

WEEK 1

# INDIGENOUS HIPPIY STAY 'N' PLAY

You and your child are stuck at home,  
but that doesn't mean their development  
and growth should be stuck too.



MORNING



## SMUDGING & PHYSICAL ACTIVITY

Starting the day with smudging improves spiritual health and a physical activity will help boost your child's energy.



## LEARNING TIME

Dedicating learning time every day will help your child's brain development and ensure that learning momentum is maintained.

AFTERNOON



## CREATIVE TIME

Creative activities challenge your child's mind and heart and help them express their emotions creatively.



## PLAY TIME

Play supports your child's brain development. It is through play that children engage and interact with the world around them.

EVENING



## SCREEN TIME

Monitored and limited screen time can help your child decompress after a long day and connect virtually to family and friends.



## FAMILY TIME, PRAYER & GIVING THANKS



Ending the day with a prayer, giving thanks, talking about the day's activities and playing a family game help your child's mental and emotional wellness.

DAY 1

# DAY 1: SMUDGING



There are different ways to Smudge depending on what we have access to. We can smudge with White Sage, Cedar, Lavender, Spikenard, Sweetgrass, and any other herbs we have on hand. Traditionally the Smudging Ceremony is done by burning the herbs, an alternative is to make herb water, and sprinkle it over our bodies. We smudge in the morning, after any upset, and in the evening.



## HERB WATER

### What you will need:

- A small pot
- Measuring cup
- Wooden spoon or stick
- The herb you and your child have chosen

### What to do:

1. Bring 2 cups of water to a boil and ask your child to watch how the water changes. You can ask questions like can you see the water dancing; can you dance like the water. Have the child make up a rain dance.
2. Once the water is boiling place the herbs in the water. Boil them for 15-20 minutes. Ask you child to thank the herbs for becoming smudging water.
3. When the water is completely cool, pour it into a spray bottle and store in the fridge. The water is only good for 3 to 4 days.
4. Do this with your child and say a prayer of thanks to the plant and the water for the gift they have given.



# DAY 1: MORNING LEARNING



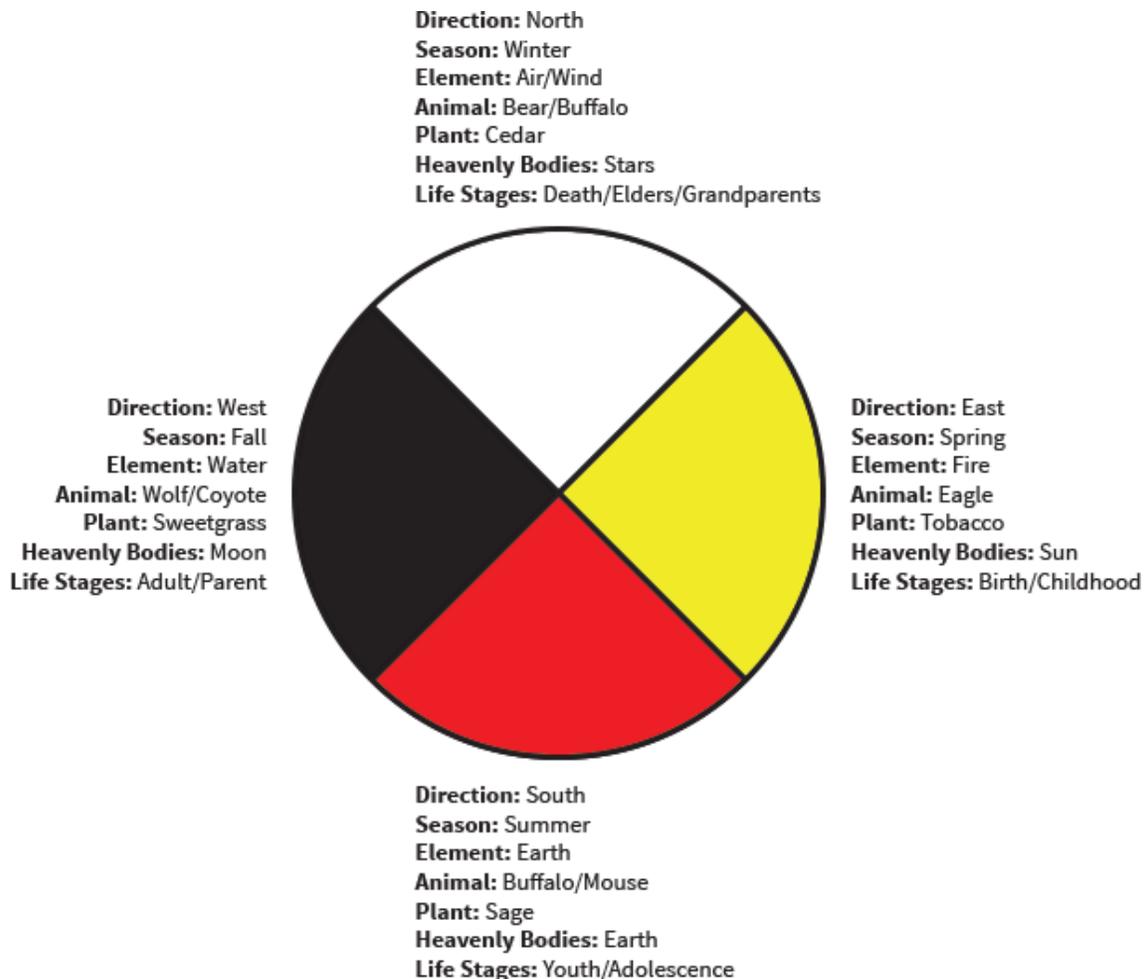
Children learn by observing, listening, exploring, experimenting and asking questions. Being interested, motivated and engaged in learning is important for children. It can also help if they understand why they're learning something. Learning activities teach children problem solving skills, development of fine and motor skills, nurture their creativity and imagination, and discover their independence and positive self-esteem.

