

## creative

### DIY Water Colour Paint

#### Materials:

- Baking Soda
- Food colouring
- Water
- Ice cube tray or muffin tin



#### Instructions:

Begin by filling each container with baking soda,  $\frac{3}{4}$  full. Add 1-2 drops of food colouring to each container. Slowly, begin to add water to each container and gently mix. As you add water, the baking soda will dissolve. Finish the containers with more baking soda, slowly adding more and gently mixing until you have a very thick consistency with minimal residual water. Next, you can either leave the watercolours out to dry or you can pop them into the freezer for faster results! Drying out of the freezer make take up to 24 hours, but in the freezer the watercolours will be set in roughly 3-4 hours. Once dry, all you will need to do is dip your paint brush into some water, then into the paints and begin creating your masterpiece!

### 3D Turtles

#### Materials:

- Paper
- Scissors
- Crayons/markers/pencil crayons
- Glue or tape



#### Instructions:

Draw a large turtle in the middle of your paper. If desired, you can add other decorations around the turtle. Cut your colourful paper into strips (if you do not have coloured paper, colour your strips before moving onto the next step.) Fold each end of the paper strip, and glue them onto the turtle going across the shell. Repeat until your turtle's shell is complete. Colour in the decorations around the turtle.

## music and the Arts

### Listen to the Water

Listen to the water, listen to the water..  
Rolling down the river.

Listen to the water, listen to the water..  
rolling down the river.

I saw: (child suggest something that they saw/or would like to see at the waterside) at  
the water side.

REPEAT

Oh, oh, by the water side, oh, oh by the  
waterside.

REPEAT SONG, SO EVERYONE GETS A TURN.



This link is a fun and informative one  
about our local river.

[https://kids.kiddle.co/Ottawa\\_River](https://kids.kiddle.co/Ottawa_River)



### Coronavirus Workbook

Provides great ways to help cope with the  
stresses of COVID-19

[http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings\\_Eng.pdf](http://teacher.scholastic.com/education/pdfs/FirstAidForFeelings_Eng.pdf)

## entertainment

REKSAP has always enjoyed visits from The Zoo  
Crew. Now you can check out live shows at:

[www.facebook.com/watch/live/?v=2512869502376368](http://www.facebook.com/watch/live/?v=2512869502376368)

## Laugh It Off

Why do giraffes have such long necks?

Because they have stinky feet!

## Kids in the Kitchen

### Charcuterie Board



Charcuterie boards are great! You can put anything you'd like on them, really. They're totally customizable to your liking!

#### Here are some suggestions:

Fruits (grapes, apples, oranges, berries, melon)

Vegetables (carrots, celery, peppers, cucumber, broccoli)

Crackers (or pita bread, naan bread, rice cakes, goldfish crackers)

Snack foods (veggie straws, pretzels, chips)

Dips (hummus, tzatziki, nut butter, yogurt)

Meats (salami, kielbasa, polish sausage, sliced lunch meats, pepperoni, pepperoni sticks or cut up meat from left over dinners!)

Cheese

Dried fruits (craisins, apricots, apple slices, banana chips)

#### Instructions:

Cut up all your food into bite sized pieces, or stick for dipping, and place them on a plate or platter!

#### Notes:

Keep in mind, everything is a suggestion, your charcuterie board can be made up of anything!

## Sensory Exploration

### Bath Paint

#### Materials:

- Paint Brushes
- Food colouring
- Shaving Cream



#### Instructions:

Take shaving cream and spray it into a muffin tin. Then drop food colouring in and swirl together. Then take a paint brush or your fingers and have the children paint the bathtub!

### Sensory Bins

#### Materials:

- Containers
- Water
- Dirt/ rocks
- Animals
- Loose parts such as sticks, leaves, plants etc. (optional)



#### Instructions:

Sensory bins are endless amounts of fun and exploration. They have always been a favourite at REKSAP. They are simple to do and great for any age group. Sensory bins allow for moments of collaboration and connection too! Fill each container with different elements (ie: one with water, one with rocks). Add animals, sticks, rocks and any other loose parts or toys you & your child would like.

### Penny Experiment

#### Materials:

- 3 dull or dirty looking pennies
- 1/4 cup white vinegar
- 1 teaspoon table salt
- Paper towel or cotton pad
- Small non-metal bowl
- Small non-metal container with lid

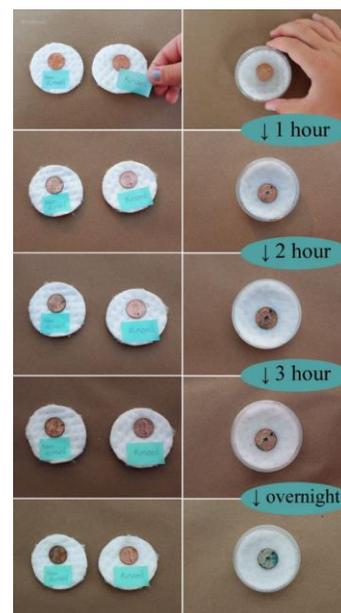
#### Part 1: Dull to Shiny

- 1) Pour the vinegar and salt into the small non-metal bowl and stir to dissolve.
- 2) Put 3 pennies into the bowl for about 30 seconds.
- 3) The pennies are now shiny and look new! Take out the pennies and rinse them with fresh water. Place them on a paper towel to dry off.

