



Publication #33

FROM KATE, PAULA,
DANIELLE AND RITA

Taking time to "recharge" and relax is important for all ages. We hope you find some fun in the ideas presented this week.

This week's theme is:
TAKING TIME

Contents

E.L. Information	Page 2
Recipes	Page 3
Art Activities	Page 4
Books	Page 5
Songs/Rhymes	Page 6
Outside/Gross Motor	Page 7
Resources	Page 8
StrongStart GO	Page 9
The Back Page	Page 10

To contact SD47 Early Learning:
send email to
rita.john@sd47.bc.ca



EARLY LEARNING INFORMATION

VIRTUAL STRONGSTART

PAGE 2

SD47 STRONGSTART WEEKLY PUBLICATIONS

The Early Learning team is excited to share weekly publications featuring fun ways to share time with children. These publications are emailed to registered families as well as posted on the Virtual StrongStart (StrongStart DO) webpage.

SD47 STRONGSTART ON INSTAGRAM

School District 47's Instagram site is: [sd47strongstart](#).

Daily posts follow this schedule:

- Monday- varied themes to the end of June 2021
- Tuesday- StrongStart Smile Search
- Wednesday- I-Spy
- Thursday- Around Powell River (People and Places)
- Friday- Good Citizen of the House

The StrongStart Smile Search location changes each Tuesday. Families can visit the location and have fun finding the smile. We would love to post a picture of you and your family beside the StrongStart smile (you can send your picture to us).

We would love you to write a comment below any activity or idea you are inspired by. If you have picture you would like to share on our Instagram site, send it to rita.john@sd47.bc.ca.

NEW TO STRONGSTART

School District 47 has a StrongStart YouTube Site: [SD47StrongStart](#) [CLICK HERE](#)



A 13-week social media information campaign is starting May 17, 2021:
“Awareness on Social & Emotional Development in the Early Years”
for Parents and Caregivers.

This campaign, called **“FEELINGS FIRST”**, is created by Child Health BC on behalf of the BC Healthy Child Development Alliance. The information from this campaign will be shared on the [sd47strongstart](#) Instagram site and the [sd47strongstart](#) YouTube site.

Child Health BC is hoping you will take some time to fill out the pre-campaign survey: [CLICK HERE](#).

PEPPERMINT FOOT SOAK

Peppermint offers several aromatherapy benefits, including boosting energy and soothing tired muscles.

MATERIALS:

- ¾ cup Epsom salts
- ¼ cup baking soda
- 2 peppermint tea bags (opened up)
- 6-8 drops peppermint essential oil

(Peppermint essential oil is perfect for a foot soak since it has antibacterial and anti-fungal properties)

DIRECTIONS:

1. Place all ingredients in your bowl and stir together. (You can open 1-2 peppermint tea bags to create loose leaf tea.)
2. Transfer to an airtight container for storage.
3. To use: place 1/2 cup of peppermint foot soak in hot water, insert feet and enjoy!



SUPER EASY COLD BREW ICED TEA

A nice way to relax and enjoy the weather is with a nice cup of cold brew tea! Super easy and refreshing.

INGREDIENTS:

- Ingredients
- 2 cups water
- 1 Tablespoons loose tea or 2 tea sachets (using different flavors for different teas)

INSTRUCTIONS:

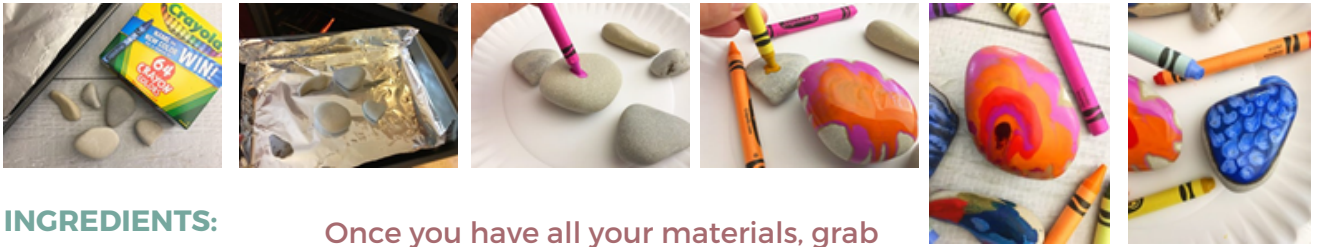
1. Put tea and water in a pitcher or glass container.
2. Use cool or room temperature water.
3. Cover pitcher and put in refrigerator for at least 12 hours.
4. Strain out tea leaves.
5. Pour tea into a cup with or without ice.
6. Cold brewed tea is already chilled so adding ice is optional.