## THE MEDICINE WHEEL

The Medicine Wheel is a circle divided into four colored sections, each of which represent an aspect of human life and the world around us or the seven common teachings:

<http://accentenvironments.com/blog/the-medicine-wheel>

- The Cardinal Directions
- The Seasons of the Year
- The Elements
- The Sacred Spirit Animals
- The Sacred Medicinal Plants
- The Heavenly Bodies
- The Life Stages of Humans



# DAY 1: MORNING LEARNING

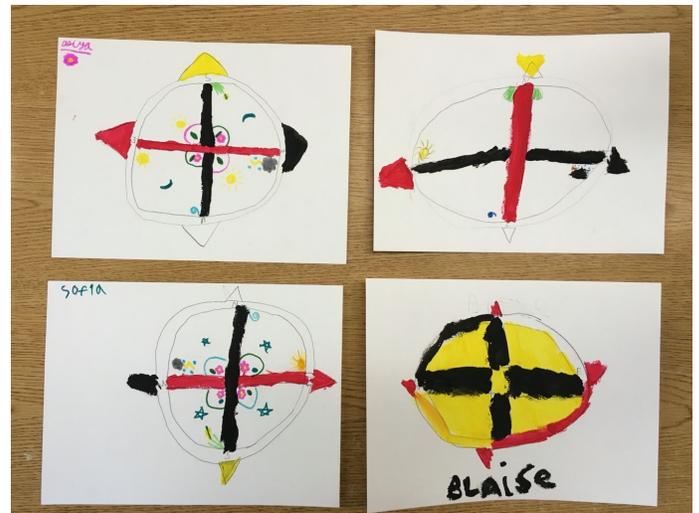


## What you will need:

- Carboard paper
- Black, red and yellow crayons or paint

## What to do:

1. Draw a circle on the paper. Then draw a vertical and an horizontal line meeting in the middle of the circle.
2. Color one section of the wheel in black, another section in red and another one in yellow. Leave one white.
3. Teach your child about the 7 teachings.
4. To make it more fun, draw a medicine wheel with your child for each teaching and draw the season in each corresponding section, or the elements, or the animals, etc.



<https://www.pinterest.ca/pin/393290979940316354/>



<https://mmegc.wordpress.com/2015/04/23/medicine-wheel-teachings/>

# DAY 1: AFTERNOON CREATIVITY



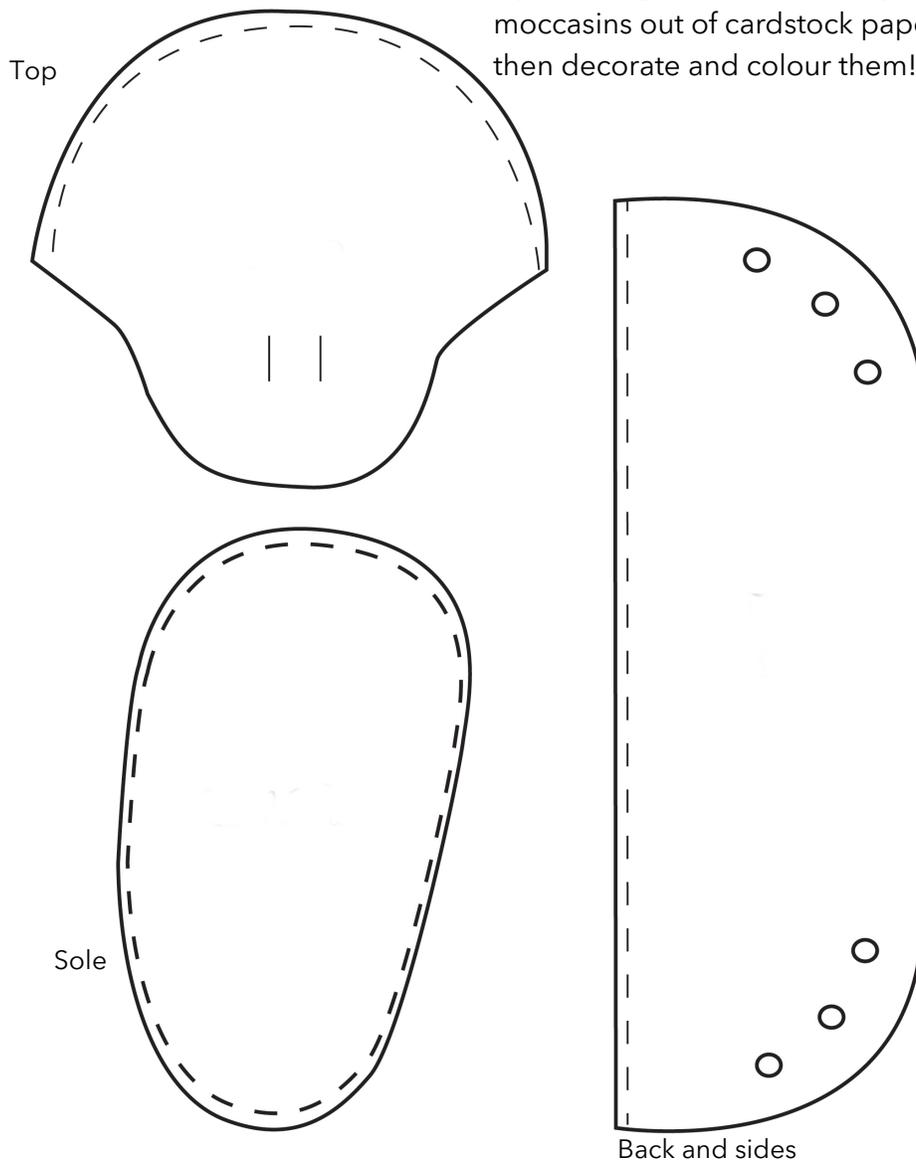
Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.

## MAKE MOCCASINS

Moccasins are very special, traditional-style Aboriginal shoes. Make your own moccasins out of cardstock paper and then decorate and colour them!



<http://www.cantstopmakingthings.com/2011/11/>

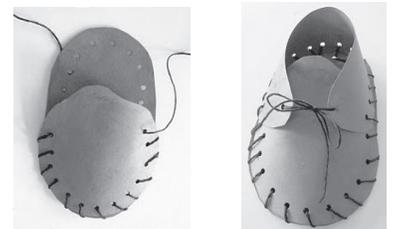


### What you will need:

- Cardstock
- Scissors
- Small hole-punch
- Tape
- Crayons
- String or yarn
- Pencil

### What to do:

1. Cut out the pieces, punch small holes along the lines.
2. Thread with yarn or string.



# DAY 1: AFTERNOON PLAY TIME



Play allows children to use their creativity while developing their imagination, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage and interact in the world around them.