## Science Fun

#### Part 2: Shiny to Green

- 1) Fold a paper towel or cotton pad to fit the bottom of your container with a lid.
- 2) Wet the paper towel or cotton pad with a few drops of vinegar.
- 3) Put one penny on the wet pad and cover with the lid. (The lid keeps the vinegar from drying out.)
- 4) Put one penny on a dry pad or paper towel.
- 5) Dip one penny in your salt/vinegar mixture and place it on a dry pad or paper towel.
- 6) Observe your pennies at 1, 2, 3 and 8 hours.



## Let's get moving

### Be the Weather

**Materials:**

- Paper
- Markers

**Instructions:**

Either make a cube as shown in the picture or use different flash cards with names and illustrations of weather. For instance, freeze like the snow, jump like lightning, blow in the wind, fall like the rain, twirl like a tornado, melt or walk or run in the sun, etc.

Roll the cube or select a card and ask the child/children to act out as given in the card.



### Puddle Jumping!

**Materials:**

- Paper or foam
- Scissors
- Tape



**Instructions:**

Cut out puddle shapes. Place the puddles on the floor (if doing this activity on a hard surface, you may wish to tape the puddles so they don't slide.) Have children jump from puddle to puddle.

Added fun and challenge: play musical puddles or write words, letters, shapes, or numbers on the puddles for children to find!

## School Age Corner

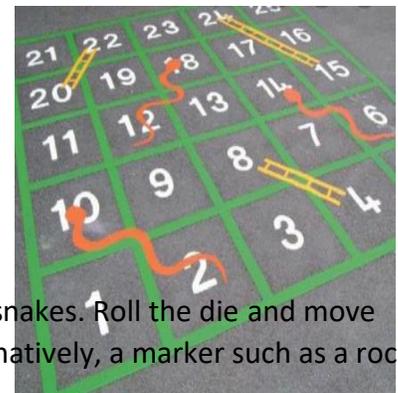
### Outdoor Snakes & Ladders

**Materials:**

- Chalk
- Dice

**Instructions:**

Draw a grid and number each square to at least 20. Add in ladders and snakes. Roll the die and move your token. Watch out for snakes! Alternatively, a marker such as a rock could be used to mark your space.





## parent corner

### Mental Health

“Up until mid-March, Daphne Knowlton’s\* four-year-old daughter was like many kindergarten-age kids: busy and social, attending school five days a week and swimming lessons on Saturdays. “We were also seeing family and friends multiple times during the week and on the weekends,” says Knowlton.

That’s all changed now thanks to the pandemic, and Knowlton is worried how being isolated from others is having a toll on her **only child’s** mental health. “She regularly tells us she wants things to go back to normal, or that she misses her friends and family. She is having way more tantrums and is easily frustrated,” she says, adding that it’s also now hard to motivate her to do things she used to like to do.”

If you would like to read more on how you can help ease the anxiety and stress related to the current events and way of life, please click on the link below. The article is written for Today’s Parent by Claire Gagne. It is full of great strategies for you to use not only just for your children, but for yourself as well.

[https://www.todayparent.com/kids/kids-health/coronavirus-children-mental-health/amp/?\\_twitter\\_impression=true](https://www.todayparent.com/kids/kids-health/coronavirus-children-mental-health/amp/?_twitter_impression=true)

### Looking for ways to support your child’s learning through play?

[https://www.oise.utoronto.ca/oise/News/2020/Professor\\_Angela\\_Pyle\\_10\\_ways\\_to\\_teach\\_kids\\_through\\_play\\_at\\_home.html](https://www.oise.utoronto.ca/oise/News/2020/Professor_Angela_Pyle_10_ways_to_teach_kids_through_play_at_home.html)





## Previous Links and Resources

**Check out these amazing Harry Potter resources!**

<https://www.wizardingworld.com/news/introducing-hp-at-home>

<https://www.wizardingworld.com/collections/harry-potter-at-home>

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

[www.gonoodle.com](http://www.gonoodle.com)

**National Geographic**

[www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)

**Luv2Groove**

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

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

**101 Virtual Field Trips Around the World!**

<https://socialfieldtrips.com/101-virtual-field-trips-for-students/>

**KidsUpFront**

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

**Looking to keep stories interesting? Check out:**

[www.storylineonline.net](http://www.storylineonline.net)