

MAY 4 TO 8, 2020

# WORKING FROM HOME WITH CHILDREN



**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-family-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

discovery college  
KELLOWNA

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

FREE COURSES OFFERED ONLINE! 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-with-current-events-a-parent-family-and-caregiver-toolkit/>

# HANDS ON as we grow

## 1 year olds

### DISCOVER

activities for the week  
1 YEAR OLDS

**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

## 2 year olds

### PLAY

activities for the week  
2 YEAR OLDS

Photos and content taken from  
[www.handsonaswegrow.com](http://www.handsonaswegrow.com)

