
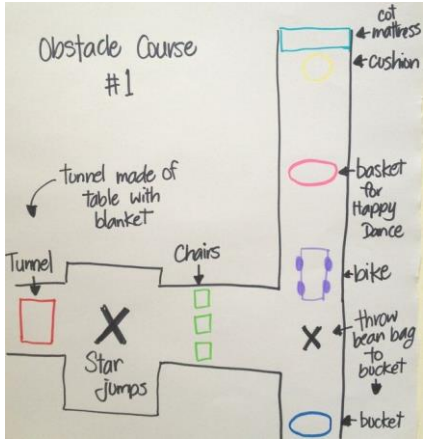







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>Lava Lamp</b></p> <p><u>Materials:</u> A plastic bottle or a jar that is transparent, water, oil, table salt, food colouring or glitter.</p> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Fill ¼ to 2/3 or ¾ with water depending on size of your bottle/jar.</li> <li>2. Add in food colouring or glitter.</li> <li>3. Fill remainder of bottle with oil. Leave about an inch to half an inch at the top empty depending on the size of your bottle/jar.</li> <li>4. Slowly add in salt start with a teaspoon at a time. Gradually add more salt if you want of a reaction to occur.</li> <li>5. Seal lid and enjoy.</li> </ol> 	<p style="text-align: center;"><b>Obstacle Course</b></p> <p><u>Materials:</u> Different materials found in your home such as pillows, cushions, blankets, sheets, tape, cardboard boxes, laundry baskets, bins, recyclable goods etc.</p> <p><u>Directions:</u> This can be done in any space of your home. With the help of your child set up an indoor obstacle course. You can add a timer to make it interesting to see how long each family member takes. Add music to the experience to make it fun!</p> 	<p style="text-align: center;"><b>Toiler Paper Roll Animals</b></p> <p><u>Materials:</u> Toilet paper rolls, cardboard boxes that can be easily cut (e.g., cereal box, tissue box, etc.) markers and/or pencil crayons, glue, paper, scissors</p> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Use the toilet paper for the body of the animal.</li> <li>2. Trace other body parts you'd like to attach on your other cardboard material and cut them out.</li> <li>3. Glue them on the toilet paper roll and decorate with markers and/or pencil crayons.</li> </ol> 	<p style="text-align: center;"><b>The Emotional Wheel</b></p> <p><u>Materials:</u> Paper, markers and/or pencil crayons.</p> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Brainstorm 8 emotions that you may feel on a daily or weekly basis.</li> <li>2. Draw a big circle and separate it into 8 even pies.</li> <li>3. Label each piece of the pie with one of the emotions that you chose and draw a picture or design that relates to a time that you have felt that emotion.</li> </ol> 	<p style="text-align: center;"><b>Ping Pong Ball Toss</b></p> <p><u>Materials:</u> Toilet paper and paper towel rolls, ping pong balls or rolled up pieces of aluminum foil, and tape. Cardboard box is optional if you do not want to tape onto the floor.</p> <p><u>Instructions:</u></p> <ol style="list-style-type: none"> <li>1. Cut paper towel and toilet paper rolls to different heights and tape them down on the floor or place in a cardboard box.</li> <li>2. If you don't have balls, create out of aluminum foil.</li> <li>3. Aim and toss the ball in to the openings of the rolls.</li> <li>4. You can create a point system or time and see how many you can do in a minute.</li> </ol> 

*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.*