

Dear families,

We hope this letter finds you well and that you have been able to spend some time outside despite all the rain and hail we've been having. Sunshine is in the forecast and it looks like it will be warming up!

This week is Mental Health Week and we wanted to start off by doing a check in with you. During this time, it is easy to feel overwhelmed with our responsibilities and with helping those around us, including our children. We want to give a gentle reminder to go easy on yourself and find time for self-care and mindfulness.

Here are a few links to only some of the wonderful resources out there for you and your family:

"Practical Tips for Staying Positive During Covid-19" - https://youtu.be/Vrqr8Z_qiTs

"Virtual Calming Room" - <https://www.district196.org/about/calm-room?fbclid=IwAR3Y9BjCgpsUO890maZj4ncCSyeYHU0Xdf1NbaCAOkmCifR4g64BwPkrilk>

"Canadian Mental Health Association" - <https://mentalhealthweek.ca/>

"Kelty Mental Health" - <https://kelytmentalhealth.ca/parents-caregivers>



If you haven't had a chance, please check out our Facebook page <https://www.facebook.com/MissionEarlyYearsSD75/> for more links, resources and videos!

Warmest wishes,

The StrongStart Team: [Alison](#), [Brienne](#), [Diana](#), [Julie](#), Jun and [Nicole](#)

SENSORY BOTTLE TOP 'BUBBLE' SOUP

Sensory play can be calming for some children. This activity uses household items such as soap, a whisk, a bin and bottle tops (this can be substituted with other things you may have on hand) to create an engaging sensory exploration.



LEARNING OPPORTUNITIES

- Building up fine motor skills and coordination
- Problem solving - finding strategies to overcome challenges
- Encouraging imagination and creativity
- Developing an understanding and awareness of cause and effect
- Language development- experimenting with language and trying new words
- Self-esteem: sensory play offers kids the opportunity for self-expression because there is no right answer and children feel safe to change or experiment with what they are doing
- Social skills: taking turns, communication and following directions

Source: <https://www.learning4kids.net/2015/04/01/sensory-bottle-top-bubble-soup/>