OPTIONS FOR YOUR BREWED ICE TEA:

- Garnish with **lemon slices** and **fresh mint leaves**.
- **Sparkling Water** is fun to add and to give it a little fizz.
- **Simple Syrup**- mix sugar and hot water in equal parts until the sugar dissolves. This mixes better into the cold tea.
- **Cold Foam**-Take cold milk or half & half, and put it in a French press and move the plunger up and down 40 times.
- **Cream Froth**- this is a decadent topping and tastes great with Matcha or black tea. Cream froth is basically lightly whipped cream.
- **Sweetened Condensed Milk**- this is a shortcut to making iced lattes quick since sweetened condensed milk is sugar and milk in one.
- **Half & Half**- Half & half is half heavy cream and half milk. It makes for a creamier milk
- **Milk**-any kind of milk that you like can be used in iced tea.



HOT ROCK MELTING CRAYONS



INGREDIENTS:

- Supplies:
- Smooth rocks
- Crayons
- Aluminum foil
- Baking pan

Once you have all your materials, grab the kids and get started!

Please NOTE that they will need your supervision throughout this project since it requires the use of an oven and safely handling very hot rocks.

Please use caution!

DIRECTIONS:

1. Preheat your oven to 350 degrees and line baking pan with a piece of aluminum foil.
2. Place your rocks onto your aluminum foil and place in your preheated oven for 10-15 minutes.
3. Carefully remove the pan from the oven and carefully transfer the rocks using a heating pad to a paper plate or a piece of newspaper.
4. Peel the crayon paper back if needed, press your crayons onto the hot rocks, and watch them melt onto your hot rocks.
5. Switch colors a few times to make some amazing patterns.
6. Let fully dry and cool before you display.

TISSUE PAPER ART

This art is relaxing as you watch the water smooth out the paper and as the colours run together.

MATERIALS:

- Tissue paper in different colours
- Paper (card stock or water colour paper)
- Water
- Paint brush



DIRECTIONS:

1. Gather different colours of tissue paper and cut or tear into small pieces that kids can handle.
2. Lay them on the paper and paint over them with water, or you may wish to paint the paper with water first and then add the coloured paper pieces. This can be done one piece at a time or a bunch at a time, which ever the child would like. The tissue paper can be left on and will fall off as it dries or you can take them off. BEAUTIFUL!

I AM PEACE



A BOOK of MINDFULNESS

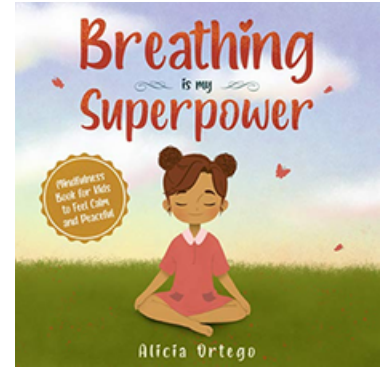
BY SUSAN VERDE - ART BY PETER H. REYNOLDS

HEAR STORY

[CLICK HERE](#)

HEAR STORY

[CLICK HERE](#)



I AM YOGA



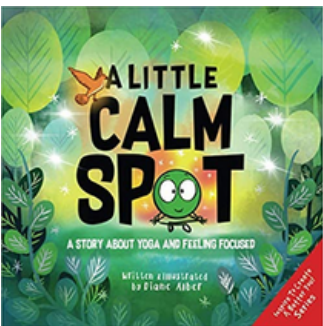
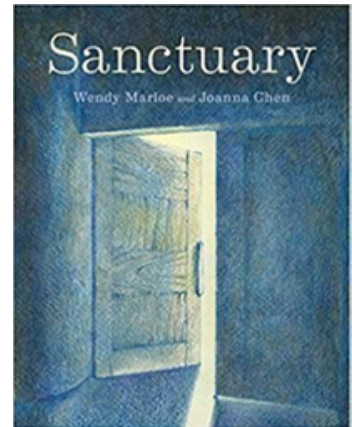
BY SUSAN VERDE - ART BY PETER H. REYNOLDS

HEAR STORY

[CLICK HERE](#)

HEAR STORY

[CLICK HERE](#)



HEAR STORY

[CLICK HERE](#)

HEAR STORY

[CLICK HERE](#)



BEAUTIFUL DREAMER

(WORDS AND MUSIC
BY STEPHEN C. FOSTER)

Beautiful dreamer,
Wake unto me
Starlight and dewdrops
Are awaiting thee

Sounds of the rude world
Heard in the day
Led by the moonlight
Have all passed away

Beautiful dreamer,
Queen of my song
List' while I woo thee
With soft melody

Gone are the cares of
Life's busy throng
Beautiful dreamer
Awake unto me
Beautiful dreamer,
Awake unto me



A BASQUE LULLABY

Lullaby, twilight is spreading
Silver wings over the sky;
Fairy elves are softly treading,
Folding buds as they pass by.
Lullaby, whisper and sigh,
Lullaby, lullaby.

