

WEEK 1

# 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



## PHYSICAL ACTIVITY

A physical activity to start the day 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



## FAMILY TIME

Talking about the day's activities and playing a family game help your child's mental and emotional wellness.



## SCREEN TIME

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

DAY 1

## DAY 1: 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.



### BEAR CRAWL

Start with knees slightly bent, hands and legs as shown. Jump as high as you can, extending your arms and legs, then land in the starting position. Do this for 3 minutes, take a break then do it again.

[Mothermattercentre.ca](http://Mothermattercentre.ca)



### JUMPING JACKS

Start with knees slightly bent, hands and legs as shown. Jump as high as you can, extending your arms and legs, then land in the starting position. Do this for 3 minutes, take a break then do it again.

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 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.



## MATCHING OBJECTS PUZZLE

This activity can foster a lot of conversation about size, shape, and colors (ex. "the hammer is orange and yellow" or "the green gear is round"). You can also talk about the function of the objects (ex. track= what the train drives on). You can practice receptive language skills by asking your child to listen and follow directions, for example, "find the object that is red and round" or "find the object that you use to hammer a nail." You can make the questions/directions easier or harder depending on your child's age.

<https://www.toddlerapproved.com/2010/01/matching-objects.html>

### What you will need:

- markers
- colored cardstock
- scissors or paper cutter
- toys/objects from around the house

### What to do:

1. Cut each piece of cardstock in half.
2. Trace some of your child's favorite objects onto the cardstock using a marker. You can have your child choose the objects and you can trace them. If your child is older, have them choose more challenging objects and let them trace their own "puzzle" pieces.





## DAY 1: MORNING LEARNING



3. Lay out the completed "puzzles" and have your child try and match the objects with their outline.



4. If your child struggles the first time, model how to complete the puzzles and then have him try again.



5. When finished, store the objects and cards in a basket in your child's room so that he can try out his puzzles again and again when he is playing



## DAY 1: AFTERNOON CREATIVITY



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### Fireworks painting

This fun activity helps your child's:

- Imagination and Creativity, fine Motor Development
- Hand-Eye Coordination and Control
- Cause and Effect
- Colour Recognition and Creating New Colours.
- Language development - New vocabulary such as fire-works, painting, colors...

<https://www.learning4kids.net/2015/12/27/painting-fireworks/>

### What you will need:

- Paint
- large sheets of paper
- cardboard tubes/toilet paper rolls

### What to do:

1. Cut the cardboard tubes into different sizes as shown in the photo, to create different size firework prints.
2. When printing the fireworks onto the paper, we used a 'bounce and twist' motion.
3. Create a fireworks using the smallest cardboard fan first overlapping the paint with the next biggest until the largest.
4. Talk about the different sizes, which one is the largest fireworks and which one is the smallest? Watch videos or read stories that show fireworks.



## 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 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 1: 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.



### Learn with Blippi at a Children's Museum

This activity can foster a lot of conversation about size, shape, and colors (ex. "the hammer is orange and yellow" or "the green gear is round"). You can also talk about the function of the objects (ex. track= what the train drives on). ." You can make the questions/ directions easier or harder depending on your child's age.

<https://www.youtube.com/watch?v=Wcrljf0Ps6E>

#### 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: "Learn with Blippi at a Children's Museum"
3. Allow your child to watch the video
4. You can ask questions like: Where did Blippi go in this episode? What did he see? 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

## 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.



### 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 2: AFTERNOON CREATIVITY



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### 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 2: 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.



### 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 FAMILY FUN



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### Hallway Laser Maze

Pretend that you are a family of spies and you have to get through this laser maze to save the world. This is a fun activity for all ages and is more fun when the adults join in.

<https://www.itisalwayssautumn.com/diy-hallway-laser-maze-indoor-fun-for-kids.html>

#### What you will need:

- Streamers/Yarn
- Tape
- Hallway

#### What to do:

1. Tape one end of the streamer to the top section of the hallway. Then extend the streamer to the other side of the wall and tape it. Continue this until you have a wall full of streamer.
2. Each family member takes turns going through the maze. Have a prize at the end of the maze for each person who gets through safely without breaking the streamers or touching it.



## DAY 2: 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.



### Blippi Visits the Aquarium

Blippi visits behind the scenes of the aquarium. Blippi learns about fish and animals for kids at the aquarium. Watch Blippi feeds some healthy food to a sea turtle, Blippi gets to pet sting rays, and Blippi hangs out with penguins. All these fun animals for kids Blippi gets to see at the aquarium.

<https://www.youtube.com/watch?v=2fOWFfpLYW0>

#### 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: Blippi Visits the Aquarium
3. Allow your child to watch the video
4. You can ask questions like: Where did Blippi go in this episode? What did he see? 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

## DAY 3: MORNING PHYSICAL ACTIVITY



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### 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.