## Laundry Basket Fishing

Do your kids tirelessly empty your laundry hamper to play in it? This is a fun and easy activity for kids and helps their imagination as well as build vocabulary. Set the mood by telling your child that you'll play pretend and go on a fishing trip and that they'll catch fish!

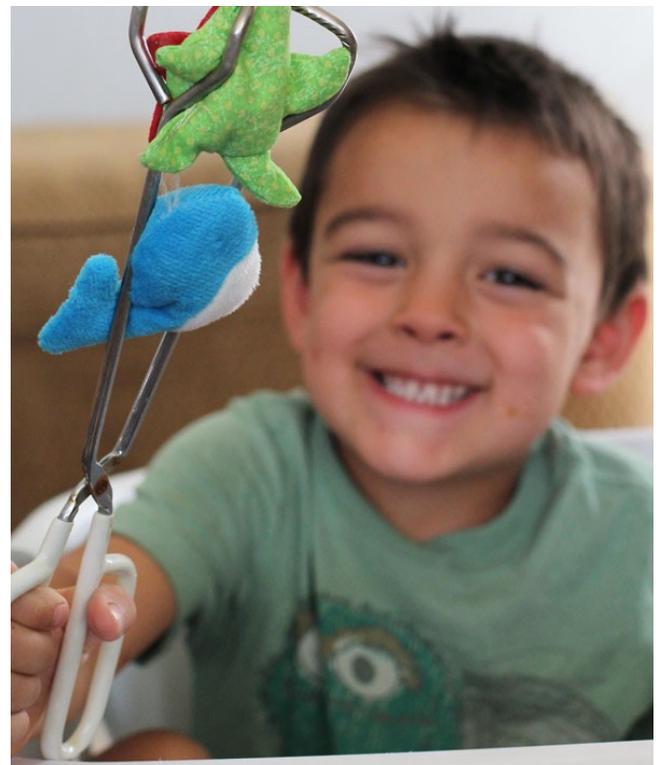
<https://playteachrepeat.com/laundry-hamper-fishing/>

### What you will need:

- Laundry basket
- Kitchen tongs
- Random Toys

### What to do:

1. Put a laundry basket in the middle of the room.
2. Spread all the toys around the basket.
3. Ask your child to sit in the boat (the basket) and give him the fishing tool (the kitchen tongs).
4. Tell you child that he's a fisherman and needs to catch the fish (the toys).
5. Once he catches all the fish, ask him to release them back in the water and keep one for dinner.
6. Talk about importance of only taking what we need and respecting wildlife.



## DAY 1: EVENING SCREEN TIME



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<https://www.schriever.af.mil/News/Photos/igphoto/2001620830/mediaid/1409507/>

### THE NATIVE AMERICAN DRUM: INTO THE CIRCLE

For centuries the heartbeat of the Native American culture has resonated through the beat of the drum. Rusty Cozad, a veteran of the Native American drum circle, explains how playing the drum is about more than just the music it produces, it is an important part of the cultural heritage for many Native American tribes. The drum is a relic that preceded the old west and continues to be a fundamental part of Native American culture today.

<https://www.youtube.com/watch?v=cXw4iHh71yc>

#### What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

#### What to do:

1. Click on the link above OR
2. Go to youtube.com and type the following in the search bar: "The Native American Drum: Into the Circle"
3. Allow your child to watch the video
4. You can ask questions like: What did you learn? What was your favorite part?

The "20-20-20" rule helps protect your child's eyes: Every 20 minutes, ask your child to take eyes off your screen and look at something that's at least 20 feet away for at least 20 seconds.

**TIP**



<https://www.ramstein.af.mil/News/Article-Display/Article/2028936/warrior-tradition-macdill-celebrates-native-american-heritage-month/>

# DAY 1: EVENING FAMILY FUN



Family time helps to create strong bonds, love, connections, and relationship among the family members. Spending quality time with family helps in coping with challenges, gives a feeling of security, teaches family values, fill kids with confidence, and much more. This is especially important during social isolation.



## Indoor Camping

Indoor camping is a wonderful family activity because it's a fun for all ages. It can also be done any time of the year, and day. At a time when we're asked to stay at home, it's good to bring outdoor fun indoor.

<https://www.mykidsadventures.com/how-to-have-an-indoor-camping-experience/>

### What you will need:

- A large bed sheet.
- 4 Chairs
- Pillows, stuffed animals
- Snacks
- Flashlight (optional)

### What to do:

1. Set the four chairs apart like in the picture to the right.
2. Drape the bedsheet over the chairs to make a tent.
3. Ask your child to put the pillows and stuffed animals inside and to get comfortable.
4. Bring snacks and spend time in the indoor tent talking about the day's activities, read a story, play games. You can even spend the night in the tent.



DAY 2

## DAY 2: MORNING PHYSICAL ACTIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.



### KANGAROO JUMP

Have your child stand up and show you his "kangaroo." Starting in the standing position, put both feet together and squat down. Jump as high as you can using only your feet, and no hands.

Jump around like a kangaroo and explore the home this way for 10 minutes. You can do this activity while taking a safe, physically distant walk outside.



### FROG JUMP

Start in the squatted position. Place your hands on the floor in between your knees. Using your feet, jump forward and land with your hands and feet on the ground.

You can alternate between the two activities and take breaks as much as your child needs. Keep a water bottle close by so your child is hydrated

**TIP**

## DAY 2: MORNING LEARNING



Children learn by observing, listening, exploring, experimenting and asking questions. Being interested, motivated and engaged in learning is important for children. It can also help if they understand why they're learning something. Learning activities teach children problem solving skills, development of fine and motor skills, nurture their creativity and imagination, and discover their independence and positive self-esteem.