Lullaby, deep in the clover
Drone the bees softly to rest;
Close white lids your dear eyes over,
Mother's arms shall be your rest.
Lullaby, whisper and sigh,
Lullaby, lullaby.



ITALIAN CRADLE SONG

WRITTEN BY: LUIGI RICCI

Dormi, dormi, bel bambino,
Sleep on, O baby dearest,

Vago figlio del mio cor,
Thou darling of my heart;

La tua madre sta vicino,
Thy mother standeth near thee,

Tutta gioia tutt' amor.
All her love and joy thou art.



ZULU CRADLE-SONG

TRADITIONAL

Hush, thee, my baby,
Thy mother's o'er the
mountains gone,
There she will dig the little
garden patch,
And wood she will bring from
the forest.
Hush thee, my baby!

A SLUMBER SONG

Sleep, baby, sleep
Thy father tends his sheep
Thy mother shakes the dreamland tree
And softly dreams do fall for thee;
Sleep, baby, sleep

Sleep, baby sleep,
Heaven sends us sheep,
The little stars are lambkins white,
The moon she tends them all the night;
Sleep, baby, sleep.

Sleep, baby, sleep,
And you shall have a sheep,
And he shall have a golden bell,
And play with baby in the dell;
Sleep, baby, sleep.

JAPANESE LULLABY

WRITTEN BY: EUGENE FIELD

Sleep, little pigeon,
And fold your wings,
Little blue pigeon
With velvet eyes;
Sleep to the singing
Of mother-bird swinging
Swinging the nest
Where her little one lies.

Away out yonder
I see a star,
Silvery star
With a tinkling song;
To the soft dew falling
I hear it calling
Calling and tinkling
The night along.

In through the window
A moonbeam comes,
Little gold moonbeam
With misty wings;
All silently creeping,
It asks, "Is he sleeping
Sleeping and dreaming
While mother sings?"...

But sleep, little pigeon,
And fold your wings,
Little blue pigeon
With mournful eyes;
Am I not singing? --
See, I am swinging --
Swinging the nest
Where my darling lies.

BEAN BAG FUN

Here are some fun challenging ways you can have fun with your bean bags. See how many you can do!

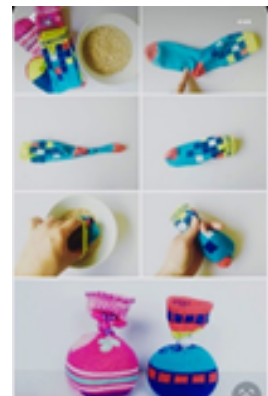


HERE ARE A FEW WAYS TO MAKE YOU OWN BEAN BAGS

One example is sewn (fabric squares) and the other is not sewn (Made from a pair of socks).

FILLERS YOU CAN USE FOR YOUR BEAN BAGS:

- dried beans
- popping corn
- rice
- small plastic or wooden beads
- aquarium gravel
- plastic pellets



RELAXING STRETCHES

RELAX WITH YOUR LITTLE ONES BY DOING SOME STRETCHES BEFORE BED

LITTLE GOOSE STRETCH- Lie on the floor on your back, with your feet raised up on the wall. Keep your knees straight. Spread your arms out on the floor like a goose. Bend and point your toes slowly.

LITTLE CAT STRETCH- Snuggle in tight! Sit criss cross applesauce on the floor. Bend forward at the hips and place your head on the ground. Stretch your arms out on the floor over your head.

LITTLE CALF STRETCH- Grasp both hands together behind your back. Bend forward at the hips and raise your arms up behind you.

LITTLE FOAL STRETCH- Lie on your back and pull your knees in with your arms.

LITTLE FISH STRETCH- Take a deep breath. Hold your breath in your cheeks and puff out those cheeks. Slowly let out your breath with pursed lips.

LITTLE SHEEP STRETCH- Stand facing a wall and place your feet shoulder width apart. Place your hands flat on the wall, shoulder width apart. Push against the wall by bending and straightening your elbows.

LITTLE BIRD STRETCH- Close your eyes. Think about your day and take deep breaths.

