

Keeping KIDS Active

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Activities to Keep Your Family Active

Children are used to being active while at school, whether during gym, recess or organized sports. These current times resulting schedule and routine changes can cause stress and anxiety on everyone in the family. Keeping active as a family is important for everyone, no matter what the age. Parents should get their children outside when possible and should set an example of being active, even if it means adjusting routines. If parents make it part of their routine, the rest of the family can see them doing it and will be more likely to participate. Try to do activities together as a family. (Information source: healthychildren.org)

Get outside and play!

- Take a nature walk .
- Join your children outside for a game of hide and seek, kick the can, or a treasure hunt.
- Take your dog for a walk .
- Start planning your summer garden.
- Go for a jog.
- Create an obstacle course with toys and games from your garage.



Computer Fun!

- Learn about your history online.
- What do you want do when you grow up? Students of all ages can start exploring careers, play games, watch videos.
- Challenge yourself with kids learning computer games.
- Set up a virtual playdate with their friends or connect with family members living afar via video chat.



- Explore places you would like to visit in the future.
- Set aside time each day to engage children with free, hands-on learning activities that foster creativity.
- Search Youtube for video tutorials on how to draw, learn a foreign language, or make crafts.

Explore More Indoors!

- Have a local library card? Many local libraries allow you to check out and download ebooks! Read aloud to each other, read silently, or take turns reading to each other.
- Start a virtual book club! Choose a book and start an online chat with your friends and their children.
- Play games indoors! Games for younger children include Simon Says, Duck Duck Goose, or Follow the Leader. Older children can play "I Spy," charades, indoor bowling, or make up new games.
- Many local libraries allow you to check out and download ebooks! Read aloud to each other, read silently, or take turns reading to each other.
- Try a new recipe or make dinner as a family.
- Read a chapter book together and discuss the characters and plot and ask questions to encourage critical thinking.
- Pop some popcorn and cuddle up for a movie marathon.
- Turn up the volume and have a family dance party!
- Make a scrapbook of souvenirs from a previous vacation.
- Get the creativity flowing! Give your kids art supplies such as crayons, colored pencils, markers, or paints to create show pieces for your home. Put the artwork on your fridge or hang them around your house and host your very own art show.



More fun ideas from the KTC Clinical Team!

- Walking around the house or a family walk on a nice day - Pick 4 different animals and practice walking like them (ie. bear on hands and feet, crab walk, bunny hopping, flamingo stand with 1 leg elevated, giraffe walk with arms overhead and on tip toes).
- Act out your favorite story: while someone reads the book, the children have to act out the emotions and movements of the characters.
- Red light green light: Practice moving fast, slow and coming to quick stops. To make more creative you can go under tunnels (crawling), reverse (walk backwards while making a beeping sound) or tow truck (they have to try and drag you!).
- What time is it Mr. Wolf?: Practice counting and different movement skills (not just for stepping!). Ie. What time is Mr. Wolf? 4 skips o' clock, 4 hops o' clock, 8 frog jumps o' clock. Don't forget to run away for LUNCH TIME.
- Build a fort using pillows, blankets and towels around the house.

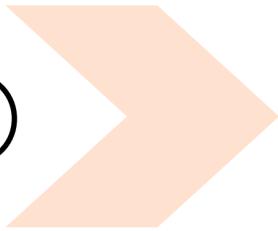


NEED TO TALK? SUPPORT IS AVAILABLE!
Contact your health centre for available supports.

Keeping KIDS Active

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Activities for Kids

Cree WORD OF THE WEEK



Water

Nipi

KIDS SHARE OF THE WEEK

Hey Kids! If you could give people in your family a superhero name, what would it be? Draw a picture and share with your family! Don't forget to name them.

Let's make something

Make Your Own Pet Fish!

Your new pet fish will be easy to take care of and you won't have to feed it or change it's water. It will also be a great listener so make sure you say good morning every day and let it know how you are doing.

- Find a jar with a lid.
- Gather some small rocks and place on the bottom of the jar. You can paint them different colours if you want.
- Draw your own pet fish, colour it how you want, and cut the shape of your fish out.
- Find a paper clip and bend it so that the bottom has a stand.
- Place your pet fish on the top standing part of the paper clip and put tape on the back side of the fish to hold it on.
- Put your fish in the jar with the bottom of the paper clip stand under the rocks so that it is standing straight up.
- Put the lid on and give your fish a name!



Want to add a real plant?

- Find a jar with a large enough opening (to be able to water the plant but not wet your fish and for the plant to get air).
- Gather some rocks or soil (depending on the seed or plant you use – ask your parent for help in deciding what is needed).
- Place rocks or soil in the jar and add plant or seed. Leave space between the fish and plant so you can water it and it can grow.
- Make your fish (see above instructions) but this time use a large paper clip so the fish is standing higher and won't get wet.
- Carefully water your plant.



GAME OF THE WEEK

Spring Word Search

F	A	V	M	A	Y	W	I	N	D	Q
H	B	S	R	I	N	A	C	Z	W	F
E	O	P	B	L	O	P	O	O	I	L
M	A	R	C	H	F	R	A	I	N	O
A	V	I	J	A	K	I	P	G	D	W
R	E	N	S	R	E	L	S	Q	Y	I
C	W	G	Y	E	A	G	I	U	Z	F
T	Q	J	D	F	L	O	W	E	R	S
B	L	O	O	M	X	R	T	S	D	B

Spring
March

April
May

Rain
Flowers

Windy
Bloom



An idea for quiet time while parents work...



Start your own comic book! Each time your parents need quiet time to focus on work, you can create your comic book with drawings and stories on each page.



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