



## HELLO PARENTS,

We continue the series of newsletters that focuses on how learning happens at home through the lens of four foundations. Well-Being, the second foundation of How Does Learning Happen?, addresses the importance of physical and mental health and wellness. It involves encouraging each child to develop self-care and self-regulation skills, as well as a positive self-image. Good mental, emotional, and physical health allows children to think clearly, make healthy choices, develop socially, learn new skills, and build self-confidence to reach their full potential. In this newsletter, we provide activities that will support your child's growing sense of self and nurture their healthy development.

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### PEEK-A-BOO

##### DIRECTIONS:

- Sit with your child and play peek-a-boo by hiding your face behind your hands.
- Encourage your child to use their hands and lead the play once they know the game.
- Progress to hiding behind furniture (indoor) or trees and shrubs (outdoor) and moving in and out of hiding while saying: "Peek-a-boo!".
- If your child walks confidently, you can take turns covering your eyes while the other hides.
- Make little noises when you hide, so your child can find you without much difficulty.

[Click here](#) to listen to the song "Peek-a-boo" .

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### TICKLE MONSTER

##### MATERIALS:

- Book [Tickle Monster](#) by Edouard Manceau

##### DIRECTIONS:

- Read the book "Tickle Monster" and play a game with your child.
- Pretend to be the Tickle Monster.
- Encourage your child to run while you chase them around the house.
- Tickle your child's body parts when you catch them.
- Take turns and let your child be the Tickle Monster to chase you.

[Click here](#) to listen to songs about healthy habits.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### HEALTHY FOOD RAINBOW COLLAGE

##### MATERIALS:

- White paper · Markers · Scissors · Glue
- Grocery flyers or magazines

##### DIRECTIONS:

- Sit with your child and talk to them about how important it is for them to eat fruits, vegetables and other healthy foods every day.
- Have your child select pictures of different foods from the flyers and cut them out.
- Sort the pictures into groups by colours.
- Explain to your child that they will be creating a rainbow of healthy foods.
- Ask your child to use colourful markers to draw a large rainbow on the paper and glue the pictures onto the rainbow according to the colours.
- Your child can keep adding new pictures of healthy foods after they eat them to keep track of their healthy eating habits.

[Click here](#) for healthy eating games and activities to improve well-being.

### JK/SK (4 – 6 YEARS)

#### PRACTICE SELF-HELP SKILLS IN THE KITCHEN

##### MATERIALS:

- Sliced bread
- Items that you like to put in your sandwich, such as meats, cheese, peanut butter, etc.
- Cereal boxes
- Milk

##### DIRECTIONS:

- Invite your child to come and prepare a simple meal with you in the kitchen.
- Take time to help your child become familiar in the kitchen through simple tasks like opening the food containers and pouring water.
- For young children, start with making sandwiches, adding meats and cheese to the bread and spreading on a condiment or peanut butter.
- For older children, leave the cereal boxes out, and the milk on a reachable shelf in the refrigerator so they can serve themselves.
- Let your child practice pouring water by themselves. Spills are part of the learning process. Remind your child that accidents happen and clean up together.

[Click here](#) to learn more about self-care for children.

[Click here](#) for some tips to create a family self-care plan.

### SCHOOL-AGERS (6 – 12 YEARS)

#### I AM PROUD OF MYSELF

##### MATERIALS:

- Book: [I'm Proud of Myself](#) by Laurie Wright
- Paper · Markers

##### DIRECTIONS:

- Read the book and discuss it with your friends or family.
- Reflect on something that you are proud of having accomplished.
- Describe some difficult situations that you have experienced, but you kept working on them without giving up.
- List all the things that make you feel proud and write them down on a piece of paper.
- Design your own award certificate of accomplishment using the markers, or create your own award ribbon. [Click here](#) for a DIY ribbon award ideas.

[Click here](#) to read "Stand Tall Molly Lou Melon" by Patty Lovell.



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and Citizenship Canada

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#### A TIP FOR TODAY

- Encourage your child to notice and appreciate their own strengths, and those of others, too.
- Incorporate opportunities and time to practice self-help and self-care skills.
- Encourage your child to express and label their emotions.
- Provide daily opportunities for your child to be physically active and explore the world around them with their bodies, minds, and senses.
- Keep contact with friends and family, and invite them to socialize via video apps.
- Establish consistent routines at home.