



JUNE 2020 ISSUE 11



# FAMILY NEWSLETTER

EARLYON - ADVENTURE PLACE

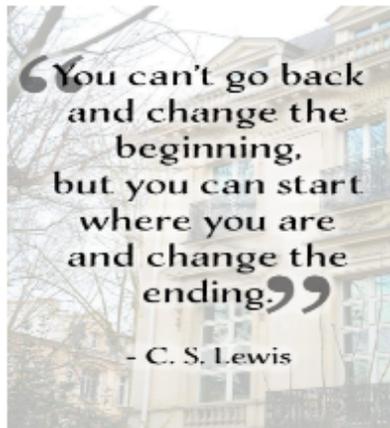
## UPDATES FROM US

OUR EARLYON TEAM: ARANI, BALBIR, CINDY, HALEY, KIWON, LISA, MAIS, MARIE, SOPHIA, VIRGILIA, YANNIE.

Hello EarlyON - Adventure Place Families!

We have made some enhancements to our newsletter! We hope you will enjoy the new design and content coming! Let us know what you think! Take care and stay healthy!

## QUOTE OF THE WEEK:



## CONNECT WITH US

**Email:** [earlyon@adventureplace.ca](mailto:earlyon@adventureplace.ca)

**Phone:** 416-494-1579 ext. 301

**Website:** <http://adventureplace.ca/services/earlyyears/>

**Subscribe:** <http://eepurl.com/gY5Mnf>

## TABLE OF CONTENTS

---

Family Fun:  
Challenge - p.2

---

Family Adventures:  
Around Toronto and  
GTA - p.2

---

Family Adventures:  
Indoor - p.3

---

Family Literacy - p.4

---

Family Wellness:  
Mindfulness and  
Relaxation - p.5

---

Family Wellness:  
Healthy Eating and  
Nature - p.6-7

---

# FAMILY CHALLENGE

During these uncertain times, it is important to focus on — and be grateful for — your family’s safety, health, and well-being. Take this weekly family challenge together and make building strong family relationships a priority!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
15	16	17	18	19	20	21
<b>Cook a meal together</b>	<b>Random Act of Kindness</b>	<b>Skip Sugar</b>	<b>Take a virtual yoga class together</b>	<b>Drink more water</b>	<b>Have a Gadget-Free Day</b>	<b>Go for a walk</b>
						

# FAMILY ADVENTURES

## AROUND TORONTO AND GTA

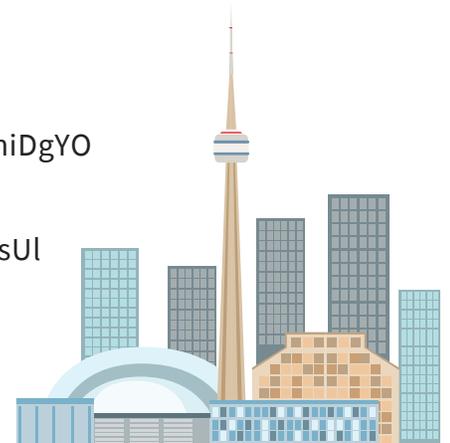
**Summer Solstice Indigenous Festival - Virtual Edition** <https://summersolsticefestivals.ca/>

**Indigenous Events Information** <https://bit.ly/2YnvUuw>

**Virtual Tours of Canadian Museums and Attractions** <https://bit.ly/3hiDgYO>

**Discover The Best of Toronto with A Virtual Visit** <https://bit.ly/3dUasUl>

**Immersive Van GOGH Exhibit** <https://vangoghexhibit.ca/>



# FAMILY ADVENTURES

## INDOOR



### Tongue Twister: Peter Piper

Peter Piper picked a peck of pickled peppers.

A peck of pickled peppers Peter Piper picked.

If Peter Piper picked a peck of pickled peppers,

Where's the peck of pickled peppers Peter Piper picked?

Now Challenge yourself by putting the tongue twister into a song!!

