

Creative

Nature Art

Materials:

- Leaves, flowers, twigs
- Markers
- Glue
- Paper



Instructions:

Explore your backyard, or take a walk and collect items found in nature (sticks, leaves, flowers, grass, etc.) Using the items you collected create a piece of art!

Nature Paint Brushes

Materials:

- Several twigs
- String or twine
- Materials for bristles (pine needles, spruce needles, cypress foliage, even tree buds, etc.)
- Optional: a rubber band or clothespin



Instructions:

Gather needles and leaves from trees of your choice – for bristles. Find several sticks to become paintbrush handles. Use a rubber band to hold the bristle material together and insert a stick into the middle of the bunch.

Distribute the bristle material nicely around the stick and start attaching it by wrapping string or twine around it. Wrap string or twine several times around the handle and the bristle material, then tie it firmly and cut off any excessive string.

Younger children can use a clothespin as a brush handle. Squeezing the end to open the pin and insert the leaf is a great fine motor activity!

music and the Arts

The Lion Sleeps tonight

Chorus:

Ee-dee-dee-dee dee-dee-dee-dee-dee

dee-dee-ombombom-baway X2

In the jungle, the mighty jungle,

the lion sleeps tonight.

(REPEAT)

CHORUS

In the village, the peaceful village,

the lion sleeps tonight.

(REPEAT)

CHORUS

Hush my darling, don't fear my darling,

the lion sleeps tonight.

(REPEAT)

CHORUS FINALE



entertainment

Are you a Harry Potter fan? This link is for you!
Hear the books, read to you by the stars of the movies!

<https://www.wizardingworld.com/chapters/reading-the-boy-who-lived>

LAUGH IT OFF

What goes zzub, zzub, zzub?

A bee flying backwards!



Kids in the Kitchen



Kettle Corn

Ingredients:

- ¼ cup vegetable oil
- ¼ cup white (or brown) sugar
- ½ cup popcorn kernels
- Salt (optional)



HAVE AN ADULT ASSIST YOU WITH THIS ACTIVITY

Instructions:

1. Put the oil and kernels in a medium pot.
2. Put on max heat until the first kernel pops.
3. Pour the sugar into the pot and put the lid on. Use brown sugar for a taste more like caramel corn. Place the lid on top.
4. *Always keep the lid on during this* Take the pot off the heat and shake and swirl the kernels around inside the pot. Place the pot back on heat for a few seconds and take off and swirl again.
5. Repeat step 4 until the popping slows to about every 3 seconds. Remove from heat and shake for another minute until remaining kernels are popped.
6. Pour popcorn into large bowl and enjoy!

Add some salt while still hot if you want sweet and salty popcorn

science FUN

Pepper and Soap Germ Experiment

Materials:

- Black Pepper
- Shallow bowl
- Water (food colouring is optional)
- Dish soap

Instructions:

1. Pour water into the bowl, ensuring it is about 2 inches deep.
2. Sprinkle pepper on top of the water.
3. Dip a finger into the water and remove it.

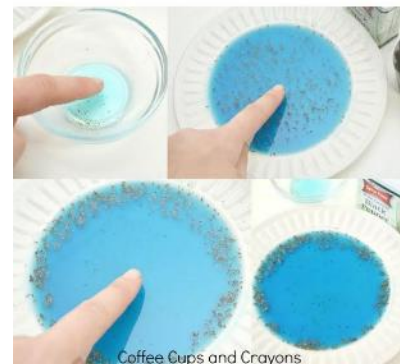
Imagine the pepper as germs. What happens to your finger?

4. Now, dip one finger in dish soap.
5. Place your finger in the center of the water in the bowl.

What happens to the “germs” now? What happens to your finger?



PEPPER AND SOAP science experiment



Let's get moving

Paper Tunnels

Materials:

- Paper
- Tape
- Balls or cars

Instructions:

Tape one side of the paper to the floor. Bend the paper to create a tunnel and tape the other side. Have children roll balls and try to go through the tunnels. For added fun and challenge try using a variety of paper sizes. Do the balls fit through all the tunnels?



