

**Family Resource
and
Activity packet
Monday
(12-07-20)**



Five Little Bells



Five little bells hanging in a row,



The first one said, "Ring me slow."



The second one said, "Ring me fast."



The third one said, "Ring me last."

The fourth one said, "I love to chime."



The fifth one said, "It's Christmas time!"

What is mental health?

Mental health means that young children are growing in their ability to:

- understand and share feelings
- have close and positive relationships
- explore and learn

Why Is It Important?

Having Positive Mental Health Makes It Easier for Children to:

- Have close relationships with family and friends
- Do well in school
- Learn new things
- Solve tough problems

- Develop patience (or not give up)
- Focus on a task
- Ask for help

When Young Children Are Worried, Sad, or Angry, It Can Be Hard To:

- Make friends
- Follow directions
- Express feelings or wishes
- Follow simple directions
- Pay attention in class
- Solve problems in positive ways
- Do well in school



Things You Can Do and Say to Help Your Child

• For Your Infant

- Hold your baby during feedings.
"I love cuddling when I feed you."
- Look at your baby and smile, smile, smile!
"Hey, when I smile, you smile back."
- Talk about what you are doing.
"I'm going to change your diaper now."
- Try to relax and have fun.
"When I am happy, you are less fussy."
- Read and sing to your baby every day.
"It is bedtime. Time for a story and favorite song."
- Take care of yourself.
"When I am rested, I take better care of you."

• For Your Toddler/Preschooler

- Make sure they always feel safe.
"I know loud noises can be scary, but it's OK."
- Offer choices.
"Do you want the blue shirt or the red shirt?"
- Practice patience.
"Let's wait until the song is over and then we'll go outside."

- Show understanding.
"You REALLY want another cookie! It is hard when you can only have one."
- Leave extra time.
"I see you don't want to leave the playground. One more time on the slide, then we need to leave."
- Play together at least 15 minutes a day.
"There is so much to do but it is important for us to play together."
- Follow her interest.
"I see you want to play with the blocks. What are you going to build?"
- Praise your child when she keeps trying.
"I love the way you keep trying to find the right piece for the puzzle."
- Practice following directions.
"First pick up the blocks, then take out the cars."



35 Activities to Fall in Love with LEAVES

1. **Toss and run** around as they fall on your head
2. **Jump** in a leaf pile
3. **Collect** leaves to put inside a sensory bottle for infants to reach, grasp, and explore
4. **Toss and count** how many times you can do a motor skill (jump, squat, twist, etc.) before the leaves touch the ground
5. **Rake** leaves and put them in a big pile
6. **Gather** leaves on a tarp and drag them around
7. **Ride** a bike or scooter through them
8. Use leaves to make a **maze**
9. **Jump** up to pull them off of a tree or jump up and “hi five” a leaf
10. **Put them** on a parachute and play parachute games
11. Use them in **Simon Says**
12. **Throw** them up and catch them with a net
13. **Play** pass the leaf
14. Use them as **targets** on the ground or on a tree
15. **Create** a leaf line and try to balance as you walk
16. **Hop** leaf to leaf or jump/leap over a leaf
17. **Play** leaf tag with a friend
18. **Fill** buckets with leaves and carry them around
19. Use them as **spot markers**
20. Have one team try to **fill** a basket while another team tries to **empty** the same basket
21. Play a leaf **relay** game
22. **Slide down** a slide into a pile of leaves
23. **Stomp** on a certain color leaf (orange, yellow, red, brown)



24. **Make** a “snow angel” in the leaves
25. Try to **kick** falling leaves
26. **Scoop** up leaves using a variety of tools (hands, shovels, cups, rakes)
27. Play music and **dance** around on/in leaves
28. **Collect** leaves and make large shape/designs (move in different ways to each shape you create)
29. **Build** forts and decorate them with leaves
30. **Balance** a leaf on your head, back, arm, etc.
31. **Sort** leaves by similarities or differences
32. **Roll** in the leaves (a ball or your body)
33. **Play** a leaf counting game
34. **Create** a leaf scavenger hunt and do different movements while you “hunt” for a specific colored/shaped leaf
35. **Toss** in the air and try to catch as many as you can



Other Supportive Natural Materials:

- Tree cookies, stumps, logs or branches
- Containers (baskets or buckets)
- Hay Bales
- Pine cones
- Pumpkins (variety of sizes)
- Acorns

LOADED APPLE SLICES

1 serving



Prep time: 5 minutes
Cook time: 0 minutes

They say an apple a day keeps the doctor away, but why not switch up the classic apple snack? Dietitians suggest that healthy snacks should include at least two food groups. Nut butter adds protein and granola adds a boost of fibre to this complete snack.

Ingredients

- 1 apple
- 1 tbsp peanut butter, or your favourite nut butter
- ¼ cup granola
- 1 tbsp dark chocolate chips or raisins, optional

Instructions

1. Slice apples horizontally, about ¼-inch thick and remove core.
2. Spread on peanut butter, then top with granola and chocolate chips.



TIPS FOR KIDS IN THE KITCHEN



Instead of cutting apples horizontally, have your child cut the apple with an apple cutter! To stop apples from browning after slicing, sprinkle with lemon juice and keep in a sealed container in the fridge until ready to serve.