

Creative

Ice Cube Painting

Materials:

- Ice cube tray
- Food colouring
- Popsicle sticks or disposable ice cream spoons
- Paper or coffee filters
- Small plastic bowls
- Plastic spoons



Directions:

Place about $\frac{1}{4}$ cup of water into each small bowl. Add the food colouring to each bowl. Mix well. Put the water into an ice cube tray and place the tray in the freezer.

Note: As a color learning and mixing activity, spoon the coloured water into each tray section to come up with the secondary colors—orange (yellow + red), green (yellow + blue), and purple (blue + red). While waiting for the ice cubes to freeze, prepare the handles for the ice cubes. You can use disposable wooden ice cream spoons or cut popsicle sticks in half. Check on your ice cube tray after about 30 to 45 minutes. When the colored water is half-frozen, stick a handle into the center of each ice cube and allow to finish freezing completely. Use your ice paint to create a picture on paper or a coffee filter!

Popsicle Decorating

Materials:

- Construction paper
- Glitter
- Markers
- Pom poms
- Glue
- Popsicle sticks



Directions:

Cut construction paper into the shape of a popsicle. Glue on stick.

Allow the children to spread glue over the paper and add glitter or pom poms or colour them. Allow the children to be creative!

music and the Arts

Shoo Fly



Chorus:

Shoo fly... don't bother me!
Shoo fly... don't bother me!
Shoo fly... don't bother me!
I belong to somebody!

I feel...

I feel...

I feel... like the morning star!



Repeat chorus

Other lyrics to try:

I feel like a big sunflower

I feel like a singing bird

I feel like a music note



check this out!

Do you have a magic lover on your hands?
Check out these Christopher Cool Magic shows!
[https://www.facebook.com/ChristopherCoolMa
gic](https://www.facebook.com/ChristopherCoolMagic)

***Note: These shows are at 1:00pm EST**



LAUGH IT OFF

What do you call a dinosaur that is sleeping?

A dino-snore!



Kids in the Kitchen

Cheeseburger Bites

Ingredients:

- Cooking spray
- 6 burger buns, split
- 1 tbsp. vegetable oil
- 1 medium onion, chopped
- 1 lb. ground meat (beef, turkey, chicken)
- 1/2 tsp. garlic powder
- Salt
- Black pepper
- 3 slices cheddar, quartered
- Ketchup, for serving
- Yellow mustard, for serving
- 12 pickle chips or slices
- Sesame seeds, for garnish (optional)



Instructions:

- Preheat oven to 350° and grease a muffin tin with cooking spray.
- Flatten burger bun halves to ¼ inch thick with a rolling pin and place one half cut-side up in each prepared muffin cup.
- In a large skillet over medium-high heat, heat oil. Add onion and cook, stirring, until soft, about 5 minutes. Add ground meat and cook, breaking up meat with a wooden spoon, until no longer pink, and thoroughly cooked. Drain fat.
- Return meat mixture to skillet and season with garlic powder, salt, and pepper. Divide ground meat mixture among burger bun cups and top each with a cheddar cheese square.
- Bake until cheese is melted and buns are golden, about 10 minutes.
- Drizzle cups with ketchup and mustard, if desired, top with a pickle, and sprinkle with sesame seeds (if using.)

No Bake Chocolate Peanut Butter Oatmeal Cookies

Ingredients:

- 1 ½ cups of rolled oats
- ½ cup of peanut butter or WOW butter
- 1 cup of chocolate chips
- ½ tsp of vanilla extract (optional)
- ¼ tsp of salt



Instructions:

Pre-measure all your ingredients and have them ready, you will have to work quickly once your chocolate is melted!

Melt your chocolate chips in a large glass bowl, using the microwave or a double boiler method.

If using the microwave: microwave the chocolate chips for one minute, remove and stir. If your chocolate is not melted microwave for 20 second intervals, stirring in between each time. Once your chocolate is 80% melted stop microwaving and stir rapidly to melt the remainder of the chocolate.

Add the peanut butter or WOW butter, salt and vanilla (if using) to the chocolate and stir rapidly. Once mixed, add the rolled oats and mix until well combined.

Use a cookie scoop or your hands to make 10 cookies (about a ¼ cup of the mixture per cookie.) Allow to cool, so the chocolate can harden (this can be sped up by putting the cookies in the fridge.)

Store extras in a container, at room temperature for up to six days.

Let's get moving

Physical Activity Cube

Materials:

- Cardstock (a light colour works best)
- Markers
- Packing tape
- Newspaper



Instructions:

Cut out six 6"x6" squares from your cardstock. Write one activity on each square. Tape five of your squares together into a cube. Crumple up some newspaper and place it in your cube to give stability, then tape the last square on your cube.