**YouTube:** Peter Piper (Tongue Twister Song) A Funny Song by Bryant Oden

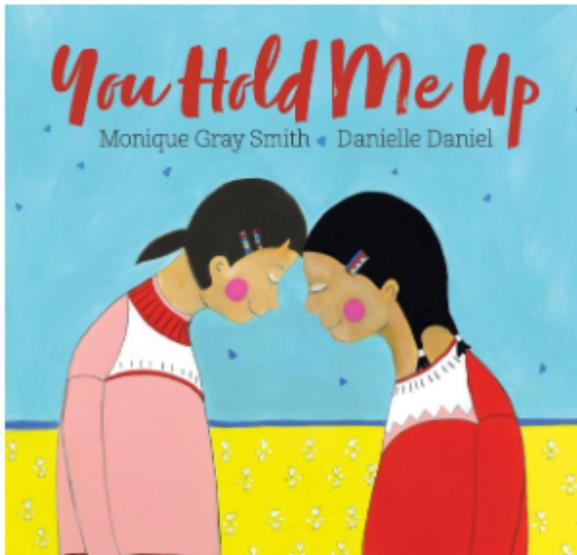
<https://youtu.be/6CMHrDDWado>

### Indoor Family Fun: Alphabet Exercises

<b>A: Arm Rolls</b>	<b>N: Neck Rolls</b>
<b>B: Butterfly Legs</b>	<b>O: Overhead Stretches</b>
<b>C: Crab Walk</b>	<b>P: Push Ups</b>
<b>D: Duck Walk</b>	<b>Q: Quad Stretches</b>
<b>E: Elephant Trunk Swing</b>	<b>R: Run in Place</b>
<b>F: Frog Hops</b>	<b>S: Snake Slither</b>
<b>G: Giant Leaps</b>	<b>T: Toe Touches</b>
<b>H: High Knees</b>	<b>U: Under- Over Maze</b>
<b>I: Incline Climb</b>	<b>V: Vertical Wall Taps</b>
<b>J: Jumping Jacks</b>	<b>W: Windmills</b>
<b>K: Knee Squats</b>	<b>X: X marks the spot exercise</b>
<b>L: Lunges</b>	<b>Y: Yoga Pose</b>
<b>M: Mega Jumps</b>	<b>Z: Zig Zag Run</b>



# FAMILY LITERACY



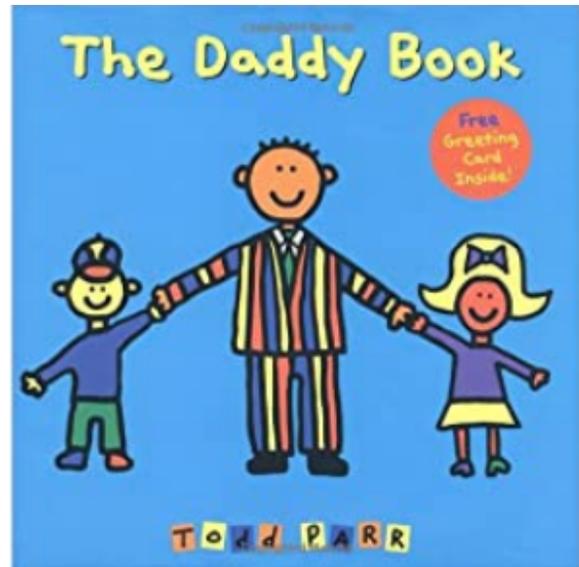
***You hold me up when you are kind to me***

Author's Note:

... I wrote it to remind us of our common humanity and the importance of holding each other up with respect and dignity... It is a book about love, building relationships and fostering empathy.

