

APRIL 27 TO MAY 1, 2020

WORKING FROM HOME WITH CHILDREN



SOME HELPFUL ACTIVITY IDEAS, TIPS AND LINKS TO HELP KEEP YOUR CHILDREN BUSY WHILE WORKING FROM HOME



Just Playing By Anita Wadley

When I'm building in the block room, Please don't say I'm "just playing." For, you see, I'm learning as I play.

About balance and shapes.

[Click for the full poem](#)

WORKING FROM HOME DONUT ADVENTURES



Donut or cookie decorating encourages hand-eye coordination as well as using two hands together (bilateral skills).

WORKING FROM HOME

PINECONE ADVENTURES



Exploring nature we discover how the world around us works.

Playing with mud increases our awareness of senses like touch.

Through exploration we gather and learn about nature's gifts.



Through gathering, we learn the importance of being gentle and to love the environment.

We feel a sense of pride when we are free to use our sense of wonder to create works of art!

Nature provides an open-ended learning environment where children are independent and in control of their creations.



50 Easy Rock Painting Ideas for Beginners

Got rocks that you want to get painted? Get **INSPIRED** by these 50 rock art painting ideas! ☑Cute painted designs for rocks and stones - great for beginners!

Exclusively from / Cathy Vester

Pre-plan activities that allow children to investigate over a period of time!

This will give you an opportunity to

- build suspense and excitement
- give the children an opportunity to look forward to something
- engage in conversation about their interests
- gather ideas on how you can expand the activity based on your child(ren)'s interests

Day 1

Gather rocks of various sizes & read stories about rocks

Day 2

Paint the rocks yellow for gold OR all the same except for one, paint one different from the others

Day 3

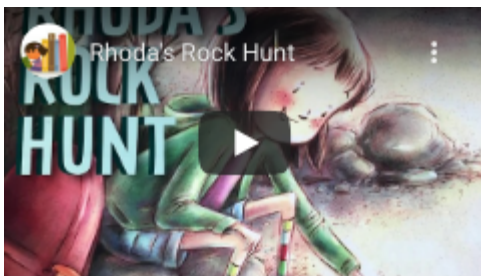
Hide the rocks and then get then children to find them at a specific time.
- Gold Mining Expedition
- find the orange monster etc.

Day 4

Extend the play - create a story/ "puppet show" with the rocks
- weigh the gold you found using a kitchen scale - compare sizes

Day 5

Hide one rock and create a treasure map for the child(ren) to find the rock.
PLAN something for next week!



https://www.youtube.com/watch?v=8gNiF_VEq1c



<https://www.youtube.com/watch?v=vxWIWJUfMEo>



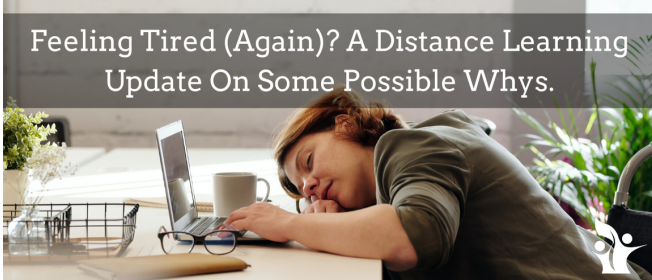
<https://www.youtube.com/watch?v=YbM99D6laQk>



Blog Articles from the Mehrit Centre <https://self-reg.ca/blog/>

About The MEHRIT Centre & Shanker Self-Reg® "TMC is laying the foundation for a paradigm revolution built around the science of self-regulation. Every aspect of how we look at children will be transformed, as we shift from trying to manage or suppress, to understanding and ameliorating their problems in behavior, mood and thinking. We envisage a future in which every sector that engages with children and youth, and their families, are joined together in this way of thinking." – Dr. Stuart Shanker

Dr. Stuart Shanker formed The MEHRIT Centre (TMC) in 2012.



Feeling Tired (Again)? A Distance Learning Update On Some Possible Whys.

<https://self-reg.ca/2020/04/27/feeling-tired-again-a-distance-learning-update-on-some-possible->



Coronavirus Conversations: A Message that All Teens Need to Hear

<https://self-reg.ca/2020/04/02/coronavirus-conversations-a-message-that-all-teens-need-to-hear/>