

**How are you feeling?**



<p align="center"><u>Health and Wellbeing</u> <b>Memory Wall</b></p> <p><b>Materials Needed:</b> Poster board, glue, family pictures, markers, an empty wall. <b>Purpose:</b> Family Bonding and Reminiscing.</p> <p>On a big poster board come up with phrases that can be illustrated through pictures, such as "birthdays", "achievements", "holidays", "memories" and then as a family create a collage. Find a space in your home to hang this poster and continue adding to it.</p>	<p align="center"><u>Attention &amp; Listening</u></p> <p align="center"><b><u>I went to the Zoo and I Saw a...</u></b></p> <p>This game involves listening as well as memorizing. Choosing any animal names, start the game by saying "I went to the zoo and I saw a monkey". Your child then responds with "I went to the zoo and I saw a monkey and a lion". You respond with "I went to the zoo and I saw a monkey, a lion and a tortoise". For each turn, repeat the animals that have already been listed, in sequence, then add a new one. You may not repeat an animal.</p> <p>At first, this may be tricky, but with time you will be amazed at how many animals your child can remember.</p>	<p align="center"><u>Mindfulness</u></p> <p>Sit or lie down in a comfortable position, squeeze and relax each of the muscles in your body one-by-one, hold each squeeze for about five seconds. After releasing the squeeze, pay attention to how it feels when you relax.</p> <p>Curl your toes tight like you are picking up a pencil with your feet.</p> <p>Tense your legs by pretending you are standing on your tiptoes, trying to look over a fence.</p> <p>Suck in your stomach as if you are trying to slide through a narrow opening.</p> <p>Make fists with your hands and pretend you are trying to squeeze all of the juice out of an orange.</p> <p>Pretend a bug landed on your nose, and you're trying to get it off without using your hands. Try to scrunch your face and move your jaw to make it fly away!</p>
<p align="center"><u>Family Challenge</u> <b>Minefield</b></p> <p>Set up a "minefield" in your house by creating an obstacle course of chairs, pillows, couches, etc. Then divide your family into groups of two. Have one family member wear a blindfold while the other guides them through the minefield with only verbal directions.</p>	<p align="center"><u>Outdoor Learning</u></p> <p>Choose a favourite toy or figure and create a den in the garden using sticks and leaves.</p> <p>Can to make your self a den?</p>	<p align="center"><u>Story Time</u> <b>The Huge bag of Worries</b> <a href="https://www.youtube.com/watch?v=8QwEOSBjOt8">https://www.youtube.com/watch?v=8QwEOSBjOt8</a></p>
<p align="center"><u>Art</u></p> <p>Make your own stress ball. All you will need is a bottle, some flour, a balloon and a funnel! <a href="https://www.naturalbeachliving.com/make-stress-balls-kids-will-love">https://www.naturalbeachliving.com/make-stress-balls-kids-will-love</a></p>	<p align="center"><u>Cooking</u> <b>Carrot cake tray bake</b> <a href="https://www.bbcgoodfood.com/recipes/frosted-carrot-squares">https://www.bbcgoodfood.com/recipes/frosted-carrot-squares</a></p>	<p align="center"><u>Lego Challenge</u></p> <p>Can you create a garden of Lego flowers?</p> <p>Can you make each flower different in some way? A different design, a different size or a different colour?</p>