

FAMILY NEWSLETTER

EARLYON - LUMENUS

UPDATES FROM US

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

Hello EarlyON - Lumenus Families!

On July 1st it is Canada Day, happy Canada Day! We will be closed for one day! We hope you enjoy spending time with your family celebrating 153 years of Canada!

We hope you and your family are staying healthy and happy!

QUOTE OF THE WEEK:



CONNECT WITH US

Email: earlyon@adventureplace.ca

Phone: 416-494-1579 ext. 4301

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

Fun With Infants - 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
29	30	1	2	3	4	5
Take a Listening Walk! (Listen for the sounds in nature you typically overlook)	Color Together	Squats on Commercial Breaks!	Write A card to Someone to share some Love	Eat the Rainbow	Dance Party after Dinner	Try a new Vegetarian or Vegan Recipe
						

FAMILY ADVENTURES

AROUND TORONTO AND GTA

Canada Day Celebration <https://bit.ly/2Nqhyod>

Best Beaches for Families <https://www.toronto4kids.com/Best-Beaches-for-Families/>

Where to go Strawberry Picking <https://bit.ly/2Yu1TdX>

Drive in Theaters <https://bit.ly/2YqqUGC>



FAMILY ADVENTURES

INDOOR

Family Fun Riddles (answers)

1. Because the students were so bright.
2. Porcupine.
3. Footsteps.
4. Annie.
5. Yard Guard.
6. A gray day.
7. Half laugh.
8. A flat hat.

Family Fun Riddles

1. Why did the teacher wear sunglasses to class?
2. I have hundreds of needles but don't sew. What am I?
3. The more of me you take, the more you leave behind. What am I?
4. Annie's mother has three daughters: April, May, and _____.
5. What do you call someone who protects your lawn?
6. What do you call a cloudy 24 hours?
7. What do you call a 50% giggle?
8. What do you call a cap that got sat on?

Family Scavenger Hunt

Can you find all of the items on the list?

Draw/write or take a photo of the items you find.



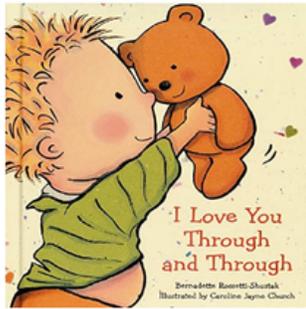
Something that plays music <input type="checkbox"/>	Your Favorite Stuffed Animal	Something you bake with
Something that makes bubble	Something that grows	Something that starts with the same letter as your first name
Something is your favorite colour	2 things that have numbers on	Your favorite book
Something that is square	Something that is circle	Something that makes you smile



DID YOU KNOW?

The name Canada derives from an Iroquoian word for "village," kanata, that French explorers heard used to refer to the area near present-day Quebec City.

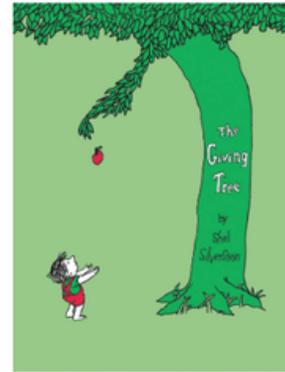
FAMILY LITERACY



I love you through and through yesterday, today and tomorrow, too.

I Love You Through and Through by Bernadette Rossetti-Shustak, Illustrator Caroline Jayne Church, 2005.

<https://youtu.be/NRfojNuqsSU>



Once there was a tree... and she loved a little boy... And the boy loved the tree very much And the tree was happy...

-A tale of generosity, friendship, and unconditional love...

The Giving Tree by Shel Silverstein, Harper & Row, 1964.

<https://youtu.be/XFQZfeHq9wo>

FUN WITH INFANTS



Create Wall Decor Art with Infant!

A simple and fun mess-free sensory art activity to enjoy at home with your child! It will help them to practice and develop fine motor and hand-eye coordination skills and more!

Materials: Canvas, Paint, Plastic wrap or zip lock bag, Metallic paint pens (optional)

Instructions: With your choice of colours, squeeze them in dots on the canvas. Then, cover it well with plastic wrap or put it in a zip lock bag. When it is done, let your child enjoy spreading the colours by squishing them with their hands! When the paint dries, now it is your turn to enjoy! You can add any quote or letters you like with a metallic pen!



