

Creative

Milk Carton Bird Feeder

Materials:

- Milk carton
- Glue
- Streamer or tissue paper
- String
- Wooden spoon or popsicle stick
- Cardstock



Instructions:

- Cut the milk carton open
- Allow the children to add paint and stick pieces of tissue paper on.
- Using a piece of cardstock fold in half to create a roof
- Add string to hang the bird feeder
- Make a hole in the milk carton for the

Straw Airplane

Materials:

- Paper straws
- Card stock
- Clear tape
- Scissors



There is step by step photo instructions on page 3

Instructions:

1. Cut your card stock into 5"x 1" strips (each airplane will need 3 strips and tape 2 of the strips together.)
2. Make each of the strips into a circle and tape them (you will have a large circle and a small circle.)
3. Tape one end of the straw to the large circle.
4. Tape the other end of the straw to the small circle.
5. Time to test it out! How does it fly? How does it compare to a traditional paper airplane?

music and the Arts

My Dog Wags

I have dog and his name is Wags
He eats so much that his tummy sags!
His ears flip flop and his tail wig wags
And when he walks, he goes zig zag!

CHORUS

He goes...

Flip flop

Wig wag

Zig zag! (sing x3)

I love Wags

And he loves me! (sing x2)

My dog wags, he runs all day

He runs in the fields,

And he runs away.

I whistle (whistle!)

He doesn't obey!

He always runs

The other way!

CHORUS



Have a Disney lover on your hands? Check out this link of favourite stories being read:

<https://news.disney.com/magicmoments/video/storytime>



Check This Out!

Ripley Aquariums has live feeds of their creatures! Check out the link below for information about reefs, fish, crafts, information about different animals and more:

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

Laugh It Off

Why did the student eat his homework?

Because the teacher told him it was a piece of cake.

Kids in the Kitchen

Homemade Pretzels

Equipment:

- Mixing bowl
- Pastry or basting brush
- Baking tray or cookie sheet
- Parchment paper

Ingredients:

- 1 $\frac{3}{4}$ cups self-rising flour (use gluten-free, if necessary)
- 1 cup Greek yogurt
- Cooking spray
- 2 TBSP cinnamon
- $\frac{3}{4}$ cup granulated sweetener of choice sugar or sugar substitute



Instructions:

Preheat the oven to 180C/350F. Line a large baking tray with parchment paper and set aside.

In a large mixing bowl, combine your flour with yogurt and mix well, until combined. Using your hands, form into a ball of dough.

Lightly flour your work surface. Add a tablespoon of flour onto the ball of dough, and transfer the dough onto the floured surface.

Press into a ball shape, and divide into 8 equal pieces

Re-flour the surface and get one of the pieces of dough. Using your hands, roll out into a thin, sausage shape, around 12 inches (30 cm) long. Grab both ends of the dough connect in the center, before twisting once through, to form a pretzel shape. Repeat the process until you have 8 pretzels left. Place the soft pretzels onto the lined tray.

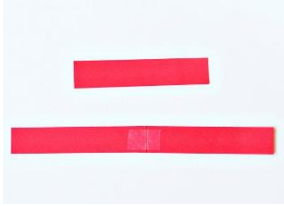
If desired, brush the tops of each pretzel with either milk, butter, oil or even water. Bake for 17-20 minutes, until golden brown on top.

Remove from oven, let cool and enjoy.



creative continued!

Step 1



Step 2



Step 3



Step 4



Let's get moving

Yoga for Children



Check out this website for some great children's yoga!

<https://www.youtube.com/user/CosmicKidsYoga>

School Age Corner

Have a child who loves to draw? Disney artists show you how to sketch favourite characters:

<https://news.disney.com/magicmoments/video/how-to-draw-with-disney-animation>

Check out this link to free Marvel graphic novels:

<https://m.comixology.com/Marvel-Free-Comics/page/23611>

Let's get outside

Sprout House



Materials:

- 4-5 plain sponges
- Scissors
- Toothpicks
- Hot glue gun (optional)
- Pie plate or dish with a raised side
- Seeds (wheat berries, chia, or alfalfa seeds sprout quickly)

Instructions:

Using the sponges build a house shape. The shape of the house it up to you get creative. Use the toothpicks to hold the house together.

Place your house in a pie plate or dish.

Once your house is built water the sponges and add your seeds to the house. The best spots for the seeds are in the holes in the sponges.

Check your sponge house daily to see what's been sprouting.

Note: Keep some water in the bottom of your house's dish. This allows the sponge to soak up water and keep your seeds happy!

science FUN

Ice Fishing

Instructions:

- Add half a dozen or so ice cubes to a cup and fill with water.*
- Lay the string over an ice cube.
- Sprinkle salt over the string and ice. Wait 30-60 seconds.
- Gently pull the string. The ice should come along with it!
- First, the length of time the string sits on the ice can make a difference. Experiment with different time increments.
- Second, the amount of salt used can affect the melting of the ice. Too much salt and the ice will melt to fast. Or too little time on the ice, the string won't have time to freeze to the cube!
- Turn your ice fishing activity into an experiment. Encourage your kids to come up with questions and to dig a little deeper in this science project.
- How many seconds is the right amount of time for the string to pick up the ice?
- What type of string is best for ice fishing?



