taste and serve hot with ketchup and mayonnaise if desired.</li> </ol> <p><i>Cooking with young children increases math ability, improves reading skills while teaching life skills.</i></p>	<p align="center"><b><u>Animal Yoga</u></b></p>  <p><i>Materials:</i> open space, yoga mat, calming/relaxing music</p> <p><i>Directions:</i> Visit Yoga for Kids on <a href="http://www.youtube.com">www.youtube.com</a> and search STORYHIVE</p> <p><i>Gross motor with young children increases muscular strength, hand eye coordination, body awareness, attention and concentration.</i></p>	<p align="center"><b><u>Heads Up</u></b></p>  <p><i>Directions:</i></p> <ol style="list-style-type: none"> <li>1. Go to the app store on your phone or tablet search for the game HEADS UP, then download</li> <li>2. After the app has been downloaded and installed, tap on the icon to open up the program.</li> <li>3. Form into teams of two (if more than two people are playing).</li> <li>3. Choose a deck (in Heads Up there are a variety of subjects you can choose from).</li> <li>4. Once you tap the deck you want to play place the phone/tablet on your forehead facing your teammate.</li> <li>5. Your teammate will see words and try to provide clues without saying the word directly. If you get the word correct tilt the phone down, if you get the word incorrect tilt the phone up.</li> <li>6. Continue guessing until time runs out (you have 60 seconds to guess).</li> <li>7. Whoever scores the most points at the end of the round wins.</li> </ol> <p><i>Family time offers benefits like creating a stronger emotional bond, building confidence, as well as memories built on fun and laughter together.</i></p>

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