FAMILY WELLNESS

MINDFULNESS AND RELAXATION



Mindfulness is the practice of detaching yourself from the busy, fast paced world around you and the constant racing thoughts in your mind. By practicing mindfulness, you are zoning in on the calmness within you. It's important to recognize that mindfulness practices should be incorporated into your daily routines, and not just occasionally when you feel frustrated or irritable. A great way to incorporate a mindful practice daily is to create a permanent quiet corner within your home.

Create a quiet zone...

TOUCH
Cushions with different textures, stuffed animals or blankets

TASTE
Chew toys to calm oral motor sensory input or your favourite snacks

SMELL
Experiment with calming aromas (essential oils)

SOUND
Silence or calming music

SIGHT
Sensory bottle, kaleidoscope, or string of holiday lights



S T O P

S Stop. Just take a momentary pause, no matter what you're doing

T Take a breath. Feel the sensation of your own breathing, which brings you back to the present moment.

O Observe. Acknowledge what is happening, for good or bad, inside you or out. Just be aware of it.

P Proceed. Having briefly checked in with the present moment, continue on with your routine.

PARENTS:

What to do when you are feeling frustrated?

For parents and caregivers, the best way to teach mindfulness is to embody and model the practice themselves. When parenting becomes a little too overwhelming and you find yourself out of touch with the present moment, a popular mindfulness exercise known as S.T.O.P. can be helpful. Give it a try!

Additionally, getting to know your body is an important part of a healthy mindful practice. Start with your breath. Breathing exercises help you become more aware of the rhythms of your body.

FAMILY WELLNESS

NATURE



Bird Feeder

Watching birds around your home and attracting them to your yard may relieve anxiety and depression. Even better, backyard birding is a practical, inexpensive hobby. It doesn't even require you to have a yard. All you need is a regular supply of food, bird feeders, clean water and a safe environment free of predators and food competitors, namely squirrels.

What You Will Need: Pine cone, bird seeds, smooth peanut butter, oats, chopped peanuts and cornmeal, paper plate or newspapers, yarn or string for hanging and scissors.



What You Will Do: Go as a family on a nature walk through your neighbourhood. Let your child search and pick up the largest pine cones he/she can find. Tie a loop of yarn or string around the top section of pine cone to hang the feeder later. (Make sure you do this step first – not after you have a gooey-birdseed pinecone!). Spread peanut butter all over it; or mix together some oats, chopped peanuts and cornmeal with water – just enough until it sticks together well enough to spread. Then, roll the pine cone through birdseed that you have sprinkled generously on a paper plate or newspaper. To help ensure you have a popular bird feeder, choose bird seeds that do not have red millet in its blend, but do contain safflower and sunflower. Take the finished feeder and hang from your favourite tree. Enjoy watching the birds flock to their new treat.



DID YOU KNOW?

On July 1, 1867 Canada became a new federation with its own constitution by signing the Constitution Act - formerly known as the British North America Act. 153 years of celebrating Canada Day!

FAMILY WELLNESS

HEALTHY EATING

Salmon Burger Recipe

These salmon burgers are nutritious and easy to make. Salmon is a good source of B vitamins, protein, potassium, and omega-3 fats. Serve these burgers with vegetables and Greek yogurt as part of a healthy meal. Encourage your child to help mix the ingredients and shape their own patties.

Ingredients (makes 10-12 kid-sized salmon burgers, approximately 1-2 cm thick and 6 cm in diameter):

12 – 14 ounces cooked salmon

2 eggs

½ cup bread crumbs or crushed whole grain unsweetened cereal/crackers

1 tsp salt

½ cup chopped green onion

1 tsp of lemon juice

2 tsp mustard (optional)

1 tbsp olive oil (for frying)



Instructions:

Flake the cooked salmon. Mix all the ingredients (except for the olive oil) in a bowl. Divide the mixture into portions and shape into patties. Pour olive oil in the pan and fry the patties on low-medium heat. Fry each side for about 5-6 minutes and flip carefully with a spatula. When done, the egg will be cooked and the patties will be golden brown and crispy on both sides.



DID YOU KNOW?

Well before the coming of the first European settlers, Canada's Indigenous peoples had discovered the food properties of maple sap, which they gathered every spring. According to many historians, the maple leaf began to serve as a Canadian symbol as early as 1700.