SENSORY EXPLORATION

Coffee Sand

Materials:

- Dried coffee grounds
- Baking sheet
- Newspaper
- Flour or cornmeal
- Construction vehicles, measuring cups and spoons, sand toys, popsicle sticks, etc

Instructions:

Line a baking sheet with newspaper. Spread your used coffee grounds on the newspaper and allow to dry (approximately 12 hours). Once dry collect in a bag or container, you will need several days' worth of grounds.

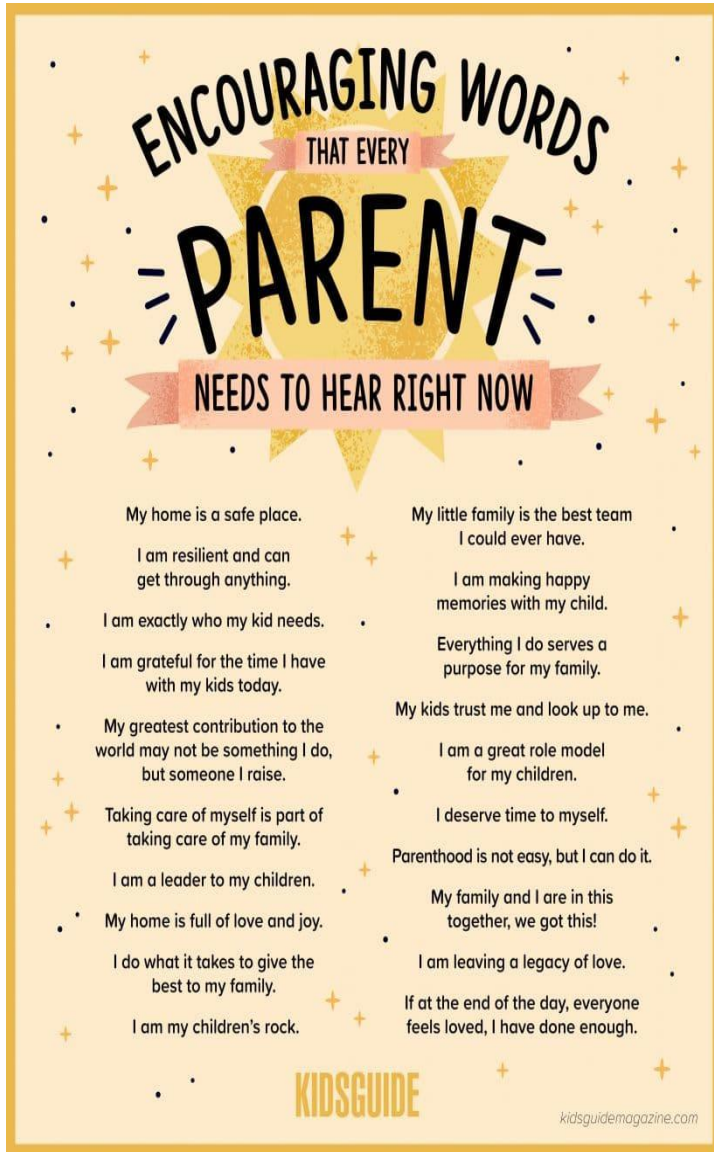
Once you have enough grounds mix them with either flour or cornmeal (or both) until you have a consistency you're happy with. Add toys or loose parts and watch the fun!

Flour will make a finer, softer sand, while cornmeal will make the mixture feel more like actual sand.





parent corner



Recently Dr. David Tranter, co-author of *The Third Path* presented a webinar titled “From Worried to Well.” It addressed challenges that children may be facing during this time, and ways to support them.

Right now, children may be experiencing a “grief reaction.” This can look like the following:

- Sadness
- Feeling depleted
- Having “highs and lows”
- The inability to concentrate or focus

How can we help?

- Give support – listen to understand, not reply or “fix.”
- Give time invitations – invite your child to something at a specific time such as “Movie on the couch at 7!” If your child isn’t at the stage of telling time, use a concrete such as “After dinner we’re going to watch a movie.”
- Offer gentle persistence – keep supporting and inviting your child!
- Look for small signs of progress – your child didn’t spend as much time in their room, or joined you for part of the movie you invited them to

For more activity ideas and parenting advice check out:

https://www.mothercould.com/?fbclid=IwAR1qW34POgfJS0LuAO7mQwyxNFLNe9_pcphZsEV599ywrbrtUNGAblzXlZw

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

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

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