

FAMILY NEWSLETTER

EARLYON - LUMENUS

UPDATES FROM US

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Hello EarlyON - Lumenus Families!

We hope you have been staying hydrated while enjoying the summer weather with your family! Stay healthy and stay safe! We have new YouTube videos coming out starting on Tuesday, July 7, please stay tuned!

QUOTE OF THE WEEK:

**AS WE ARISE
EACH MORNING
LET US DETERMINE
TO RESPOND WITH MORE
LOVE AND KINDNESS
TO WHATEVER
MIGHT COME OUR WAY**

- THOMAS S. MONSON

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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 |
|---|---|---|---|---|---|---|
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Make a green smoothie bowl  | Learn a new skill  | Make an indoor obstacle course  | Donate something you never use  | Read Together  | Schedule Something Fun  | Stick to Your Grocery List  |

FAMILY ADVENTURES

AROUND TORONTO AND GTA

Come Alive Outside - summer passport 2020 <https://comealiveoutside.com/passports/>

Water Playground and Splash Pads are reopening <https://bit.ly/2VAHmm5>

Take the ferry or a water taxi to Centre Island for a nice outdoor lunch on a patio
<https://www.torontoisland.com/ferry.php>

Farmers Markets <https://www.toronto4kids.com/Farmers-Markets-in-Toronto-are-Reopening/>



DID YOU KNOW?

There are over 1,600 named parks in Toronto and there are about 10 million trees in Toronto of which four million are publicly owned.

FAMILY ADVENTURES

INDOOR

Family Tongue Twisters

Tongue twister for young children: Sometimes the little ones need something a bit easier. Try them out with your 2-3 years old.

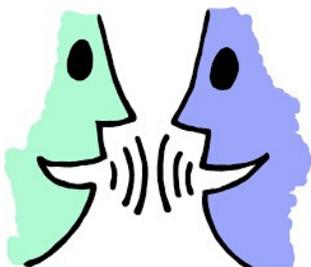
- 1.Round and round the rugged rock the ragged rascal ran.
- 2.Six slippery snails slid slowly seaward.
- 3.Crisp crusts crackle and crunch.
- 4.Susie sits shining silver shoes.
- 5.Which wrist watches are Swiss wrist watches?
- 6.Fred fed Ted bread and Ted fed Fred bread.

Family Karaoke Night

It doesn't matter if you have an official karaoke machine or not. All that matters is you can hit the high / low notes when it counts. So, what's you and your children's favourite songs?

EarlyON - Lumenus Favourite Songs List:

1. **Baby Shark** <https://youtu.be/XqZsoesa55w>
2. **Hokey Pokey** <https://youtu.be/YzSJBowPECY>
3. **Shake Your Sillies Out** <https://youtu.be/03zqJQJRLN0>
4. **Rock A Bye Bear** <https://youtu.be/QMte8BFCqfY>



DID YOU KNOW?

Tongue twisters have been proven to clarify the pronunciation of words. Tongue twisters also stretch and strengthen the muscles which you use to speak.

FAMILY LITERACY

Dear Zoo

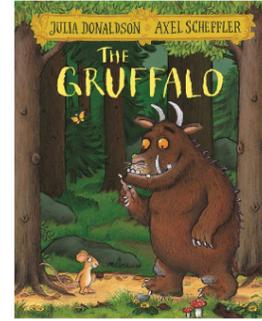


Rod Campbell

I wrote to the zoo to send me a pet. They sent me an... elephant!

Dear Zoo by Rod Campbell, Campbell Books, 2007

<https://youtu.be/n30AtW0xuQQ>



A mouse took a stroll through the deep dark wood. A fox saw the mouse and the mouse looked good!

The Gruffalo by Julia Donaldson, Illustrated by Axel Scheffler, Macmillan 1999

<https://youtu.be/s8sUPpPc8Ws>



DID YOU KNOW?

The Toronto Zoo is the largest zoo in Canada and the third largest in the world, housing 16,000 animals of 491 different species.

FUN WITH INFANTS

Peek-A-Boo Board

Materials:

Colourful felt (several pieces), scissors, glue gun or glue sticks, large foam board or cardboard box, any photos (animal, food, picture of families, etc), double stick tape

Instruction:

Cut the felt pieces to fit the size of photos that you prepared. Glue the photos on the board with a glue gun or glue stick (You can place the photos how you want them to be!). Place the felt pieces on top of the photos and secure them by putting glue along the top edge of the pieces to lift it up easily. Help your infants to explore different colours of felt pieces and lift it! Talk about the photos as they explore! This activity can turn into great language activity!



