

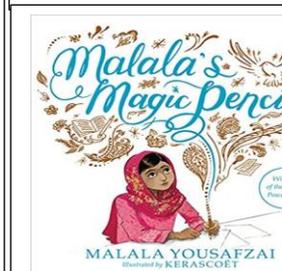
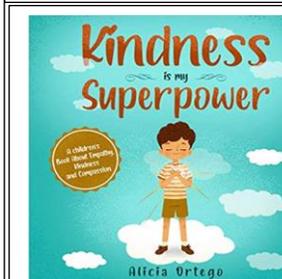
The Power of a Kind Word - This is a great visual activity for the children to see how speaking kind words to others is so important. Show the children two apples (beforehand drop one of the apples again and again to rough it up, but not so much that the skin is damaged - both apples still need to look perfect). Next, place the apples on the table and have the children talk about what they see –how both apples look the same; both are red, they are the same size and look tasty.

Take the apple that you secretly dropped on the floor and begin to tell the children how much you do not like this apple, that you think it is yucky, it has a horrible colour and that you think it smells bad. Tell them that because you do not like it, they should not like it either and they should say unkind things about the apple too.

The children may think that you are crazy but stick with it and pass the apple around the table being rude to it. Next, pass the other apple around and say kind words to it like, 'You're a lovely apple', 'You smell delicious', 'What a beautiful colour you are' etc. Then hold up both apples, and again, ask the children if they can see any differences between the two apples – no they still look the same. Then cut the apples open. The apple that you have been kind to will be unbruised and look nice inside. The apple that has been mistreated will be bruised and all mushy inside.

Hopefully, this shows the children how cruel words can hurt someone deep inside even though they still might look okay on the outside. If the apple was never cut open, they would never have known how much pain they had caused it.

Talk with the children about how they can stop this from happening to others. That it's not ok to say unkind things and bullying each other. If they see this happening, they can stand up for someone and support them if someone is mistreating them. *Idea courtesy of Forevermom.com*



Individual Sensory Bins- The last few months have presented some challenges in terms of being able to keep the children in care engaged with sensory items in the same way before Covid began. The children can still explore and play with sensory items but, they will need to have their own individual materials rather than sharing. The Dollar Store has many great small bins or trays with dividers that are perfect for individual sensory play. Preparing ahead of time, plan your sensory play to fit into your monthly program planning or themes. For example, if your program plan is on Transportation in the individual bin you could provide, cars, mini street signs, textured grey playdough for the road, pipe cleaners and play people in a container for each child. For little ones in care a tray of cooked spaghetti noodles, tongs, ladles, scissors, water, paint and brushes is a simple and engaging bin that can be set up in no time and provide many ideas to expand on for sensory play. "Animal washing" is another great individual activity where each child would get one tray filled with soapy water and cleaning tools like brushes and sponges. In the other tray, mud (or chocolate pudding) and plastic animals that are needing a bath.

Look online at your local library for these beautiful books about kindness and children's rights

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| Zen Socks | by Jon J Muth's |
| Be Kind | by Pat Zietlow Miller |
| Spiffiest Giant in Town | by Julia Donaldson |
| If You Plant a Seed | by Kadir Nelson |
| Malala's Magic Pencil | by Malala Yousafzai and Kerascoet |
| Ordinary Mary's Extraordinary Deed | by Emily Pearson |
| When I Get Older: The Story behind "Wavin' Flag" | by K'NAAN (Author), Sol Sol |
| Kindness is my Superpower: A children's Book About Empathy, Kindness and Compassion | by Alicia Ortego |

November 2020- November is filled with several important days and some silly ones too. World Kindness Day is Nov. 13, Discuss with the children what they think it means to be a kind person. Remembrance Day is November 11th, National Pickle Day Nov. 14 and National Child Day is Nov. 20 th. This day celebrates the role that children play in Canadian communities and the Rights that they are all entitled to. For more info visit unicef.ca or childrenfirstcanada.org

Easy Random acts of kindness- Encourage the children in care to think of ways to spread kindness. A great way for the children to visually see all their good deeds is for them to create a bunch of “cookies” using cardboard or construction paper. Help the children to cut out circle shapes and add decorations to their cookies like “sprinkles” and “icing” using glitter and other bits of paper glued on. For a week in November or even the whole month every time someone does a random act of kindness or a good deed it gets written on the back of the cookie and then placed in the jar. When the jar is filled why not make some real cookies with the children to celebrate all their kindness!

Here are some ideas of ways to spread kindness-

- Leave a cold or warm drink for your mail carrier or garbage person
- Rake your neighbours leaves or shovel their snow
- Write down 5 things that you are thankful for.
- Leave a sweet message on the sidewalk in chalk or in paint in the snow for your neighbours
- Make a card for your grandparents and mail it to them.
- Let someone in line go in front of you
- Paint a rock and leave a kind note by your neighbour’s front door.

Pool Noodle Flip Challenge – You will need: Pool Noodles and a serrated knife. Beforehand cut up a pool noodle into shorter pieces using the serrated knife. Depending on how old and tall the child is you could try this lengths- 12, 18 or 24 inch pieces. The goal is to balance the pool noodle on the palm of the hand and then flip it in the air and have it land back on your hand standing up. You can do a half flip (180 degrees) or a full flip (360 degrees). This is great for improving gross motor skills, concentration, patience, and hand-eye coordination! *Courtesy of Raisingdragons.com*



A Single Chocolate Chip Cookie * Each child gets to make their own!*

Ingredients Prep: 5 minutes Cook 12 minutes
 2 Tbsp (28g) salted butter -3 Tbsp (38g) packed light-brown sugar
 1 pinch salt -1 tbsp whisked egg*
 1/4 tsp vanilla extract - 1/3 cup (40g) all-purpose flour
 1/8 tsp baking soda - 4 Tbsp (42g) chocolate chips, divided
Instructions Preheat oven to 350°F (180°C). Place butter in a microwave safe mixing bowl. Heat in microwave until nearly melted (you want it almost fully melted, but not too hot or it will cook the egg and melt the chocolate chips when stirring). To the melted butter, add brown sugar, salt, 1 tbsp egg, the vanilla, flour, and baking soda. Stir with a spoon until well combined, about 20 - 30 seconds. Mix in 3 tablespoons of the chocolate chips. Shape dough into a 3 1/2-inch circle on parchment paper on a lined baking sheet, gently press remaining 1 Tbsp chocolate chips randomly over top and sides of cookie. Bake in preheated oven 12 -14 minutes, until cookie is golden. Allow to cool on a wire rack then store in an airtight container. **Notes** *To get 1 Tbsp egg, crack egg into a small bowl, whisk until yolk and white are well blended, then measure out 1 Tbsp. Reserve remainder for another use (aka tomorrows breakfast).
Courtesy of cookingclassy.com

Pool Noodle Frisbee Race *You will need:* Pool Noodles and a Frisbee for each team. To start split your group into two teams (or do individual races). At the starting line have the first-person line up with a pool noodle in one hand and frisbee in the other. To start, the racer will balance the frisbee on top of the pool noodle and then run to a cone or designated spot and back to their team to hand off to the next person. If they drop the pool noodle, they must return to the starting line, balance their frisbee on top of their noodle and start again. (You can also play that they just need to stop where they are on the race, rebalance the frisbee, and continue.) Once the children are getting good at balancing you could increase the challenge by having them step over snow piles or walking backwards. For little kids, use shorter pool noodles and have them hold the noodle near the top of the noodle for easier balancing. *Courtesy of Raisingdragons.com*