

Keeping **KIDS** Active

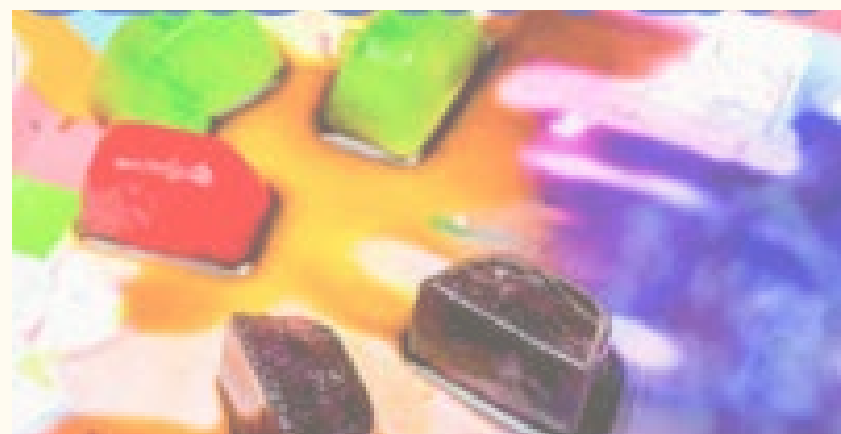
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Ideas for Toddler Play

Play allows your toddlers to use their creativity while developing their imagination, and physical, cognitive, and emotional strength. Play is important to develop a healthy brain.

Here are some ideas from <https://childhood101.com/category/play-and-learn/toddler-play/>

Ice Cube Painting: Sensory Activity for Toddlers & Preschoolers

This is a great sensory play activity for toddlers and is completely safe to taste. Perfect for those warm sunny days. It's cold, colourful and slippery!



Picture Source: www.childhood101.com

You will need:

- Ice Cube Tray
- Water
- Food Colouring
- White poster board, paper or paper towel

How to prepare:

- Pour water into tray and add 2-3 drops of food colouring.
- Place the tray in freezer until frozen.
- Place on large tray with poster board, paper or paper towel.

How to play:

- Empty the frozen ice into the tray.
- Allow your child to explore the coloured ice cubes. The ice will start to melt and leave colours on the poster board.
- When done, pour the melted ice into the sink. Blot the poster with paper towel and remove excess liquid.
- Hang the artwork to dry.

Ask questions and engage their minds:

- How does the ice feel?
- What colours can you see?
- What is happening as you play?
- Why do they think the ice is melting?
- What could they do to make it melt faster or slower?

Toddler Nature Scavenger Hunt: Make a Paper Bag Treasure Book

It's an easy activity that will get toddlers involved, have fun, and be excited when they find the objects. This is a great tool to get children active and use their imagination.

You will need:

- Brown paper lunch bags
- Stapler
- Permanent Marker

How to prepare:

- Draw one item for your child to find on the front of each bag (8-10 bags)
- Stack the bags into a pile with the open end of the bag facing up and staple them along the left hand side to form a book.
- To protect your child's fingers from staple pokes, you can cover the spine with tape.

Ready to go hunting!

- Ask your child to find the item that looks like the picture on the bag.
- Once found, ask your child to open the top of the matching bag and slip the treasure inside.



Picture Source: www.childhood101.com

"PLAY GIVES CHILDREN A CHANCE TO PRACTICE WHAT THEY ARE LEARNING"



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

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Activities for Kids

Cree WORD OF THE WEEK

mahkîsîs
fox

KTC KIDS CHALLENGE OF THE WEEK

Did you know that First Nations discovered chewing gum!
To get more information about these amazing discoveries, check out:
<https://www.rcaanc-cirnac.gc.ca/eng/1302807151028/1534952294430>
(Click on this link to take you directly to website or copy link into webbrowser)

Let's Make Something! PEBBLE ROCK FRAME

Making a pebble rock frame is a fun way to keep all those beautiful rocks you found this summer and frame one of your favourite photos. You can make this for yourself or make it as a gift for someone you care about!

What you will need:

- Pebbles or small rocks you collected on your walks or from your yard.
- An old picture frame.
- A hot glue gun and help from an adult.
- A picture you love.

How to make:

- Wash and dry the pebbles or small rocks
- With help from a parent, hot glue the rocks all around the front of the frame. Only covering the frame not the glass.
- Insert your favourite picture.



Picture source: <https://www.theidearoom.net/rock-craft-ideas/>

GAME OF THE WEEK



Let's Go Camping

Find all of the camping related words from the list below. The words can be up, down, forward, backward, or diagonal.



BACKPACK	FOREST	MAP	SMORES
BUG SPRAY	HIKE	MOSQUITOES	STREAM
CAMPFIRE	ICE CHEST	NAPKINS	SUNBLOCK
COMPASS	KNIFE	RACCOON	SWIMSUIT
FIRE	LAKE	RANGER	TENT
FISHING POLE	LANTERN	SLEEPING BAG	TRAIL
FLASHLIGHT			

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