### OREO MOON PHASES

let's dig into the cookie bag and learn about the different phases of the moon and what causes us to see only part of the moon at certain times of the month! This fun Oreo moon phases activity lets kids combine a fun snack with simple astronomy in the process.

<https://littlebinsforlittlehands.com/oreo-moon-phases/>

#### What you will need:

- Oreo cookies or similar cookies
- Paper plate
- Plastic knife, fork, or spoon (for carving out the moon phases)
- Glass of milk (optional for dunking the Moon)
- Markers



1: Open up a pack of cookies and twist 8 cookies carefully apart.

2: Use the edge of a fork to draw a line down the center of the icing, carefully scrape off half the icing, and set onto the top of the paper plate to begin your first quarter Moon cycle.

3: Work from left to right on your cookie moon cycle. Use the fork to draw the line, scrape off the icing, and set on the left of the first quarter Moon. Ask your child to help by scraping the icing or eating it.

4: Once all the Moon's are on the plate in a circle, carefully draw the Earth in the center with markers.





## DAY 3: AFTERNOON CREATIVITY



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### 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:

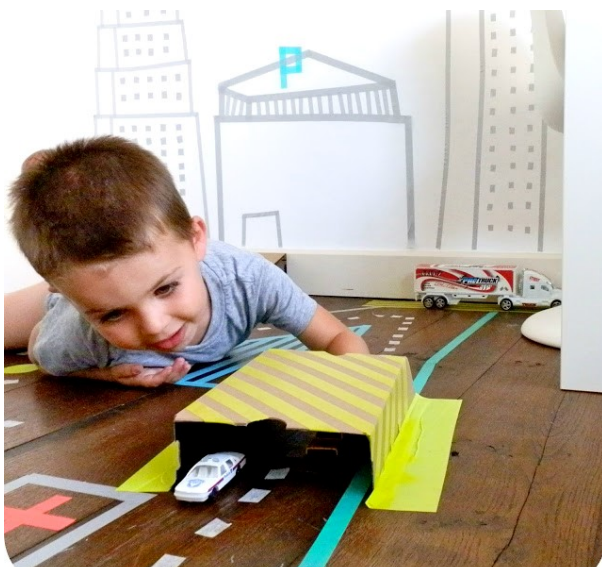
1. Add 1 tablespoon of paint color (Or 2 drops of food colouring) 2 tablespoons dish detergent, and 2 tablespoons of water to each cup.
2. Mix each cup using the straw and ask your child to start blowing bubbles.
3. Once the bubbles rise above the rim of the cup, lay your paper over the bubbles.
4. Remove 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: 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.



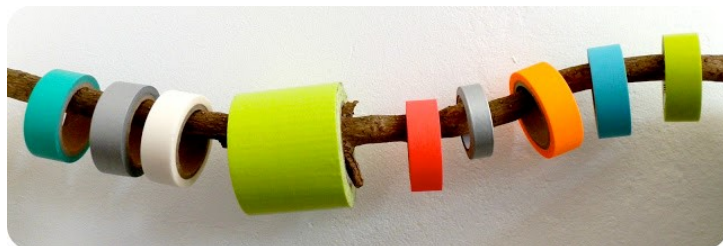
### TAPE CAR TRACK

This can be a one time activity or it can be the beginning to a recurring activity. Choose a corner in your home and set up a small city for your child to play in. This can be adapted to be a zoo (with animals), a home (with barbies/dolls), or a shopping store (with food). Allow your child to help in designing the space and come up with ideas of what should go where. If you can spare the corner, you can leave your city for your child to play in it for many days. Below are some pictures of what other families have done.

<http://lejardindejuliette.blogspot.com/2012/09/washi-tape-car-track.html>

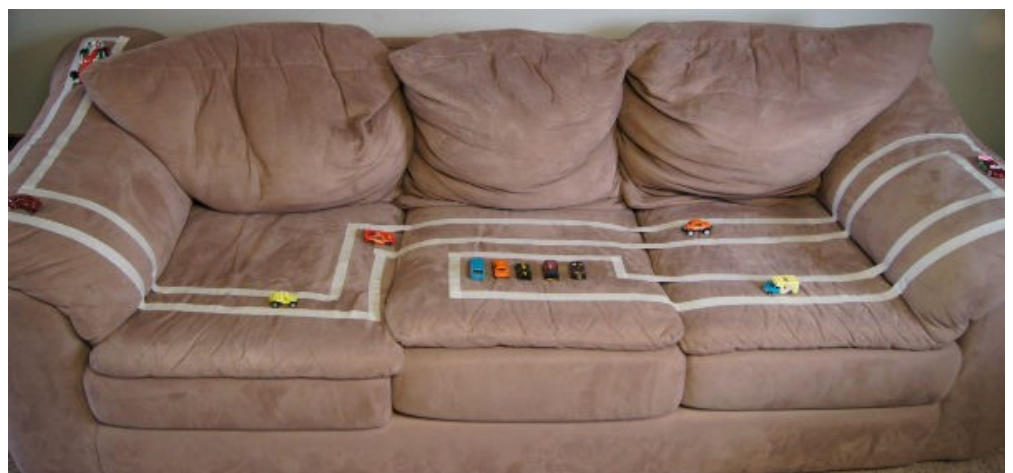
### What you will need:

- Tape (optional—different colours)
- Toys (Cars, animals, food)
- You can also use pasta and beans for cars.





## DAY 3: AFTERNOON PLAY TIME



## DAY 3: 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 GOLF

Creating a mini golf course at home is simple and can be adapted to fit your home and your family. Young kids can use their hands to navigate the ball, while older kids and adults can use a broom or a wooden spoon to hit the ball.

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

#### What you will need:

- Thick paper/cardboard box
- Tape
- Ball
- Broom/Wooden spoon

#### What to do:

1. bend the thick paper and tape the sides to the ground as shown in the picture above.
2. Set-up cardboard box as shown in picture to the right.
3. Use small balls, sock ball, or paper ball and hit it from an agreed upon distance.
4. You can have teams or get competitive in a tournament.



## DAY 3: 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.



### PBS KIDS GAMES APP

FREE games for kids 2-8 will be added all the time, encouraging your child to engage in skills related to science, math, creativity and more in gameplay alongside their favorite characters!

The app provides a safe, child-friendly playing experience for all ages. Kids can easily browse and play games at home, on the road, anywhere!

<https://pbskids.org/apps/play-pbs-kids-games.html#>

#### What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

#### What to do:

1. Click on the link above OR
2. Go to the App Store or Play store and search for PBS KIDS GAMES APP
3. Find Play and Learn Science . Click on download
4. Open the app and allow your child to play for a maximum of 1 hour. Make sure that he/she is abiding by the 20-20-20 rule.

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

## DAY 4: 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.



### 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



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 4: AFTERNOON CREATIVITY



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### COLOURFUL CITY

<https://www.artbarblog.com/rolled-paper-sculptures/>

#### What you will need:

- Colored paper– or old magazine/newspapers
- Liquid glue
- A piece of cardboard

#### What to do:

1. Cut the paper into different sizes. Your child can help.
2. Show your child how to roll the paper and glue it to the cardboard.
3. Let him build his/her own city.





## 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 FAMILY FUN



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### 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**

## DAY 4: EVENING SCREEN TIME



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### Blippi Learns about Jungle Animals

Blippi heads to the indoor playground to learn about jungle animals. This animal video for kids is a fun way for children and toddlers to learn with Blippi about jungle animals. Your child will learn with Blippi in this educational video for toddler about the animals Monkey, Elephant, Horse, Hippo, Zebra, and more!

<https://www.youtube.com/watch?v=rPe4yziWiOg>

#### 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: "Blippi learns about jungle animals"
3. Allow your child to watch the video
4. You can ask questions like: Where did Blippi go in this episode? What did he see? 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 5

## DAY 5: MORNING PHYSICAL ACTIVITY



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# 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.

KIDS YOGA  
STORIES

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



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### DOES IT FLOAT OR SINK?

Floating and sinking is a fun science concept for children to explore. Setting up a Floating and Sinking Learning Tray will invite them to play, experiment and explore how and why different objects float and sink when placed into water.

[www.learning4kids.net/2014/04/15/floating-and-sinking-science-activity/](http://www.learning4kids.net/2014/04/15/floating-and-sinking-science-activity/)

#### What you will need:

- Large container filled with water
- 3 smaller containers
- 4 pieces of Paper
- Tape
- Marker
- Random objects in the house, some float, some sink

#### What to do:

1. Take the four pieces of paper and write the four labels on them and tape them to the four containers.

1st paper: Does it sink or float?

3rd paper: Sink

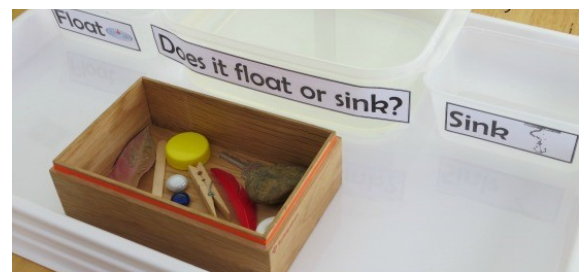
2nd paper: Objects

4th paper: Float

2. Place the random objects in the container labeled objects. Some ideas: rock, key, feather, tissue paper, plastic cup, pencil, jar lid, etc..