### COUNTING WITH THE MEDICINE WHEEL AND LEARNING ABOUT THE MEANING OF EACH STONE

The Medicine Wheel, representing the many cycles of life, is an ancient symbol that has been used by Native Americans for thousands of years. The circle is representative of life's never ending cycle (birth, death, rebirth) and each stone or spoke placement in the wheel focuses on a different aspect of living. The Wheel is a ceremonial center, an astronomical laboratory like Stonehenge, a place to pray, a place to meditate, a connection to nature, and a focus for enabling connections with all creation.

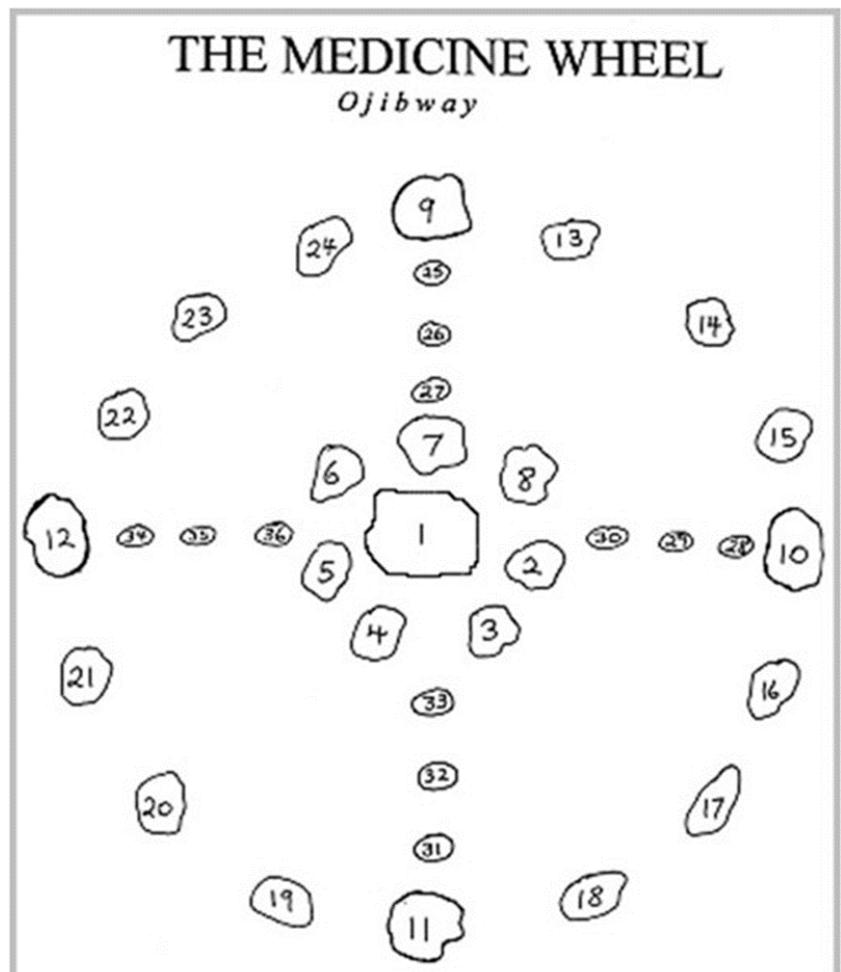
<https://www.crystalvaults.com/medicine-wheel-guide>

#### What you will need:

- Small stones
- Carboard paper
- Glue

#### What to do:

1. Teach your child how to count with the medicine wheel. You can teach adding, subtracting, multiplying, dividing. Keep it simple according to age.
2. Draw a similar design (see picture on the right) on a paper.
3. Place the stones on each number, then glue them if you prefer.
4. Teach your child about the meaning of each stone on the medicine wheel (see next page).



## DAY 2: MORNING LEARNING



### Key to stone medicine wheel:

1. Creator - Center of life, the Medicine Wheel itself.
2. Earth Mother - Gives us our home, and lives.
3. Father Sun - Warms life, source of energy and light.
4. Grandmother Moon - Guides dreams and visions.
5. Turtle Clan - The element of earth. Growth and life.
6. Frog Clan - The element of water. Cleansing.
7. Thunderbird Clan - The element of fire. Energy.
8. Butterfly Clan - The element of air. Transformation.
9. The North - Knowledge and wisdom.
10. The East - Daybreak, Illumination. Spirit.
11. The South - Youth and innocence. Emotion.
12. The West - Introspection, Looks within.
13. Snow Goose - Direction.
14. Otter - Balanced female energy.
15. Cougar - Leadership without insisting.
16. Red Hawk - Observant. Messengers of the Gods.
17. Beaver - Builder and do-er.
18. Deer - Power and gentleness.
19. Flicker - Music.
20. Sturgeon - Moving through life, swimming.
21. Brown Bear - Sweetness of truth.
22. Raven - Keeper of Sacred law.
23. Snake - Power of creation. Transmutation.
24. Elk - Stamina. To go the distance.
25. Cleansing - To make clean. Purify
26. Renewal - To begin again.
27. Purity - Clean and innocent.
28. Clarity - Unclouded. Free from darkness.
29. Wisdom - To delight in a higher state of appreciation.
30. Illumination - Knowledge and sense. Intelligence and foresight.
31. Growth- To enlighten. Cast light upon.
32. Trust - To become. To change from one state to another. To advance.
33. Love- Giving and Receiving
34. Experience- Learn by doing, being curious, wanting to know more
35. Introspection- Looking inside ones self for the good and things we need to change
36. Strength - Stick to it, never give up learn from mistakes

## DAY 2: AFTERNOON CREATIVITY



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### Medicine wand or talking stick

The idea of the Talking Stick is to respect each other's opinions and viewpoints during important meetings where things are discussed, or agreements need to be made. Unless you were holding the Talking Stick, you wouldn't interrupt or speak, but wait your turn.

This practice gives everyone time to think before they answer.

Once everyone is done speaking, the circle is ended by saying a prayer or thanking everyone in the circle.

<https://www.classic-play.com/native-american-talking-stick/>

#### What you will need:

- Wooden stick
- Pinecones
- Fallen leaves
- Glue
- Paint
- twine and feathers, stones, shells

#### What to do:

1. Let the children paint the stick
2. On one end of the stick use twine to tie the pinecones and shells onto the stick
3. Now glue leaves, small stones, shells and feathers onto the stick.

