MAY 4 TO 8. 2020

WORKING FROM





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



Children's Mental Health Ontario THE MARCH BREAK THAT NEVER ENDS: SUPPORTING YOUR FAMILY'S MENTAL **WELLNESS**

Click here for the full article

https://cmho.org/the-march-break-that-never-ends-supporting-your-familys-mental-wellness-2/

- 1. Keep your own anxiety and fears in mind
- 2. Encourage helpful and realistic routine and predictability
- 3. Do not try to recreate school/community routines but make this time your own
- 4. Be active in any way possible
- 5. Talk! Talk to the kids, talk to loved ones, talk to yourself





COPING WITH CURRENT EVENTS SERIES: A PARENT, FAMILY & CAREGIVER TOOLKIT

REGISTER TODAY

Coping with Current Events: A Parent, Family and Caregiver Toolkit

10:00 - 11:30 am

DATE: May 14th, 2020

NUMBER OF SESSIONS: 1

LOCATION: Online

Coping with Current Events: A Parent, Family and Caregiver Toolkit

10:00 - 11:30 am

DATE: May 5th, 2020

NUMBER OF SESSIONS: 1

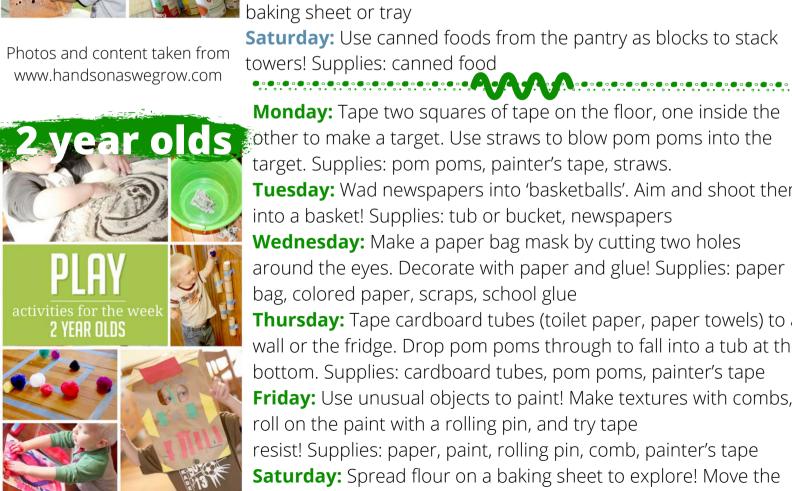
LOCATION: Online



https://discoverycollegekelowna.com/coping-withcurrent-events-a-parent-family-and-caregivertoolkit/

HANDS ON as we grow





Monday: Make a necklace by threading o-shaped cereal on a string. Tape the string to a surface to secure it for threading. Knot ends together. Supplies : o-shaped cereal, ribbon, or string tape (optional)

Tuesday: Push ribbons into a narrow-neck bottle and pull out again. Supplies: narrow-neck bottle and ribbons

Wednesday: Create a sensory bag with hair gel in a baggy. Add other small objects, such as googly eyes or sequins, if desired. Tape it to the window to explore in the sunlight. Supplies: gallon size baggy (2 to double bag it), hair gel, small craft items (sequins, googly eyes)

Thursday: Lay pillows and cushions on the floor in a line. Attempt to walk across them! Supplies: pillows and cushions

Friday: Make sensory foam with dish soap and a little bit of water and food coloring in a food processor. Put on a tray to explore! Supplies: dish soap, water, food processor or blender, baking sheet or tray

Saturday: Use canned foods from the pantry as blocks to stack towers! Supplies: canned food

Monday: Tape two squares of tape on the floor, one inside the other to make a target. Use straws to blow pom poms into the target. Supplies: pom poms, painter's tape, straws.

Tuesday: Wad newspapers into 'basketballs'. Aim and shoot them into a basket! Supplies: tub or bucket, newspapers

Wednesday: Make a paper bag mask by cutting two holes around the eyes. Decorate with paper and glue! Supplies: paper bag, colored paper, scraps, school glue

Thursday: Tape cardboard tubes (toilet paper, paper towels) to a wall or the fridge. Drop pom poms through to fall into a tub at the bottom. Supplies: cardboard tubes, pom poms, painter's tape

Friday: Use unusual objects to paint! Make textures with combs, roll on the paint with a rolling pin, and try tape

resist! Supplies: paper, paint, rolling pin, comb, painter's tape

Saturday: Spread flour on a baking sheet to explore! Move the flour around or try writing and making

lines. Supplies: flour, baking sheet or tray