3. Place one item into the water at a time. Does it float or sink? Place the object into the corresponding labelled container. Talk about why some objects sank and others didn't.

4. Discuss the weight, size and material the object is made of and how this influences the floating ability. Talk about why there were bubbles when some objects sank





## 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.



### SPRING STRING

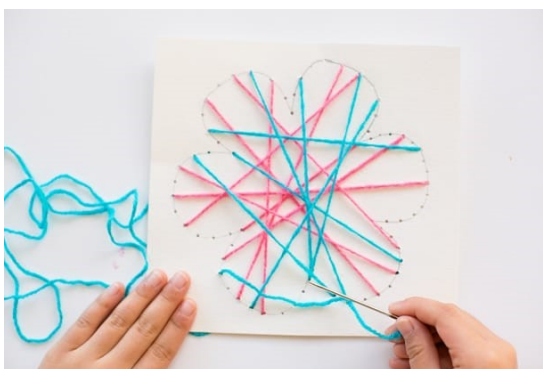
<https://www.hellowonderful.co/post/KID-MADE-DIY-STRING-ART-FLOWER-CARDS/>

#### What you will need:

- Thick paper or cardboard
- Pencil
- Yarn/thread
- Thick needle/Toothpick

#### What to do:

1. Draw an outline of a big flower on the thick paper.
2. Use a pencil or toothpick to poke holes around the outline of the paper
2. Attach string to a kid-friendly needle or toothpick (make sure you cut off the sharp ends)
4. Ask your child to connect the dots in the flower.
5. Once your child is done, tie a knot in the back of the paper.



## 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.



### SPONGE BOATS

<https://coolprogeny.com/2016/07/summer-crafts-sponge-boats/>

#### What you will need:

- Kitchen sponges
- Scissors
- Toothpick
- Duct tape or paper

#### What to do:

1. Cut the top two corners off a rectangular kitchen sponge to create the base shape of the boat.
2. Carefully push the pointy side of the skewer up through the middle of the sponge to create the base for the sail.
3. You can then create the sail using paper or tape,. Duct tape holds up best in the water.
4. Put the boat into the water and let your child play. You can also teach your child to blow on the sail to make the boat move.



## 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.

### THANKFUL RIBBON

Being thankful for the little things is important during this time. It's a good opportunity to think positively as a family and practicing gratefulness. This is a craft activity that the whole family can do together and once it's hung can serve as a reminder for the good things everyday.

<https://artfulparent.com/thankful-bunting-thanksgiving-art-activity/>

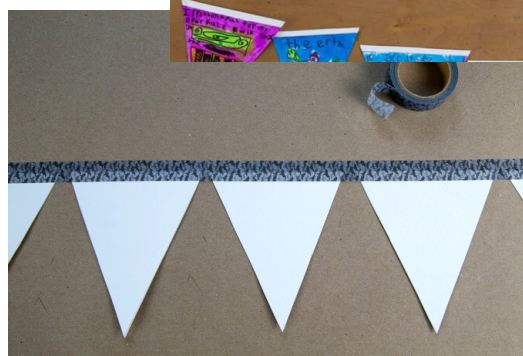
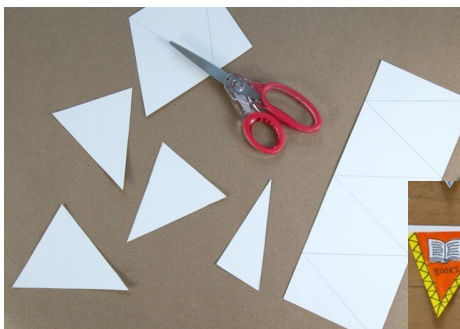


#### What you will need:

- Thick white paper
- Scissors
- Tape
- Crayons or markers

#### What to do:

1. Cut the paper into triangles and tape them on a surface
2. Ask each family member to draw or write things they're thankful for on their own triangles.
3. Once they're done, tape all triangles together twice so that the tape holds.
4. Drape the triangle ribbon over a wall to remind the family of all the things they're thankful for.





## 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.



### PBS KIDS VIDEO APP

The PBS KIDS Video app gives kids and parents access to thousands of free videos, including full episodes and clips from top PBS KIDS series.

PBS KIDS, the #1 educational media brand for kids, offers all children the opportunity to explore new ideas and worlds through media.

<https://pbskids.org/apps/pbs-kids-video.html>

#### What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

#### What to do:

1. Click on the link above OR
2. Go to the App Store or Play store and search for PBS KIDS VIDEO APP
3. Find PBS Video . Click on download
4. Open the app and allow your child to watch videos for a maximum of 1 hour. Make sure that he/she is abiding by the 20-20-20 rule.

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**



**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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