

JULY 2020

Building the Foundation for Growth.



Staying Physically Active From Home

Although a number of restrictions are beginning to be lifted in BC, and things are starting to open up, we continue to spend a lot of time at home. So today we are sharing some ideas for keeping children physically active at home.

Physical Activities You Can Do Indoors

1. Freeze Dance: Make your dance party at home more interesting and fun by throwing in the freeze element! When you pause the music, everyone has to freeze in their pose, when the music starts again, everyone starts moving!
2. Balloon Volleyball: Blow up a balloon and bounce it back and forth. You can even make a net with yarn and a couple of chairs.
3. Book-Worm Workout: pick a book that has a repetitive word in it. Every time the word is read aloud,

do something active like a jumping jack!

4. Crab Carry: Up the crab walk game by balancing something like a bean bag on their tummy and walking around.
5. Yoga JENGA: Write down some yoga moves written on each block as it is pulled from the tower.
6. Hula Hoop: If you have space and the hoop, this can be a fun activity both indoors and outdoors. Just make sure you aren't close to any furniture!
7. Set Up A Maze or Obstacle Course: use whatever materials you have at home to set up a maze or obstacle course where children can do different activities at each step to get through the course!

[Continue reading on our Blog.](#)

Important Dates

MON JUNE 29

First day of Summer Camps programming

WED JULY 1

Canada Day: stat holiday, centre closed.

MON AUG 3

BC Day: stat holiday, centre closed.

FRI SEPT 4

Last Day of Summer Camps programming

MON SEPT 7

Labour Day: stat holiday, centre closed.

TUES SEPT 8

Back to School (details to come in the upcoming months)

Reminders

- **Summer Camps Registration:** if you are in need of care for summer camps, we still have a couple spots for July and August. Please visit our website [here](#) to register. Please note that due to social distancing requirements and for the safety of children all field trips with transportation have been replaced with trips in walking distance to local parks. Because of this change, we have altered the fees accordingly to a consistent rate of \$250 per week.
- **Emergency Comfort Kit:** If you are new to our program for the summer, please assemble an emergency kit for the first day of your child's attendance. Instructions are [here](#).
- **Labelling:** Please be sure to label all of your child's personal items.

Summer Camps Items List

For Summer Camps, please send the following items every day:

- a towel
- a bathing suit
- lunch with sandwich, fruit, etc. (no warm up lunches)
- a water bottle
- sunscreen (labelled with name and to remain at daycare)
- comfortable, closed toe outdoor shoes (no flip flops)

It is also beneficial if you can bring a spare change of clothes to remain at the centre.

Note: bike days will take place on most Fridays, please send a bike and helmet for these days.

Activities for Home and at School



"Sense"-sational Painting (GD)

This activity is great for combining creative art and sensory skills. Children get to explore a number of different textures while painting with their hands.

[Watch the video.](#)



Walk the line game for practicing gross motor skills!



Painting a puffer fish using a fork as a paint brush.



Handprint Crab (IT)

This is a fun sensory activity for infant/toddler aged children, focusing on using their handprints to create animal art.

[Watch the video.](#)



Painting a tree branch for art activities.



Playing outside in the sunny weather.

FOR ANY ENQUIRIES, PLEASE DO NOT HESITATE TO REACH OUT BY EMAIL OR PHONE.

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