

# Keeping **KIDS** Active

APRIL 2020 // WEEK 3 // PAGE 1

## How to Comfort & Calm Your Child At Home

All children benefit from receiving calming information from their senses. In this flyer are different activities that can be used to build sensory input into everyday life. These activities can help your child stay calm throughout their day. Consider trying any of these with your child to support them to remain calm at home.

## Building Sensory Input Into Daily Activities

### Meal Preparation or Baking

- Let your child mix the ingredients, especially thick ones that will really work the hand, arm, and finger muscles.
- Mix, roll, and press pizza, bread, or bannock dough flat.
- Help carry pots and pans, bowls of water, or ingredients (with supervision as needed)
- Let your child help tenderize meat.

### Play Time

- Help make an obstacle course in the house or yard that involves crawling, climbing, jumping, or rolling on or over objects.
- Encourage jumping or crashing on to a mattress, pile of cushions, or large pillows.
- Firmly squish your child in between two pillows or couch cushions to create a 'sandwich'.
- Allow children to play with homemade 'sensory bins' (e.g., containers that have uncooked rice, dry beans, pasta, or popcorn kernels where they can scoop, dump/pour, or dig for favourite toys using soup ladles, mixing spoons, etc.).
- Roll and squish play-doh.
- Throw stuffed animals or pillows into a laundry basket.
- Complete wheelbarrow or animal walks (crab, bear, snake slither)
- Play Tug of War.

### Bath Time

- Scrub with different textures of washcloths or bath brushes.
- Try soaps and lotions with different smells.
- Draw / write on bathtub wall with shaving cream.
- Rub body firmly with lotion after bath time (deep massage).

### Quiet Time / Bed Time

- Sit in a pile of pillows and / or blankets.
- Wrap up tightly in blanket.
- Explore a comfort item (e.g. stuffed animal, blanket, etc).
- Read a book to your child.
- Complete a quiet activity such as a puzzle or colouring.
- Listen to soft music.
- Stretch or do yoga.

### Mealtime

- Offer chewy or crunchy foods (granola, apples, carrots, pretzels, licorice, fruit leathers, chewing gum).
- Drink thick liquids (milkshakes or yogurt-based smoothies) through a straw.
- Try having your child sit on a cushion at the table to allow for some seated movement during mealtimes.



Image adapted from <https://www.trueaimeducation.com/easy-homemade-pizza-crust-recipe/>

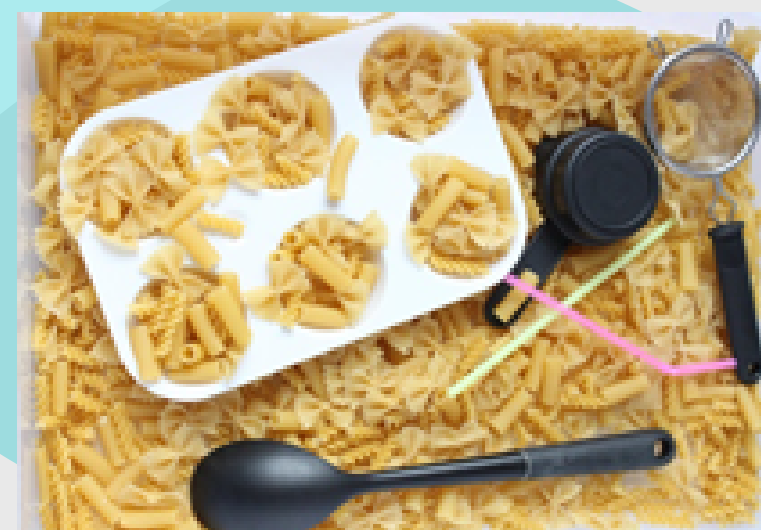


Image from <http://lollipopsandlemons.com/pasta-sensory-bin/>

### Household Chores

- Help carry groceries and put them away.
- Assist with vacuuming or moving furniture.
- Help carry the laundry basket or detergent.
- Assist with setting a place for each person at the table.
- Sort pop bottles or cans.
- Push a wheelbarrow, drag branches into a pile, or sweep / mop the floor.
- Help with digging for gardening or landscaping.
- Assist with washing the car.

Whatever activities you try at home, remember not to force your child to take part. Make the activity a game whenever possible, and if your child is afraid, go slow. It will work best to try these activities and see what your child likes. You may also find other similar ideas to add to your child's list of favorite activities. Every child likes to be calmed in different ways.



NEED TO TALK? SUPPORT IS AVAILABLE!  
Contact your health centre for available supports.

## Cree WORD OF THE WEEK

## Nohtekatan

I am hungry

KIDS  
SHARE OF  
THE WEEK

Nurse Appreciation Week is May 11-17. Write a letter or draw a picture about what you like about nurses. Send it to your health centre!

### Let's make something

#### Painted Rocks

Go out in your yard and collect rocks. Look for small to medium rocks. With a little paint or markers, you can turn those old, dirty rocks into a ladybug, giant eyeball, kitty cat or abstract rainbow.

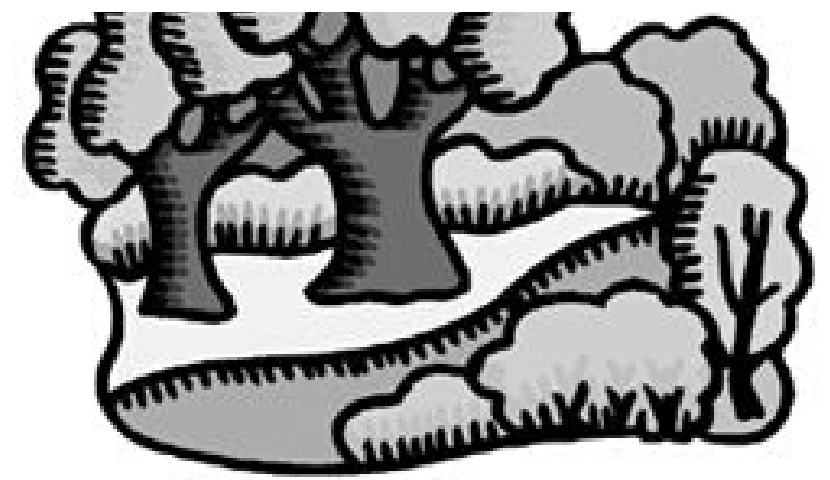


Learn how to make homemade paint:




Click the play button or go to:  
[https://www.youtube.com/watch?time\\_continue=63&v=iDc5xwiM0fM&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=63&v=iDc5xwiM0fM&feature=emb_logo)

### Forest Animals



GAME OF THE WEEK

v	c	o	e	j	o	t	b	e	a	r	r
i	x	s	j	p	w	y	f	v	n	l	a
m	s	f	d	o	l	r	o	d	h	y	b
s	k	o	y	r	o	s	x	e	i	x	b
u	u	r	k	c	v	q	t	e	i	o	i
q	n	e	q	u	o	u	g	r	u	j	t
n	k	s	w	p	k	i	l	p	n	h	q
a	b	t	o	i	g	r	g	y	x	u	n
j	c	r	l	n	x	r	c	i	e	w	e
c	b	x	f	e	h	e	w	q	e	x	o
p	k	k	p	f	f	l	s	h	z	p	m
w	r	a	c	c	o	o	n	t	q	l	y

forest      deer      bear      fox  
 owl      raccoon      squirrel  
 rabbit       skunk      wolf      porcupine