#### How to use the Medicine Stick

This activity should be done at the end of everyday before bedtime. It allows the child to go to sleep easier if they have things they want to say finished. It is important not to comment on what the child says unless they ask you to say something.



## DAY 2: AFTERNOON PLAY TIME



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### WHISKING BUBBLES

Bubbles make for a fun activity that can last a long time. If you have a backyard or a balcony, you might want to take this activity outdoors, otherwise you can set it up in the washroom or in the tub.

<https://emmaowl.com/whisking-bubbles-kids-play-activity/>

#### What you will need:

- Big container
- Whisks
- Dish Soap
- Food colouring (Optional)

#### What to do:

1. Put some dish soap into the container and add food colouring (optional).
2. Fill half the container with water and let the whisking begin.
3. Your child can use all kinds of kitchen tools to play with and make bubbles with. Some kitchen tools that you can use:



## DAY 2: EVENING SCREEN TIME



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### Copper Maker Dancers - Kwakiutl Indians' culture

Within many performers invited to the Birgitta Festival (Estonia) in August 2011, there was a group of very exotic guests almost from the other side of the world. From the western coast of Canada, Northern part of Vancouver Island came the Copper Maker Dancers who carry on the Kwakiutl Indians' culture. They performed some traditional sacred ceremonies of dance that are practiced during the gift-giving festivals. Such festivities are called potlatch in Kwakwaka'wakw language. The indigenous people of North America shared with us their concern about keeping the Kwakiutl culture and the Kwakwaka'wakw language alive. They also shared the joy of demonstrating their ancestral songs and dances and told us how they try to preserve their heritage and even make it flourish.

<https://www.youtube.com/watch?v=iJEvu9et6s>

#### What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

#### What to do:

1. Click on the link above OR
2. Go to youtube.com and type the following in the search bar: Copper Maker Dancers - Kwakiutl Indians' culture
3. Allow your child to watch the video
4. You can ask questions like: What did you learn? What was your favorite part?

The "20-20-20" rule helps protect your child's eyes: Every 20 minutes, ask your child to take eyes off your screen and look at something that's at least 20 feet away for at least 20 seconds.

**TIP**

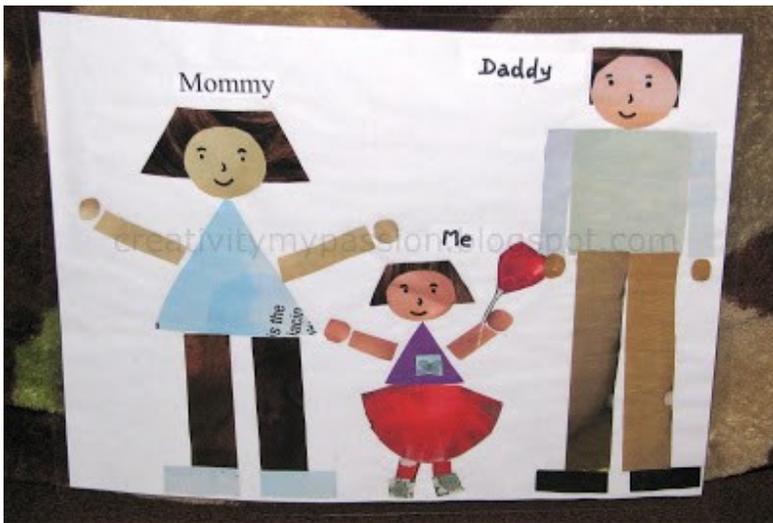
## DAY 2: EVENING FAMILY FUN



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### FAMILY COLLAGE

Make a collage to illustrate one's family. Use magazine photos, family photographs, and drawings to symbolize parents, siblings, extended family members, and their roles and responsibilities.



<http://www.craftoart.com/2011/04/shape-collage-my-family.html>

#### What you will need:

- Magazines
- Family photographs
- Scissors
- Glue sticks
- Cardboard paper
- Markers
- Crayons

#### What to do:

1. Let your child cut out magazine photos and/or family photographs, under your supervision.
2. Let your child glue them on a paper.
3. Let him also draw or paint on it as he likes.
4. When he is done with his family collage talk together about the roles of each family member and their responsibilities.



<https://funlearningforkids.com/magazine-shape-hunt-sort/>



DAY 3

## DAY 3: MORNING PHYSICAL ACTIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.



### BACK KICKS

Starting in the standing position, lean over and put both hands and both feet on the ground. When the area around you is clear, jump with your legs and kick behind you, leaving your hands on the ground. Ask your child how many back kicks he/she do before needing a break?



You can alternate between the two activities and take breaks as much as your child needs. Keep a water bottle close by so your child is hydrated

**TIP**



### CRAB WALK

Start by squatting down close to the ground. Lean backwards and place your hands on the ground. You should look like a "table top" now. Now walk sideways, while holding your bottom off the ground and your back straight. Do this for 10 minutes

## DAY 3: MORNING LEARNING



Children learn by observing, listening, exploring, experimenting and asking questions. Being interested, motivated and engaged in learning is important for children. It can also help if they understand why they're learning something. Learning activities teach children problem solving skills, development of fine and motor skills, nurture their creativity and imagination, and discover their independence and positive self-esteem.

### CREE NATION COUNTING / HIDING GAME:

#### AH-KIT-ASK-OOM-NAH-MAH-TOW-IN-AH

##### What you will need:

- 15 sticks

##### What to do:

1. Show child the sticks, divide into two piles and put some in each hand, hid the sticks behind your back.
2. Child guesses.
3. Together count the sticks in each hand.
4. Keep taking turns with your child.  
Encourage them to count the sticks on their own.
5. You can also count in your own language using your language cards



