

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!

We hope you have been enjoying our Story Time Videos so far! Be sure to check our YouTube Playlist often, we post new videos Tuesday to Friday every week! If you have any feedback on the videos you can call or email us! Stay safe and stay healthy!

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>

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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
13	14	15	16	17	18	19
Do an indoor Scavenger Hunt	Go on a Safari Walk!	Declutter your room/ or play area	25 Push-ups and Burpees	Take your lunch outdoors/ hit a splash pad!	Skip Processed Foods	Go to bed 1 hour earlier than usual
						

*Safari Walk: With your children, go on a safari walk; the goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as you can.

FAMILY ADVENTURES

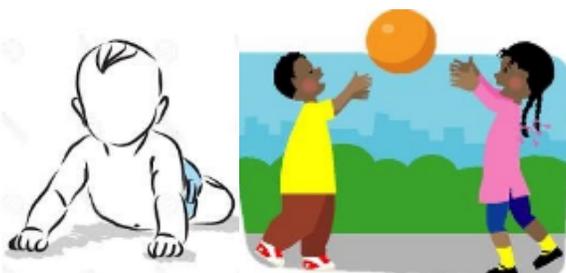
AROUND TORONTO AND GTA

Family Fishing in Ontario Licence-Free from July 4-19 <http://www.ontariofamilyfishing.com/>

Drive Thru Storytelling Tour <https://www.pickering.ca/en/discovering/pmv-whats-on.aspx>

Open Campsites <https://trca.ca/activities/camping/>

Best Hiking Trails in Toronto <https://www.todocanada.ca/25-best-hiking-trails-in-toronto/>

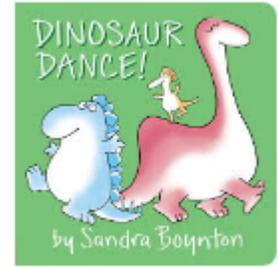


DID YOU KNOW?

Did you know that 30 minutes is the amount of tummy time recommended for infants not yet mobile and that 60 minutes is the amount of energetic play recommended for preschoolers every day.

FAMILY ADVENTURES

INDOOR



Dinosaur Stomp by Koo Koo Kanga Roo: <https://youtu.be/Imhi98dHa5w>

Everybody! Let's get up and do the Dinosaur stomp (Dance- A-Long) and don't forget to give a big "Roar" to each other at the end!

Lyrics: Pick up your foot and stomp it, stomp it pick up your foot and stomp it, stomp it
open up your jaws and chomp it chomp it open up your jaws and chomp it chomp it
I am a stegosaurus call me a brontosaurus I'll get you with my taurus
hey hey hey hey Way down Jurassic Park Hanging out after dark Im scary like a shark
hey hey hey hey I hang with little foot he gives me great input we eat at pizza hut
hey hey hey hey I am a dinosaur most of us like to roar roam jungles and explore
Pick up your foot and stomp it, stomp it pick up your foot and stomp it, stomp it
open up your jaws and chomp it chomp it open up your jaws and chomp it chomp it
Tyrannosaurus rex smashing all your objects ill put you in a hex
hey hey hey hey I'm in the jungle roaring but when it gets too boring I go a carnivoring
hey hey hey hey velociraptor name eating meat is my game extinction I became
hey hey hey hey swoop - there goes a pterodactyl nothing rhymes pterodactyl I just like pterodactyls
Pick up your foot and stomp it, stomp it pick up your foot and stomp it, stomp it
open up your jaws and chomp it chomp it open up your jaws and chomp it chomp it

Gross Motor Indoor Game: Tape Lines Game

Tape Lines: Make 5-10 separate lines of tape, each about a foot apart, on your floor or carpet.

Label the first one the "start" line and then give your kids simple instructions:

Long Jump: See how many lines they can jump over. Have them try and beat their best score each time. Experiment with arm swinging vs. arms behind their backs.

Run 'n' Jump: Now let them take a running start and see if they can jump even further!

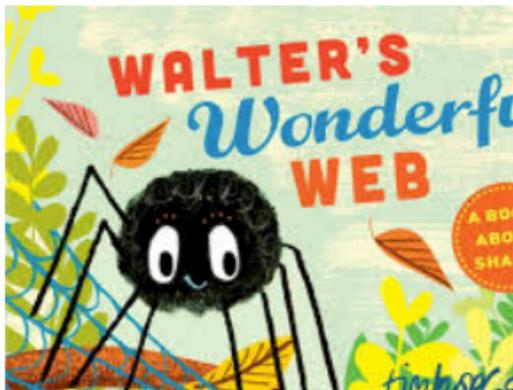
Long Jump Backwards: Increase the difficulty by performing the tasks jumping backwards.

Hop: How far can they jump on one leg?

Reach 'n' Stretch: How far can their leg reach with one foot on the "start" line?



