

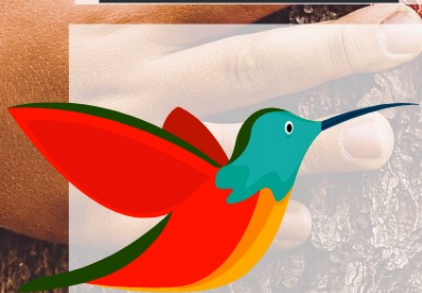
# INDIGENOUS STAY 'N' PLAY *Summer*

HARMONY



## LEARNING

Dedicating learning time every day will help your child's brain development and ensure that learning momentum is maintained.



## CREATIVITY

Creative activities challenge your child's mind and heart and help them express their emotions creatively.



## PLAY TIME

Play supports your child's brain development. It is through play that children engage and interact with the world around them.



## FAMILY TIME

Talking about the day's activities and playing a family game help your child's mental and emotional wellness.

DAY

1

# DAY 1: LEARNING

## LAKOTA CREATION STORY

There was another world before this one. But the people of that world did not behave themselves.

Displeased, the Great Spirit set out to make a new world. He sang several songs to bring rain, which poured stronger with each song.

As he sang the fourth song, the earth split apart and water gushed up through the many cracks, causing a flood. By the time the rain stopped, all the people and nearly all the animals had drowned.

Only Kangi - the crow - survived.

Kangi pleaded with the Great Spirit to make him a new place to rest.

So, the Great Spirit decided the time had come to make his new world. From his huge pipe bag, which contained all types of animals and birds, the Great Spirit selected four animals known for their ability to remain under water for a long time.

He sent each in turn to retrieve a lump of mud from beneath the flood waters.

First the loon dove deep into the dark waters, but it was unable to reach the bottom. Ptan, the otter, even with its strong webbed feet also failed. Next, the cápa (beaver) used its large flat tail to propel itself deep under the water, but it too brought nothing back. Finally, the Great Spirit took the kéya (turtle) from his pipe bag and urged it to bring back some mud.

Turtle stayed under the water for so long that everyone was sure it had drowned.

Then, with a splash, the turtle broke the water's surface! Mud filled its feet and claws and the cracks between its upper and lower shells.

Singing, the Great Spirit shaped the mud in his hands and spread it on the water, where it was just big enough for himself and the crow. He then shook two long eagle wing feathers over the mud until earth spread wide and varied, overcoming the waters.

Feeling sadness for the dry land, the Great Spirit cried tears that became oceans, streams, and lakes. He named the new land "Turtle Continent" in honor of the turtle, which provided the mud that formed the land.

The Great Spirit then took many animals and birds from his great pipe bag and spread them across the earth.

From red, white, black, and yellow earth, he made men and women. The Great Spirit gave the people his sacred pipe and told them to live by it. He warned them about the fate of the people who came before them.

He promised all would be well if all living things learned to live in harmony. But the world would be destroyed again if they made it bad and ugly.



Now Write a list of ways we can live in harmony or draw some pictures of animals and people getting along.

# DAY 1: CREATIVITY

## PAPER PLATE TURTLE

This activity is super easy and pulled together with simple supplies. It doesn't get any easier or cheaper than that!

Now if your child is "BEGGING" (or more like bugging) you to do something fun with them today - why not give this turtle craft a try?

### MATERIALS

- Large Paper Plate
- Green Tissue Paper
- Green/White Construction Paper
- White School Glue
- Craft Scissors
- Paint Brush
- Stapler

### INSTRUCTIONS

1. First cut your tissue paper into squares. Set aside.
2. Out of your construction paper, cut out 4 legs, 1 head and 1 tail for the turtle. Don't forget the eyes!
3. Now slather a good amount of glue on the backside of your paper plate. Use a paint brush to really cover it.
4. Ask your child to place the tissue paper squares on the paper plate, until it's completely covered. Set aside to let it dry completely.
5. To finish off the paper plate turtle craft - staple the construction paper pieces in the designated spots to give the turtle life.

<https://www.gluedtomycraftsblog.com/2014/07/paper-plate-turtle-kid-craft.html>



# DAY 1: PLAY TIME

## ANISHINAABEK TURTLE SONG

Drum and sing along the Anishinaabek turtle song!



### MATERIALS

- Laptop/Smartphone/Smart TV
- Internet connection

### INSTRUCTIONS

Click on the link below OR

<https://www.youtube.com/watch?v=phL7U0tjOM>

2. Go to youtube.com and type the following in the search bar:  
"Anishinaabek Turtle song"

3. Allow your child to watch the video

4. You can ask questions like: What did you learn? What was your favorite part?

The "20-20-20" rule helps protect your child's eyes: Every 20 minutes, ask your child to take eyes off your screen and look at something that's at least 20 feet away for at least 20 seconds.

**TIP**

# DAY 1: FAMILY TIME

## GRATITUDE TREE

Write down the things you're thankful for on turtle island!