FAMILY WELLNESS

MINDFULNESS AND RELAXATION



1 Take on a  mindfulness family challenge

2 Set a  meaningful time in the day

3 Have a  mindful morning

4 Practice  mindfulness during meal times

5  Designate mindful boundaries

5  WAYS TO BRING MINDFULNESS INTO YOUR FAMILY

1. Take on a mindfulness family challenge:

Set a goal as a family to create and commit to a challenge. Make your challenge a daily or weekly. An example of a challenge for the day can be: No screen time for the day. For the week, a great challenge idea is: Go on a walk together as a family every day after dinner. Get creative and have all members of the family contribute. For some great ideas, check out our **Family Fun - Challenge** section of the newsletter.

2. Set a meaningful time in the day:

Although mindfulness is best beneficial when practiced daily throughout the day, it is also helpful for many families to set a time in the day to practice mindfulness together. For many families, before bedtime is a great opportunity to create a positive moment of mindful practices. Some may even choose to do this first thing in the morning, or at the dinner table after a meal together. Choose what works best for your family and try your best to stick to the time of day.

3. Have a mindful morning:

Start the night before--Resist technology 30 minutes before bedtime and have quality sleep. Make gratitude your first thought-- With your child, think of something you are grateful for. Greet your body with items you love--keep a fuzzy robe nearby or a cozy pair of slippers. Only set 1 alarm and do not hit the snooze button.

4. Practice mindfulness during mealtimes:

The art of mindful eating allows children to develop healthy eating habits and to pay better attention to their hunger and fullness cues. Things you can do to practice mindfulness at the table:

With the food in front of you, take a moment to appreciate it- pay attention to and talk to children about the smell, texture, shape, and colours of the food. Take a bite and notice how it feels in your mouth--talk to children about how their bellies feel. Give gratitude and reflect on where this food came from Avoid eating on the go or in the car. Avoid screens at the table.

5. Designate mindful boundaries:

When parenting, remember to set mindful boundaries. Set boundaries that are fair and easy to understand for your children. Set clear limits with your children and be consistent. Model the boundaries that have been set. Encourage your children to help set boundaries with you, this way they have some control over the rules that have been set for them.

FAMILY WELLNESS

NATURE

Make a treasure map and find treasure outside:

Treasure hunts are fun, interactive and creative. It is a great way for you to get more involved with your kids and learn about their interests. You can have a treasure hunt in your yard or anywhere outside.



What You Will Need:

- 1. Think about the kind of map you want to make.** It could be a path that uses landmarks and pictures.
- 2. Start drawing your map** according to your neighbourhood or your yard. Use a piece of plain white paper and markers.
- 3. Draw specific features on your map** such as a red X to mark the spot, landmarks to determine a starting and finishing point, trees or plants, houses or other buildings, and rivers or lakes.
- 4. To make the map look authentic,** tear the edges of all four sides of the paper.
- 5. (optional) Use the tea bag to make the map look old.** Wipe a wet tea bag over both sides of the paper.
- 6. Make the map look worn.** Crumple the map into a ball several times to get it good and crumpled. Let it dry overnight in a ball.
- 7. The map is ready to use it for fun.** Enjoy!

What You Will Do:

Take the map that you created and together with your child go outside and follow it. Using your map you can go to each stop then your child must complete a challenge before moving on. At the stops, the challenges could be: sing the alphabets, counting till 10, find something blue or other colours, jump in the air 5 times, and find a word rhymes with pig..etc. After finishing all the stops on the map, you will arrive at the treasure. The treasure could be any prize you choose for your child's achievement.



DID YOU KNOW?

First modern printed map was published over 500 years ago in 1475.

FAMILY WELLNESS

HEALTHY EATING

Pasta Salad Recipe

Enriched dried pastas are a good source of energy, B vitamins, folate, and iron. To encourage healthy eating, this colourful pasta salad has protein and lots of vegetables. Children can help make the sauce and mix the ingredients together.

Ingredients:

2 cups dried pasta

½ cup broccoli

½ cup celery

½ cup tomato

½ cup red and orange peppers

½ cup cucumber

1 cup cooked chicken breast in cubes

1½ tbsp honey or sugar (children under 12 months of age should not consume honey)

2 tbsp soy sauce

2 tbsp vinegar

1 tbsp olive oil

1 tsp sesame oil

Salt and pepper to taste



Instructions:

In a large pot of boiling water, cook pasta according to package directions. Rinse and drain pasta. Put the cooked pasta in a large bowl. Chop up the broccoli, celery, tomato, peppers, cucumber, and chicken. Season using salt and pepper to taste. Add to the pasta. Combine the honey (or sugar), soy sauce, vinegar, olive oil, and sesame oil in a small bowl. Pour the sauce over the pasta and toss gently to mix.