<http://mathcentral.uregina.ca/RR/database/RR.09.00/treptau1/game1a.html>

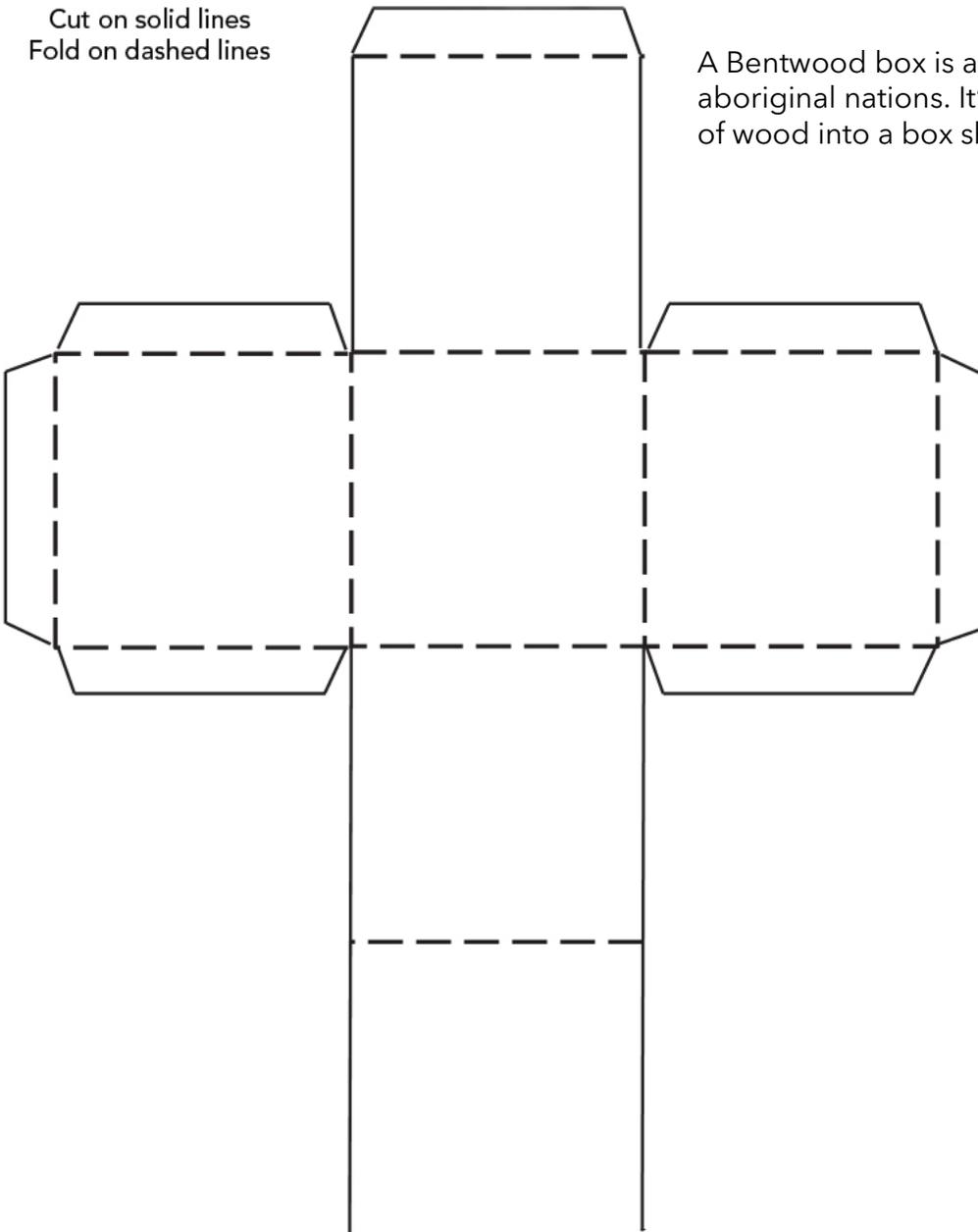
## DAY 3: AFTERNOON CREATIVITY



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### Cube Pattern

Cut on solid lines  
Fold on dashed lines



### PAPER BENTWOOD BOX

A Bentwood box is a special box made by different aboriginal nations. It's made by bending one piece of wood into a box shape.

#### What you will need:

- Paper cube pattern
- Crayons
- Scissors
- Glue

#### What to do:

1. Let the child color the paper any way he wants. Talk to your child about what they are colouring and why.
2. When he is done colouring cut the cube pattern together. Let your child cut the straight lines and help with the smaller cuts.
3. Help your child fold and glue the edges.



<https://canadianartjunkie.com/2014/03/17/the-ingenious-bentwood-box/>

## DAY 3: AFTERNOON PLAY TIME



Play allows children to use their creativity while developing their imagination, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage and interact in the world around them.



### BUBBLE PAINTING

<https://www.happygoluckyblog.com/bubble-painting/>

#### What you will need:

- Plastic cups
- Straws
- Paint or food colouring
- Dish detergent
- Water
- Envelope (Optional)

#### What to do:

1. Add 1 tablespoon of paint color (Or 2 drops of food colouring) 2 tablespoons dish detergent, and 2 tablespoons of water to each cup.
2. Mix each cup using the straw and ask your child to start blowing bubbles.
3. Once the bubbles rise above the rim of the cup, lay your paper over the bubbles.
4. Remove the paper and repeat with a different color paint. It's as simple as that!
5. Optional: You may want to ask your child to write a 'Thank you' or 'I love you' message once the paint dries, put it in an envelope and give it to someone else inside the home.



## DAY 3: EVENING SCREEN TIME



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### Cedar Bark Weaving

There is a whole new generation of weavers who are learning the art of indigenous weaving, thanks to efforts made by Ketchikan's Totem Heritage Center to offer classes in the art. Taught by elders in the community (including Delores Churchill and her daughter, Holly (pictured), who are widely regarded as the foremost experts in cedar bark weaving), the classes have spawned new talents, many of whom have learned how to harvest their own materials from the rainforest in Ketchikan.

<https://www.youtube.com/watch?v=t7aunDwsy5M>

#### What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

#### What to do:

1. Click on the link above OR
2. Go to youtube.com and type the following in the search bar: Cedar Bark Weaving
3. Allow your child to watch the video
4. You can ask questions like: What did you learn? What was your favorite part?

The "20-20-20" rule helps protect your child's eyes: Every 20 minutes, ask your child to take eyes off your screen and look at something that's at least 20 feet away for at least 20 seconds.