-Monique Gray Smith

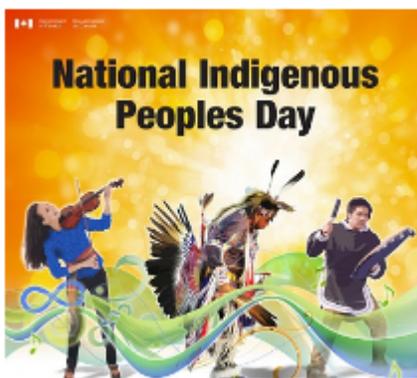
<https://youtu.be/Uiuev2fXvRU>



***Some daddies make cookies  
Some daddies stop for doughnuts***

Enjoy The Daddy Book with your little one

[https://youtu.be/if0T\\_osGLbE](https://youtu.be/if0T_osGLbE)



## DID YOU KNOW?

June 21 is National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. The Canadian Constitution recognizes these three groups as Indigenous peoples.

# FAMILY WELLNESS

## MINDFULNESS AND RELAXATION



### Mindfulness is...

A simple technique that emphasizes paying attention to the present moment in an accepting, non-judgemental manner.

Practicing mindfulness as a family with young children can help minimize anxiety and stress and in return increase our daily happiness. Parents and caregivers of young children can teach a child mindfulness by embodying the practice themselves and modelling simple techniques for children.

### Benefits:

Along with decreasing anxiety and stress levels, practicing mindfulness has many other benefits as well.

## MINDFULNESS IN CHILDREN

WHAT ARE THE BENEFITS?



IMPROVES EMOTIONAL REGULATION



INCREASES POSITIVE MOODS



INCREASES SOCIAL SKILLS



STRENGTHENS SELF CONTROL

# FAMILY WELLNESS

## NATURE



**Nature Scavenger Hunt** is a great activity that allows children to practice problem solving and encourages exploration, discovery and imagination. Children will be challenged with their family to find a selection of natural items such as “a flower, tree, bug, ant, green or red leaf, butterfly, rocks, bird, etc.” Nature is full of educational opportunities and is an incredible source of curiosity.



### What you will need:

Create a nature scavenger hunt list such as the one in the picture.

You can modify the list to fit your scene (park, woods, seashore, backyard, etc...).

Paper bag to put the natural items that the child collected in.

Print and cut out the list, then glue it to the bag. As an alternative to printing and gluing the list, with your help have your child think of his/her own ideas about the natural materials and you as a “caregiver” can write and draw them on the bag. In the end of the activity, talk about the hunt and ask your children some questions like “Which item was their favourite?”

Which item did they find first? Which was most difficult to find?”

Enjoy exploring nature as a family!



### DID YOU KNOW?

Father's Day was invented by American Mrs. Sonora Smart Dodd who wanted to honour her father, a veteran who had, as a single parent, raised his six children. The first Father's Day was celebrated on June 19, 1910.

# FAMILY WELLNESS

## HEALTHY EATING

### Zucchini Muffins Recipe

Vegetables are important sources of vitamins, minerals, and fibre. Zucchini muffins are a tasty way to encourage children to eat more vegetables. This is a simple recipe you can make together with your child. They can help measure and stir ingredients according to their age and skill development. Other ways to encourage healthy eating habits include: incorporating regular meals into your schedule, using healthy ingredients, and involving children in food preparation.

#### Ingredients:

- 1 ½ cups flour
- ½ cup cocoa powder
- 1 tsp baking powder
- 1 tsp baking soda
- 2 eggs
- ½ cup sugar
- ½ cup milk
- ¼ cup canola oil
- 1 cup grated zucchini



#### Instructions:

Combine the dry ingredients: Stir 1 ½ cups flour with ½ cup cocoa powder, 1 tsp baking powder, and 1 tsp baking soda in a bowl.

Separately, combine the wet ingredients: Beat 2 eggs with ½ cup sugar, ½ cup milk, and ¼ cup canola oil in a large bowl until combined.

Stir dry ingredients into wet ingredients.

Then, add 1 cup grated zucchini and mix well.

Scoop batter into a lined or greased 12-cup muffin pan.

Bake at 375°F for 25 minutes or until done (when a fork or toothpick inserted into the centre comes out clean).