School Age Corner

Marshmallow Catapult

Materials:

- 7 bamboo skewers
- 1 rubber band
- 4 large marshmallows or playdough/plasticine balls
- Plastic spoon
- Tape
- Pom poms or small marshmallows

Instructions:

Using 3 large marshmallows or plasticine balls and 3 skewers, stick each skewer between 2 marshmallows or plasticine balls to make a triangle. Add 3 more skewers diagonally to create a pyramid and add a marshmallow or plasticine ball on top, to hold the pieces together. Attach the spoon to a skewer using tape. Put the rubber band around the top of the pyramid, just below the marshmallow or plasticine at the top. Slide the skewer with the spoon through the rubber band and poke it into a marshmallow or plasticine ball at the base. Ready, aim, fire! See how far you can launch a small marshmallow or pom pom.

Ready for an added challenge?

Can you launch a pom pom into a cup?

How about creating a dartboard, can you launch a pom pom and get it to land in the center? Add points to your dartboard, can you get to 100 points?



Interested in learning Chess? The Chess'n Math Association is offering online chess lessons for beginner, intermediate and advanced level players!

https://chess-math.org/event/ottawa-spring-chess-lessons-online?field_succursale=48



sensory exploration

Kinetic Sand

Materials:

- Play sand (1 cup)
- Corn starch ($\frac{1}{2}$ cup; added $\frac{1}{4}$ cup at a time)
- Dish soap (1 TBSP)
- Water ($\frac{1}{4}$ cup)
- Food colouring
- Mixing bowl
- Spatula



Instructions:

Place 1 cup of play sand in the mixing bowl. Add $\frac{1}{4}$ cup of corn starch and mix. Next add 1 TBSP of dish soap and a few drops of food coloring into the bowl. Stir with a spatula until the food coloring is fully mixed in.

Add $\frac{1}{4}$ cup of water to the mixture. Mix until the water fully dissolves.

Mix in the second $\frac{1}{4}$ cup of corn starch.

Let the mixture sit for about an hour. To speed up the process, place the bowl outside in the hot sun for half an hour.

Homemade Modelling Clay

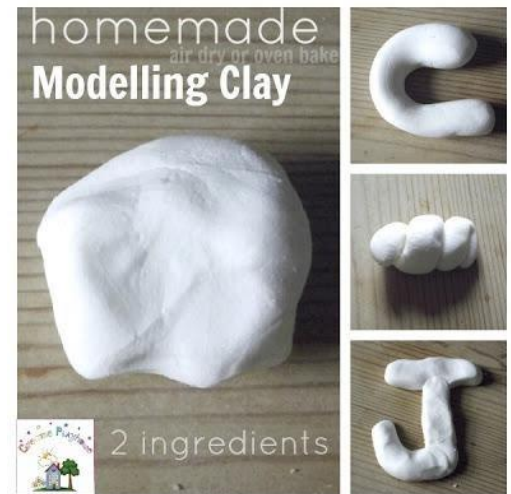
Materials:

- $\frac{1}{2}$ cup of white glue
- 1 cup of cornstarch

Instructions:

Mix glue and cornstarch together. Mold your creation or use a cookie cutter. After you make your creation you can either bake it for 1 hour at 100° and allow to cool completely or leave it overnight to dry. Once completely dry colour or paint your clay decoration.

If making a hanging ornament, make sure to make a hole for the ribbon before drying the clay.



BONUS SECTION

The tulip festival has become virtual this year! Check out this link for a complete virtual tour of the tulips and some fun activities!



<https://tulipfestival.ca/>





Parent Corner

**Having a hard day? It happens to all of us! Take a deep breath and choose an affirmation to focus on!
Affirmations for children are a way of empowering them and building their self-esteem.**

Positive Affirmations

1. I am exactly where I need to be right now.
2. All things are temporary.
3. I'm grateful for adversity because it allows me to grow.
4. My strength is greater than my struggles.
5. I will let go of the things I cannot control.
6. I am enough.
7. I love myself for who I am.
8. I am worthy of great things.
9. I am strong.
10. I am in charge of my own self-worth.
11. I am surrounded by love.
12. Success and happiness come easily to me.
13. I can create the life I dream of.
14. I only attract good things.
15. There are endless opportunities around me.



Affirmations For KIDS

1. I am important
2. I am smart
3. I am a good friend
4. I am kind and loving
5. I am grateful for my body
6. I am loved
7. I am brave
8. I am a good listener
9. I am helpful
10. I am happy
11. I try my hardest
12. I'm proud of myself
13. I care about others
14. I can do hard things
15. I believe in me
16. I love to learn from challenges
17. I enjoy new adventures
18. I am safe
19. Today is a great day
20. I am free to be myself
21. I am truthful
22. I like to share what I have
23. I have many talents
24. I get better every single day
25. I can do anything



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

National Geographic

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

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