**TIP**

## DAY 3: EVENING FAMILY FUN



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<http://www.nativeamericanactivities.com/misc.html>

### What you will need:

- Popsicle sticks
- Crayons

### What to do:

1. Let your child color one popsicle stick with crayons.
2. Place both hands behind your back. Hide the stick (bone) in one of them. Close your hands and make fists. Show the child the closed fists.
3. Let your child guess in which hand is the stick.
4. When the child has made a choice, open the hand with the stick.
5. Play this game a few more times, changing which hand has the stick.
6. Let your child hide the stick now and you guess where it is.

### LAHAL OR THE BONE GAME

This game is played by Aboriginal people that live on the Northwest Coast.



DAY 4

## DAY 4: MORNING PHYSICAL ACTIVITY



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### HIDE AND SEEK

Hide and seek is a children's game that has been around a long time and it makes counting fun.

1. Close your eyes and count to allow your child to hide. When you're done, look for your child and run around a little bit before catching him or her.
2. Once caught, your child now counts and lets you hide. Let him/her chase you for a few seconds before letting them catch you. At this age your child might only know how to count to 5 or 10 or 20.

Play this game for 10-15 minutes

## DAY 4: MORNING LEARNING



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### SCIENCE EXPERIMENT

#### What you will need:

- Large dish
- Small cups
- Food colouring / paint
- Vinegar
- Baking Soda

#### What to do:

1. Set the small cups inside the large dish.
2. Fill 2/3 of each small cup with vinegar.
3. Add food colouring or paint and stir.
4. Ask your child to take a scoop of baking soda and drop it into the cup and watch the volcanoes explode.
5. Look at pictures of volcanoes and watch videos.



## DAY 4: AFTERNOON CREATIVITY



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### DREAMCATCHER

Some Aboriginal nations make decoration to be hung above the bed. The teachings from the dreamcatcher tell us that the dreamcatcher will catch the bad dreams and let the good ones through. Making the dreamcatcher will help develop your child's fine motor skills, eye-hand coordination, and cultural knowledge.

#### What you will need:

- Paper plate
- Scissors
- Paint
- Paint brush
- Yarn
- Feathers (optional)
- Beads
- Hole punch
- Stickers or markers (optional)

#### What to do:

1. First, cut a hole in the centre of the plate. Leave about two inches of edging.
2. Use a hole punch to punch holes around the inside edge. (Make sure the hole punch is not too close to the edges)
3. Paint the rim of the plate.
4. Tie a piece of yarn to the end of a feather while the plate is drying.
5. Let your child string beads onto the yarn. When she is finished, tie several knots at the loose end of the string to act as a stopper and secure the beads in place.
6. Repeat the previous step until you have the desired number of strands.
7. Instruct your child to string the yarn through the holes. (Help your child if needed)
8. Decorate this with stickers.
9. Punch one hole for each beaded strand of yarn at the bottom of the plate and tie your strands of beaded, feathered yarn.
10. When you're finished, hang the dreamcatcher on your child's bedpost or on a wall in their room.

## DAY 4: AFTERNOON PLAY TIME



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### KITCHEN MUSIC

This activity teaches cause and effect and shows your child how to hear the difference in sound when wood hits metal, wood hits plastic, metal hits plastic, and (get your earplugs ready) metal hits metal! Yes, this is a noisy activity, so get ready for the noise.

<https://handsonaswegrow.com/beating-pots-pans/>



#### What you will need:

- Pots and pans
- Kitchen spoons/utensils

#### What to do:

1. Let your child dig out the pots and pans themselves, this is half the fun!
2. Let your child choose the utensils they want to use to bang on the pots and pans.
3. Make sure your child has a variety of things to bang on and with: metal, plastic, wood etc.
4. Let your child enjoy exploring sounds.

## DAY 4: EVENING SCREEN TIME



Screen time should be monitored and limited for children of all ages. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.



### Tipi Raising Demonstration

Learn how to raise a tipi!

<https://www.youtube.com/watch?v=2NjYRT7fmh0>

#### What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

#### What to do:

1. Click on the link above OR
2. Go to youtube.com and type the following in the search bar: "Tipi Raising Demonstration"
3. Allow your child to watch the video
4. You can ask questions like: What did you learn? What was your favorite part?

The "20-20-20" rule helps protect your child's eyes: Every 20 minutes, ask your child to take eyes off your screen and look at something that's at least 20 feet away for at least 20 seconds.

**TIP**

## DAY 4: EVENING FAMILY FUN



Family time helps to create strong bonds, love, connections, and relationship among the family members. Spending quality time with family helps in coping with challenges, gives a feeling of security, teaches family values, fill kids with confidence, and much more. This is especially important during social isolation.



### MAKING A BRAID

Some boys choose to wear long braids to honour their Aboriginal heritage. There are boys who wear braids to honour a male family member, like a father, uncle, or grandfather.



Some will wear braids because they are practicing their culture through ceremony or dance.

#### What you need:

- Three long strands of yarn or string
- Tape
- Elastic



<https://everydaybeginsnew.com/2017/09/08/learning-to-plait-braid-at-5-years-of-age/>



#### What to do:

1. Making a braid can be fast and simple. First start off with three pieces of string that are tied together at the top.
2. Make two more of these.
3. Lay out the bundle of strings flat so that all three pieces can be seen.
4. Next, take the left strings and move over the center one so that the left strings are now the middle strings and the middle strings are now on the left.
5. After that, do the same with the right strings and put that in the middle.
6. Take the left strings and put that in the center.
7. Keep repeating these steps until you have the desired length and tie a knot to secure it.

#### Mi'kmaq Braids

With the first part, say a prayer for the heart: 'Please help me to be strong and loving.'

With the second part, say a prayer for the mind: 'Please help me think of good positive things.'

The third part, say a prayer for the spirit: 'Please help me to live a good life.'



DAY 5

## DAY 5: MORNING PHYSICAL ACTIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.

# SPRING YOGA

\*10 easy yoga poses for kids\*



1. Say hello to the sun.



2. Pretend to be a tree.



3. Pretend to be a flying bird.



4. Pretend to be the falling rain.



5. Pretend to be planting seeds.

Yoga is calming and focuses on balance and core. Let your child try out each pose and once he or she is ready, move on to the next pose.