FAMILY LITERACY



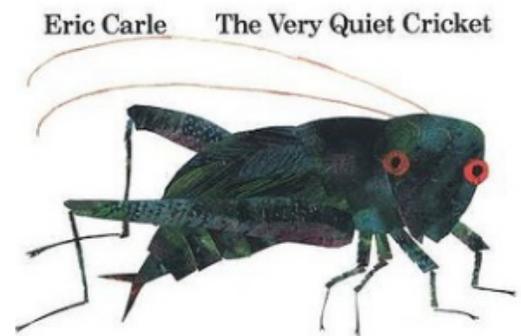
Walter wished he could spin a perfect web, just like his friends. But Walter's web wasn't perfect. They were wibbly-wobbly

Walter's Wonderful Web

Written and illustrated by Tim Hopgood

Published by MacMillan Children's Books, 2015

<https://youtu.be/AQ9MK2zqvOw>



'Welcome', chirped a big cricket. The little cricket wanted to answer, so he rubbed his wings together, but nothing happened, not a sound...

The Very Quiet Cricket by Eric Carle, Penguin

Young Readers Group, 1999

<https://youtu.be/YdiGEjz5b0Q>

FUN WITH INFANTS

Rainbow Ribbon Ring

Materials: Any rings that you can find around you (make sure it is safe for infants to hold with their hands), Ribbons in different colours

Instruction: Using different colours of ribbon, tie it to around the bottom half of the ring! Tie it hard enough so it does not come off when your infants are playing with it. You can try to attach it to the car seats as well! Use this toy in your creative ways! (*Adult supervision is always required.)



FAMILY WELLNESS

MINDFULNESS AND RELAXATION



Practicing muscle mindfulness with children is a great way to create awareness of tension and relaxation.

Physical relaxation techniques:

Practicing relaxation techniques can have many benefits including:

Slowing heart rate and lowering blood pressure

Improving digestion and maintaining normal blood sugar

Reducing stress and muscle tension

Increasing blood flow to large muscles and lowering fatigue

Improving sleep quality and reducing frustration

Progressive Muscle Relaxation:

It is an exercise that relaxes the mind and body by progressively tensing and releasing large muscle groups. In this activity, you will gently tense and then release each large muscle group without straining too hard. Try to tense each muscle for approximately 5 seconds for the best results.

This activity is perfect prior to going to sleep because it helps the body release tension. Have your child try this activity lying down after they get into bed for the night.

Inversion:

For centuries, Yogis have understood the calming power of bringing the head below the level of the heart, otherwise known as inversion. Whether it's relaxing in the child's pose, bending over to touch your toes, or practicing a headstand, inverting the body has a restorative effect on the autonomic nervous system, which controls the body's response to stress.



TENSE AND RELEASE

MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.

FAMILY WELLNESS

NATURE

Make a nature mobile with your kids:

This nature mobile is the perfect way to not only create something, but also to hang up and show some of the treasured items children collect from outside. Bring a bit of nature back into your house! Hang the mobile so that it is balanced and display it in your home!



What You Will Need:

Step 1: Head outside with your child and let him/her collect some nature treasures from the forest floor, like sticks, leaves, bark, acorns or pinecones. Choose together things that you feel are special or beautiful. Only take what's abundant and only take a little.

Step 2: Choose a stick that is about the length of your arm. Tie a piece of string to the ends of the stick so that you can hang your mobile.

Step 3: Thread your string through your forest treasures and tie them so that they hang from the stick. You can also add other craft supply treasures like bells or beads.

Remember there is no right or wrong way to make a nature craft, so have fun!



DID YOU KNOW?

Did you know that mobiles were developed by Alexander Calder in 1932. Often constructed of colored metal pieces connected by wires or rods, the mobile has moving parts that are sensitive to a breeze or light touch. Mobiles became popular in the 1950s for interior decoration.

FAMILY WELLNESS

HEALTHY EATING

Baked Tortilla Samosas

These yummy snacks are baked instead of fried. Add your favourite mixed vegetables for vitamins and minerals, and meat for protein and iron. Kids can help with mixing the fillings and sealing the samosas.

Ingredients:

4 medium potatoes
1 cup frozen mixed vegetables, thawed
1 tsp salt
½ tsp ground cumin
½ tsp turmeric
½ tsp curry powder
½ tsp ground coriander
10 whole wheat tortillas (7-inch size)
Cooked meat (minced pork or chicken) (optional)
Water, for sealing



Instructions:

Peel and dice potatoes. Boil until tender.

Boil mixed vegetables until cooked.

Add mixed vegetables, salt, turmeric, ground cumin, ground coriander, curry powder and cooked meat (if using) to the potatoes and mix well.

To make 20 regular-sized samosas, cut the tortillas in half. To make 40 mini-sized samosas, cut the tortillas into quarters.

Put the filling mixture on the tortilla pieces and fold each piece to form a triangular shape.

Moisten the edges with water and then use fingers to press and seal each samosa tightly.

Place samosas on a baking sheet and bake at 350°F for 10 minutes on each side, until golden brown and crispy.



DID YOU KNOW?

It is known with the following different names: Samsa, somsa, sambosak, sambusa, samoosa, singada, samuza, sambosa, somasi, somas.