

# EARLYON NEWSLETTER

EARLYON - LUMENUS

*It is time to forget the  
past and celebrate a  
new beginning.  
Happy New Year.*



## NEW YEAR WISHES FOR KIDS

This New Year may you be blessed with courage and confidence to spread your wings and turn each day into an adventure of learning and fun.

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## UPDATES FROM US

### OUR EARLYON TEAM:

ARANI, HALEY, KIWON, LISA, MAIS, MARIE,  
SADAF, SOPHIA, VICTORIA, VIRGILIA, YANNIE,  
ZAHRA.

Hello EarlyON - Lumenus Families!  
Happy New Year! We have missed you all, but hope that you had a safe and restful holiday full of love and joy. We are excited to spend another great year with all of you. Wishing everyone good health and happiness for 2021.

### CONNECT WITH US

Email: [earlyon@lumenus.ca](mailto:earlyon@lumenus.ca)

Phone: 416-494-1579 ext. 4301

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

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

# FAMILY ACTIVITIES

## MAGIC WAND READING POINTERS

Let's make this simple magical craft and have a magical year!!

### Materials:

- Colourful popsicle sticks
- Stick on gems or stickers
- Sparkly foam star stickers (or construction paper and glue)

### Directions:

- Using two foam star stickers of the same size (or construction paper and glue) stick them back-to-back at the top of your wand.
- Decorate your popsicle stick with your gems or stickers. Get creative!
- You now have a magic wand, a reading pointer, and a bookmark!



## HANDPRINT ART: 2020 AT HOME

Choose your favorite phrase and include it on your keepsake. Don't forget to find a frame for this family art project!

### What To Do:

- Trace each family member's hand on a piece of construction paper.
- Cut and glue each hand, stacked on top of each other, onto another sheet of paper.
- Choose your favorite phrase and include it on your keepsake.
- Don't forget to find a frame for this family art project!



### Examples of Phrases:

"Side by Side. Hand in Hand. Heart to Heart."

"Stay-at-Home 2020."

"The world needed everyone to stay apart...we stayed in together."

# FAMILY LITERACY

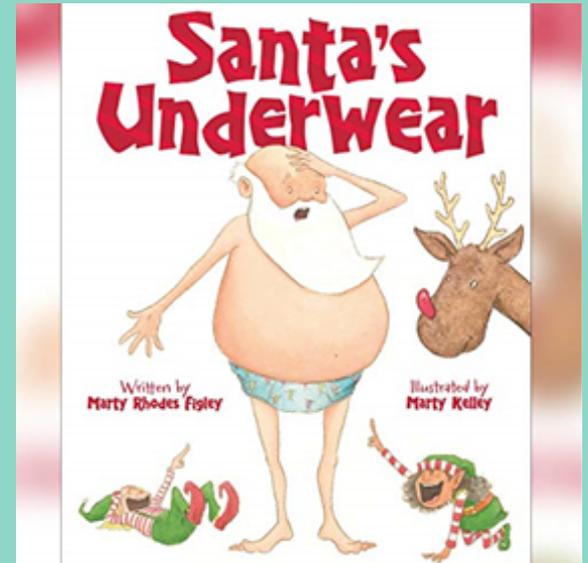
## SANTA'S UNDERWEAR

by Marty Figley

Illustrator: Martha Kelly  
Published 2016 by Sleeping Bear Press

*It's the night before Christmas and Santa Claus is getting ready for his big flight but he can't find his special holiday underwear! What's Santa to do? Go without his holiday undies on Christmas Eve?*

<https://youtu.be/Fjdpczax58g>



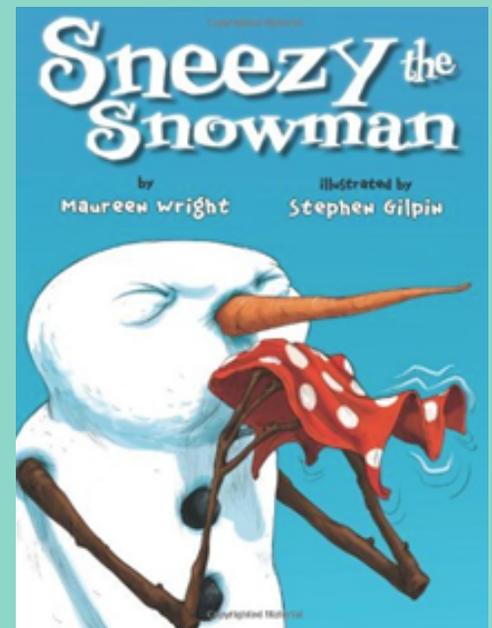
## SNEEZY THE SNOWMAN

by Maureen Wright

Illustrator: Stephen Gilpin  
Published 2013 by Amazon Publisher

*Did you know that sometimes even snow man can get chilly? Sneezzy the Snowman is very cold and on a particularly blustery day, he just can't stop shivering! He tries multiple solutions to try to heat up, but each one ends with a puddle.*

<https://youtu.be/5eBXQN7lv2A>



# FAMILY WELLNESS

## A WEEK OF ACTIVITIES TO PRACTICE MINDFULNESS

Practicing mindfulness can have many positive benefits, and teaching mindfulness to children may support stress reduction, self-regulation, levels of well-being and increase the capacity for compassion.

### MONDAY



PRACTICE DEEP BREATHING BY BLOWING BUBBLES, A BIG BREATH IN THROUGH THE NOSE TO FILL THE BUBBLE... AND OUT THROUGH THE MOUTH AS SLOW AS POSSIBLE

### TUESDAY

GUIDED MEDITATION FOR CHILDREN



[WATCH HERE](#)

### WEDNESDAY

HAVE A 'MINDFUL' SNACK BY DESCRIBING THE SMELL, TEXTURE, AND TASTE OF THE FOOD



### THURSDAY

GRATITUDE: TAKE TURNS WITH YOUR CHILD TO SHARE THINGS YOU ARE GRATEFUL FOR



### FRIDAY



GO FOR A LISTENING WALK. A LISTENING WALK REQUIRES YOU TO BE VERY QUIET AND STILL, AND FOCUS ON THE SOUNDS YOU HEAR AROUND YOU



### SATURDAY



GUIDED MEDITATION FOR EVERYONE



[WATCH HERE](#)

### SUNDAY

GET A GOOD NIGHT'S SLEEP:

SLEEP 1 HOUR EARLIER THAN USUAL



# FAMILY RECIPE

## FROZEN YOGURT BARK

Snack time just got exciting with this recipe for energy-boosting Frozen Yogurt Bark. This recipe includes Greek yogurt sweetened with honey and topped with chocolate chips, strawberries, and coconut

Find the recipe [here](#)



### INGREDIENTS:

#### Yogurt Bark:

- 500g/2 cups of Greek yogurt
- 2 tbsps. honey
- 1 tbsp. cranberries
- 1 tbsp. raisins

#### Toppings:



- 5 fresh strawberries, chopped
- 1 tbsp. dark chocolate chips
- 1 tsp desiccated coconut



### INSTRUCTIONS:



1. Mix the yogurt and honey together until well combined. Add the cranberries and raisins and stir again.

2. Line a baking tray with foil and pour the yogurt mixture on top. Spread it depending on how thick or thin you want your bark to be. Mine was approx 1/2 inch thick.

3. Sprinkle the strawberries, chocolate chips, and desiccated coconut on top and place in the freezer for 2-4 hours or until it is completely frozen.

4. Remove from the freezer and use a sharp knife to break the bark into pieces. The bark can be stored in the freezer in food bags.