Week of: May 4–8, 2020

Calm Down With Take 5 Breathing

When we are stressed or upset nature’s ‘fight or flight’ response takes over – increasing our heart rate, making our breathing fast and shallow, and sending blood from our brain out to our limbs ready to escape or challenge the perceived threat or danger. While stress hormones are flooding our bodies and we are gripped by this programmed response it is very hard to slow down, become calm, express our feelings or think rationally about what is happening to us and how we are responding. Our thought processes and self-control are actually hindered by our biological stress response.

When stressed, children may experience an additional layer of fear or distress as they feel out of control and overwhelmed, not understanding what is happening to them or why. As adults, we are more aware of our feelings and of the physiological changes that come with these, but even we may have a hard time managing our own behavior.

This Take 5 Breathing Exercise is a wonderful way to switch off the stress response. It brings the body back into balance, slowing and deepening the breath and slowing down the heart rate, while harnessing the need to move with an action that requires focus and provides sensory feedback to our brains. Best of all, Take 5 Breathing is simple, enjoyable, free, and you can use it anywhere, anytime.

CALM DOWN WITH TAKE 5 BREATHING

1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

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100+ INDOOR ACTIVITIES FOR KIDS!

SENSORY:
- Make Scented Playdough
- Make Honeycrisp Raisin Rice Krispie Treats
- Rice or Corn Sensory Bin
- Make Your Own Smoothie
- Edible Paint Finger Paints
- Blowhole Finger Paints
- Colorful Finger Paints
- Pom-Pom Colliders

CREATIVITY:
- Paper Anemones
- Homemade Fall Favours
- Spooky Creations
- Painted Ornaments
- Edible Insect Finger Painting
- Edible Face Painting
- Edible Petri Dish Paintings

EDUCATIONAL:
- Learn about a new animal or beaver
- Make a Nature Crown or Bracelet
- Build a Solar System
- Make a Science Experiment
- Make a Thought Jar
- Paint a Drawing or Self-Portrait
- Make a Rollerblower Out of 3D Rolls
- DIY Science Projects
- Make Paper Hangmen
- Edible Glass Charm Art
- Make a Train
- Popcorn Restit Paintings
- Make Painted Rainbows
- Ice Cream Paintings
- Draw a Picture Using Legs
- Make a Bird Feeder
- Make Watercolor Paintings
- Make a Shirt Drawing
- Make Friendship or Family Tree Paintings
- DIY Bus Mockups
- Make a Paper Airplane
- Make Food Art
- DIY Cardboard Paintings
- Rubber Band Trampoline Paintings

GAMES:
- Indoor Obstacle Course
- Balloon Tennis
- House Robots
- Snowball Toss
- Make Your Own Card Game
- Paper Airplane Flight
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MADE WITH LOVE BY:

MY MOM IS GOOD AT

MY MOM AND I LIKE TO

SHE LOVES ME BECAUSE

I LOVE MY MOM BECAUSE

MOM

MOM AND ME
I LOVE YOU!

MOTHER'S DAY

PICTURE FRAME

Design a fabulous frame for Mother's Day, then glue or tape a 4" x 6" photo over this area. Give as a present, along with a BIG hug and kiss! Happy Mother's Day!

Love,

Melissa & Doug
Mother's Day Greeting Card

1. Fold the paper in half.
2. Cut along the dotted line.
3. Decorate and color your card!
"Mom, I Love You!" MINI NOTES

Write or draw some keepsake notes for mom! Then, deliver them in a mini envelope, or store in a keepsake box!

My mom makes the best: _______________________________________________________________________________________

When I’m sad, my mom makes me feel better by: ____________________________________________________________________________

I love my mom because: ______________________________________________________________________________________

My mom makes me laugh when she: ______________________________________________________________________________________

I love when my mom teaches me about: ________________________________________________________________________________

I’m so happy she’s my mom because: __________________________________________________________________________________
"Mom, I Love You!" MINI ENVELOPES

To make an envelope cut along the dotted line. Then, fold the flaps per the instruction and use some tape or glue to hold them down. Voila! Instant mini-note holder!
My Heart Puzzle

The people, places, and things that help and support us are important. In each puzzle piece, write down someone, some place or some thing that supports you. Take time to think about how you do or can support others too.

We do better together.
GRATITUDE SCAVENGER HUNT

• Find something that is your favorite color.
• Find something that makes you feel safe.
• Find something that smells good.
• Find something you love.
• Find something that tastes good.
• Name a place you love to go.
• Find something outside you like.
• Name an activity you love to do.
• Find your favorite toy.
• Find something you like to play with.
• Name 3 people you are thankful for.
• Find something that makes you smile.
• Name something you are proud of.
• Find someone you can help today.
• Name a good thing about YOU!
### Brain Teasers

Directions: Use the clues given to come up with the correct word or phrase.

<table>
<thead>
<tr>
<th>Name: __________________________</th>
<th>Date: ________</th>
</tr>
</thead>
</table>

- BAD wolf
- jack
- town

- slow
- Dance Dance Dance
- BIRD

- Heart
- cold
- Chair

- cycle
- cycle
- Please
- touch
# Reading Bingo

<table>
<thead>
<tr>
<th>Read on your couch</th>
<th>Read to a pet</th>
<th>Read your favorite book</th>
<th>Read in bed</th>
<th>Read wearing a hat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read by the window</td>
<td>Read for 20 minutes</td>
<td>Read on Friday</td>
<td>Read your friend's favorite book</td>
<td>Read while eating a snack</td>
</tr>
<tr>
<td>Read a book about animals</td>
<td>Read outside</td>
<td>Read a fairy tale</td>
<td>Read in the grass</td>
<td>Read in your pajamas</td>
</tr>
<tr>
<td>Read for 30 minutes</td>
<td>Read a nonfiction book</td>
<td>Read to a stuffed animal</td>
<td>Read for 20 minutes</td>
<td>Read out loud</td>
</tr>
<tr>
<td>Read to a family member</td>
<td>Read a silly book</td>
<td>Read under a table</td>
<td>©primary playground</td>
<td></td>
</tr>
</tbody>
</table>
SIMON SAYS

FITNESS
DISGUISED
AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say “Simon Says”!

Shake your whole body.
Jump up and down.
Spin around in circles.
Do a cartwheel.
Do a somersault.
Wave your arms above your head.
Walk like a bear on all 4s.
Walk like a crab.
Hop like a frog.
Walk on your knees.
Lay on your back & pedal your legs in the air like you are on a bike.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.
Hop on your left foot 10 times.
Hop on your right foot 10 times.
Hop around like a bunny.
Balance on your left foot for a count of 10.
Balance on your right foot for a count of 10.
Bend down and touch your toes 10 times.
Reach behind you and try and hold your right foot with your left hand without falling over.

Reach behind you and try and hold your left foot with your right hand without falling over.
Lay on the floor and stretch out as far you can for 10 a count of 10.
Pretend to shoot a basketball 10 times.
Pretend to jump rope for a count of 10.
Pretend to ride a horse.
Pretend to milk a cow.
Take 5 of the biggest steps forward that you can.
Pretend to lift a car.
Do the strangest dance you can think of.

Show off the muscles in your arms.

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