

Personal Care and Well Being

Daily Exercise:

Good for the body and mind!

A daily regimen of exercise does not only develop muscles, but also helps manage stress as well as boost memory and learning in the brain!



Incorporate a fitness routine like this one into your schedule!

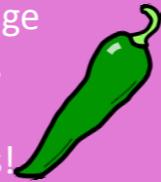
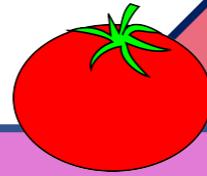


Recipe of the Week!!

Cooking is a great way to explore colours! Try this Pizza Bagel Recipe for lunch!

To add more colour to this recipe, add orange cheddar cheese, yellow peppers, and green olives!

Caution: Additional support and supervision needed for using stove and handling hot items! Use pre-sliced bagels for added safety.



Mixing Colors

Please read the book: I Can Mix Colors

Option A:

Please see Color Mix

Activity A: Let's find

out what happens when you mix different colors. Can you find things that match the mystery color?



Option B:

Please see Color Mix Activity B. Try to finish the sentences by filling out the blanks.

Communication

Leisure

Painting

Painting is a great activity to do with your child. They can use their artwork to communicate with others through the window, to express their feelings, and to just have fun and create! In this activity, you can create beautiful artwork with your child by painting on paper towels with various paint materials for some variety! Try mixing some colors together-can you make new colors?? You can paint a rainbow to put up in your window in support of your neighbors who are also under quarantine as a result of the Covid-19 pandemic.

Candy painting: Start by having your child sort M&M's or Skittles in small dishes/bowls/cups by color. Pour some water in each to be able to saturate all of the candies. Dip the paintbrush or Q-tip in the colored water and start creating! If you do not have Candy, you can also paint with water and food coloring, or water colors!

Water Rainbow Experiment

Home & Community Life

Learn hands-on about mixing colors, observation and change over time with this colorful water rainbow experiment. Use food coloring or watercolour paint.

Video link to experiment
(watch this first!)

Step-by-step slideshow with Boardmaker visuals

Please note: There are two choices of the activities being offered. Please look over both and choose the level that is most appropriate for your child. Multiple competencies/life areas may be covered in each activity.