Here are some ideas of activities for your cube:

- Spin in a circle
- Jump 5 times
- Flap your arms like a bird
- Hop on one foot
- Dance
- Run from the front door to the back door

SCHOOL AGE CORNER

Interested in learning some new card games? Need to brush up on some rules for classic games? Bicycle Cards has full instructions and other games to play on their website!

<https://bicyclecards.com/>



J.K. Rowling has written a new book! This story is not related to Harry Potter and is best suited for children aged 7-9. Over the next few weeks, she will be releasing new chapters. You can check it out here:



<https://www.theickabog.com/read-the-story/>

Let's get outside

Dandelion Threading

Materials:

- Cardboard
- Hole punch (optional)
- Scissors
- Dandelions



Instructions:

1. Cut a shape out of cardboard with scissors.
2. Use a hole punch to make holes in the cardboard or, with adult supervision, use scissors to make the holes. Make as many holes as you can!
3. Thread dandelions through so all the heads are on one side. Tie the stems in a knot on the other side so they don't come out.



Spring has sprung and it's the perfect time to plant. Check out this link for free online gardening lessons:

https://www.ottawamatters.com/local-news/ottawa-public-library-offering-free-online-gardening-lessons-2364028?utm_source=Email&utm_medium=Email&utm_campaign=Email



science FUN

Musical Glasses

Materials:

- 4 glasses
- Water
- A spoon
- Food colouring (optional)

Instructions:

Add a different amount of water to each glass. If you are using food colouring, add it as well. Using a spoon, tap each glass gently. Try tapping the glasses in different spots, the top, bottom, middle. How do the sounds change?

Try tracing your finger around the top of the glass. Does it make a sound? What about if you wet your finger?

What happens if you use plastic cups instead of glass? What about a popsicle stick instead of a spoon?



SENSORY EXPLORATION

Jell-O Playdough

Ingredients:

- 1 cup flour
- 1 cup water
- ¼ cup salt
- 2 TBSP oil
- 1 TBSP cream of tartar
- 1 package flavored Jell-O regular or sugar free



Instructions:

Mix ingredients in a pot on the stove. Cook on low heat for 5 to 7 minutes, stirring frequently. Once the dough starts to clump together in a ball, remove from heat. Let cool. Knead on a cutting board. **Store in a sealed container or Ziplock bag.**



Breaking news!



Check out the REKSAP website for some videos done by the Educators!

Go to www.reksap.ca and click on the Newsletters/Videos tab!



Parent Corner

How was your day?

I learned science and math today
when I helped mom bake a cake.
we held PE & biology
on our hike down to the lake.
Legos & a nature fort were Engineering 101.
I got to play on my Ipad today.
Technology can be so much fun.
For English class, I read a book.
Daddy asked me my favorite part.
I drew a family portrait.
Mom says I'm real good at art.
we gazed at the stars in astronomy.
It was really cool.
Then, my parents tucked me into bed.
what a great day I had at school!
-Kim Uliana @KimUlianaAuthor

The following links are some excellent resources from
Children's Inclusion Support Services!

Anxiety in 3 year old's

<https://www.youtube.com/watch?v=13lelohG7xc&feature=youtu.be>

Anxiety in 6 year old's

<https://www.youtube.com/watch?v=OtG4AvvX1PI&feature=youtu.be>

Anxiety in 10 year old's

<https://www.youtube.com/watch?v=-Ejox3ffMng&feature=youtu.be>

Bored Children

<https://www.youtube.com/watch?v=7LRPsAeOOA&feature=youtu.be>

This site has information, activities and mental health support for parents, children, and families. They also did a Town Hall meeting with CNN and discussed COVID with medical experts. The doctors answered questions from the children as well.

www.sesamestreet.org



previous links and resources

Check out Go Noodle for more fun ways to move your body!

www.gonoodle.com

National Geographic

www.kids.nationalgeographic.com

Luv2Groove

<https://www.instagram.com/luv2groove/>

<https://www.facebook.com/luv2groove>

KidsUpFront

<http://kidsupfront.com/kidsathome/>

Looking to keep stories interesting? Check out:

www.storylineonline.net

Helpful tips for at home

https://www.oise.utoronto.ca/oise/News/2020/Professor_Angela_Pyle_10_ways_to_teach_kids_through_play_at_home.html

This website is full of information about books and the writing process!

<https://reading.ecb.org/>

Ripley's Aquariums Live Cameras

<https://www.ripleyaquariums.com/canada/live-cameras/>