LITTLE SNAKE STRETCH- Lie on your back on the floor. Keep your legs straight and cross them at the ankles. Place your arms over your head on the floor. Cross them at the wrists.

LITTLE PUP STRETCH- Get into a downward dog yoga position.

LITTLE DEER STRETCH- Sit on the floor with your legs straight. Spread them far apart and bend at the hips to touch one foot. Hold it and then stretch to touch the other foot.





Kid's Meditation- Butterfly Body Scan

[click here](#)

Children's Music For Rest and Relaxation:

Teach Children to Self - Regulate

[click here](#)

Calm-Down Ideas to Try with Kids of All Ages

[click here](#)

Mindfulness for Kids:

12 Calming Exercises to Teach Your Child

[click here](#)

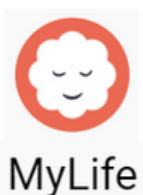
15+ Calming Toddler Activities that are Simple and Fun

[click here](#)

Kids Yoga based on Movies MARATHON!

[click here](#)

WEBSITES:



StrongStart GO

StrongStart in the Great Outdoors

In-person StrongStart program in Powell River Parks

PAGE 9

StrongStart Outreach, in collaboration with the ORCA Bus project, is offering StrongStart GO- an outdoor program ([see schedule here](#)).

DETAILS OF THE PLAN INCLUDE:

-- The program will take place outside the bus. Participants should come prepared for any weather. The program will be offered in parks around the community. The StrongStart team has created suggestions on how to prepare for an outdoor program: [click here](#)

-- REGISTRATION:

- All participating children must be registered with the school district before they can attend.
- Completed registration forms are emailed to strongstart@sd47.bc.ca. **ALL REGISTRATION FORMS MUST BE SENT WITH THE CHILD'S BIRTH CERTIFICATE.** (other acceptable ID include: Certificate of Citizenship, Documents issued by Immigration Canada, Canadian Passport/Visa, Permanent Resident Card, Aboriginal Status Card).
- A fillable registration form can be accessed here: [StrongStart Registration Form](#). Registration forms are also available at the School Board Office (4351 Ontario Avenue).

-- SIGN UP FOR PROGRAM:

- **Families will express interest in attending by leaving a message at 604-414-2635.** After leaving a message, families who receive phone confirmation of registration with the school district will be able to attend.

-- ATTENDANCE:

- Electronic attendance will be collected using either our iPad or personal devices by scanning a QR code.
- As part of attendance families will be asked to review the **Know the COVID-19 Symptoms Daily Health Check** document and verified that we have not answered yes to any of the questions each time they attend the program. The document can be found here: [Daily Health Check](#)

Participants are required to agree to the contents of the **StrongStart Safety Policies and Procedures** before attending their first session. This can be found here: [SS Safety Policies and Procedures](#).

ARE YOU INTERESTED IN INCREASING YOUR UNDERSTANDING OF CHILDREN'S "RISKY" OUTDOOR PLAY?

Mariana Brussoni (UBC expert on outdoor play and injury prevention) and her team have been working on understanding children's outdoor risky play and have created an information page about this. Have a look: [click here](#)

The webpage was developed in partnership with BC Children's Hospital, UBC and the BC Injury Prevention Unit.

What is so great about the GREAT OUTDOORS?



Check out this video that captures some truly innovative
LOOSE PARTS PLAY:
[CLICK HERE](#)

In the Summer of 2019, our Physical Literacy in the Early Years (PLEY) research team within the Healthy Populations Institute and Faculty of Health at Dalhousie University (Halifax, Nova Scotia, Canada) held a local, outdoor public loose parts pop-up play event. The event was a continuation of our PLEY project, funded through the Lawson Foundation's Outdoor Play Strategy, and was part of the Summer of PLEY, a campaign designed to spread the message about the value of unstructured play with moveable materials to children's health and development. More than 200 families, educators and members of the community attended this event. This video shows children deeply immersed in outdoor loose parts play, and shows the magic that unfolds when you simply let children play.

DID YOU KNOW?

According to "[Discover the Forest](#)", (a website for tweens- kids 10 to 14), developed through a partnership between the U.S. Forest Service and the Ad Council, "The average American child can recognize 1,000 corporate logos, but can't identify 10 plants or animals native to his or her own region".

Challenge your knowledge of nature!

Have you ever wondered about **Beach Peas** (*Lathyrus japonicus*)? We were at the beach the other day and I got to wondering about the history of this native plant. You can find them blooming right now at many of our local beaches.



Here is a link to some more information: [CLICK HERE](#)