**TIP**

## DAY 5: MORNING LEARNING



Children learn by observing, listening, exploring, experimenting and asking questions. Being interested, motivated and engaged in learning is important for children. It can also help if they understand why they're learning something. Learning activities teach children problem solving skills, development of fine and motor skills, nurture their creativity and imagination, and discover their independence and positive self-esteem.



### SOAP AND VIRUSES

It's a little stressful trying to teach our kids the importance of washing their hands. They just want to run to the next activity, but right now, it's more important than ever for all of us to be washing our hands with soap and water. It's the number one recommended way to help prevent the spread of the coronavirus. This "pepper trick" can help our kids grasp the importance of washing hands to keep a virus away. It's smart and here's how it works.

<https://www.fatherly.com/news/pepper-hand-washing-trick-kristen-bell/>

#### What you will need:

- Plate/Bowl of water
- Ground black pepper
- Liquid soap

#### What to do:

1. Ask your child to put black pepper into the water and mix. Tell him: The black pepper is like bacteria and viruses that make us sick.

2. Ask your child to place his/her finger into the bowl. Ask: Does anything happen to the virus? Are any black flakes on your finger?

3. Ask your child to dip his finger into the liquid soap and then place it again in the bowl. Like magic, the virus moves away. Talk about the importance of washing hands with soap to keep viruses and bacteria away.



## DAY 5: AFTERNOON CREATIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.

### MAKE A DRUM

#### What you will need:

- A clean empty container with a lid (coffee can, ice cream, or round cereal box (like for oatmeal))
- Wooden or metal spoon (optional)
- Crayons
- Tempura or acrylic paint
- Paint brush
- Stickers

<http://www.contestformoms.com/buzz/recycle-craft-coffee-can-drums/>



www.contestformoms.com

#### What to do:

1. Your child can decorate the container with crayons, stickers, or gluing pieces of paper.
2. Put the lid on the container. Tape if it is loose.
3. You child can hit the drum with her hand, or with the spoon. Use both sides to make different sounds!



www.contestformoms.com

## DAY 5: AFTERNOON PLAY TIME



Play allows children to use their creativity while developing their imagination, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage and interact in the world around them.



### PAINTING WITH ICE CUBES

#### What you will need:

- 1 cup of water
- Red, yellow, green, and blue food coloring
- Short Popsicle sticks
- Ice cube tray

#### What to do:

1. Pour your water into your ice cube tray evenly
2. Add just a tiny drop of red food coloring to four different cubes and mix well. Get your child to help.

3. Add each colour to four different cubes each time. You might want to mix colours to make more colours. (purple, pink, orange)

4. Talk to your child about colours and how they mix to make. Ask your child to experiment with mixing colours.

5. Place a short popsicle stick into each ice cube mold

6. Freeze for about 4 to 6 hours or overnight. When cubes are frozen, take them out and start painting.

Lay old newspaper down on the table before you paint, as food coloring will stain

**TIP**



## DAY 5: EVENING SCREEN TIME



Screen time should be monitored and limited for children of all ages. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.



### Longhouse teachings with the kids

The Mohawk Traditional Council of Kahnawake is sharing Words of peace in Native land at the Longhouse with Stuart Myiow talking with 80 kids about Values and Traditions. Translated in french by Edith Mora Castelan may 2018 song by Susan Mullins.

<https://www.youtube.com/watch?v=APW9Tqao0HY>

#### What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

#### What to do:

1. Click on the link above OR
2. Go to youtube.com and type the following in the search bar:  
"Longhouse teachings with the kids"
3. Allow your child to watch the video
4. You can ask questions like: What did you learn? What was your favorite part?

The "20-20-20" rule helps protect your child's eyes: Every 20 minutes, ask your child to take eyes off your screen and look at something that's at least 20 feet away for at least 20

**TIP**

## DAY 5: EVENING FAMILY FUN



Family time helps to create strong bonds, love, connections, and relationship among the family members. Spending quality time with family helps in coping with challenges, gives a feeling of security, teaches family values, fill kids with confidence, and much more. This is especially important during social isolation.

### CREATIVE STORYTELLING

Storytelling has been an ancient tradition for many cultures and is a way to pass on information and traditions. In this creative storytelling activity, your family will make up their own characters and their own story. This is a healthy way for children to express themselves and explore their imagination.

#### What you will need:

- Your family's imagination

#### What to do:

1. Have your family sit in a circle and have one person hold the small object in their hand. They will start the story.
2. After saying two or three sentences about the story, the person stops, passes the ball to the person sitting beside him/her. That person now continues the story by saying two or three sentences.
3. The story continues for two or three rounds and the first person who started it will end it.



Telling the story works best when the sentences are stopped at mid-point.

**TIP**

**We equip mothers facing multiple barriers to become engaged citizens confident parents, and prepare their children for success in school.**

**The Mothers Matter Centre**, home of the Home Instruction for Parents of Preschool Youngsters (HIPPY) Program in Canada – is a not-for-profit, registered charity incorporated in October 2001. We are a virtual, national consortium of organizations dedicated to serving socially isolated and low economic status mothers and their families.

Our foundational program, Home Instruction for Parents of Preschool Youngsters (HIPPY), was piloted in 2000 at the Britannia Community Service Centre in Vancouver, BC, HIPPY. Since then, it has grown to 25 sites across Canada each of which helps 35 - 100 families each year.

In addition to HIPPY, Mothers Matter Centre delivers a suite of programs that serve isolated, vulnerable families including: Bond to Literacy, the Adopt-a-Reader campaign, and Newcomer Innovations.

**Our Honorary Patrons** are Her Excellency **Julie Payette**, C.C., C.M.M., C.O.M., C.Q., C.D, Governor General of Canada; The Right Honourable **David Johnston**, P.C., C.C., C.M.M, C.O.M., C.D; and Her Excellency **Sharon Johnston**, C.C., as Patrons of HIPPY Canada. Thank you for your continuous support!

**Home Instruction for Parents of Preschool Youngsters (HIPPY)** is an evidence-based program that works with families in the home to support parents, primarily mothers, in their critical role as their child's first and most important teacher.

HIPPY strengthens families and communities by empowering mothers to actively participate in Canadian society and prepare their children for success in school and life. As the foundational program of the Mothers Matter Centre, HIPPY Canada has transformed more than 40,000 lives.



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