It's not always easy teaching kids how to be grateful. This Gratitude Tree Activity is a simple way to help them focus on what they are thankful for, it can give them a time to pause, think about all that they have that they normally take for granted, and give thanks.

### MATERIALS

- Tree branches
- Small rocks
- 1 large wide mouth mason jar
- Green card stock
- Pencil
- Single hole punch
- Twine
- Scissors

### INSTRUCTIONS

1. Pour the rocks into the large mouth mason jar and insert the branches into the jar.
2. Use the scissors to cut the green card stock into leaf shapes.
3. Use the single hole punch to punch a hole in each leaf.
4. Allow the kids to write what they are grateful for on each leaf.
5. Loop a piece of twine through each hole and tie.
6. Hang each leaf on your Gratitude Tree.
7. This makes a lovely centerpiece or decoration. It would be a great tradition to do each year as well! Save the leaves from years past and you could even create a memory box for them. Show your children what they were thankful for over the years!

<https://premeditatedleftovers.com/naturally-frugal-mom/gratitude-tree-activity/>



DAY

2

# DAY 2: LEARNING

## THE ORIGIN OF CORN



According to tradition handed down to our people, long ago, two braves were sitting by a fire, roasting a deer they had hunted.

Just then, a beautiful woman was seen to descend from the clouds and stand upon the earth. They were surprised at seeing her, and thought she must be hungry, and could smell the meat. They went to her, taking with them a piece of the roasted deer.

They gave it to her, and she ate her fill. She told them to return to the spot where she was sitting, at the end of one year, and they would find a reward for their kindness and generosity. She then went up to the clouds and disappeared.

The two men returned to their village, and explained to the nation what they had seen, done, and heard but were laughed at by their people.

When the time arrived for them to visit this sacred ground where they were to find a reward for their kindness to the beautiful woman of the clouds, they went with a large party, and found, where her right hand had rested on the ground, corn growing -and where the left hand had rested, beans - and where she had been sitting, tobacco. The two first have, ever since, been grown by our people, as our food and the last used for offerings to the creator, along with sage and sweetgrass.



# DAY 2: CREATIVITY

## FINGERPRINT CORN ON THE COB ART

Kids love to paint with their hands. This is a great activity to let them have fun and dip fingers in paint!



### MATERIALS

- Yellow card paper ( construction paper will also do. The thicker, the better)
- Scissors
- Green Crepe Paper
- Acrylic or Tempera Paints - Orange, yellow, Red, Brown.
- Glue stick.

### INSTRUCTIONS

1. Cut out the yellow card stock into a 6 inch inverted U shape. With younger kids, it's better to first draw the shape & then cut. Adult supervision is required.
2. Next cut the leaves for the corn. Make smaller leaf shaped cuts using green crepe paper.
3. Now ask your little ones to dip their forefingers in the paints and dab away.
4. Wait between each color to allow the earlier color to dry completely else the round finger-prints will get messed up.
5. Stick on the leaves in slight angles at the bottom using glue, and your Fingerprint Corn on the con art is ready!



<https://artsycraftsymom.com/fingerprint-corn-on-the-cob-art-for-kids/>

# DAY 2: PLAY TIME

## CORN HOLE GAME

Bean bag play can be used to address so many developmental skills! Think of hand-eye coordination, upper body strength, sensory integration, social skills, and so much more!

### MATERIALS

- Dry beans + measuring cup (1/2 cup per beanbag)
- Ziploc sandwich baggie (1 per beanbag)
- Tape (any kind will do)
- Felt (optional)
- Scissors
- Hot glue gun with hot glue sticks
- Cardboard box
- Knife
- Paint and paper to decorate

### INSTRUCTIONS

1. First, scoop 1/2 cup dry beans into a Ziploc bag, zip it up, and then loosely fold the bag into a square so the beans aren't super packed in there.
2. Put a few pieces of tape to secure the loose flaps so the baggie will be able to keep its square shape after being tossed around.
3. Optional: Place your bean-filled baggie on the felt and cut out a square by leaving about 1" of space around the edges. Squeeze a line of hot glue along the edges and place the second square of felt directly on top of the one you just glued. Squish it with your fingers, and make sure the pieces are firmly secured together. Let the hot glue fully harden before you start playing with it.
4. Time to make more bean bags so you have lots to play with!
5. Take the cardboard box and make two diagonal cuts on opposite sides of the box.
6. Open it up, cut off the flaps and flip it over.
7. Cut a hole for the beanbags. Then decorate!
8. Now have fun playing corn hole!



<http://mamaot.com/diy-no-sew-bean-bags-plus-lots-of-fun-bean-bag-activities/>  
<https://messymotherhood.com/homemade-toys-bean-bag-toss/>

# DAY 2: FAMILY TIME

## CORNBREAD RECIPE

Originally, corn bread or cornbread is a 'native' American dish. A wonderfully light, crumbly bread that can be sweet or plain. A golden bread with the right balance of flavour, this recipe makes the perfect snack or side to go with chili's, soups or stews.

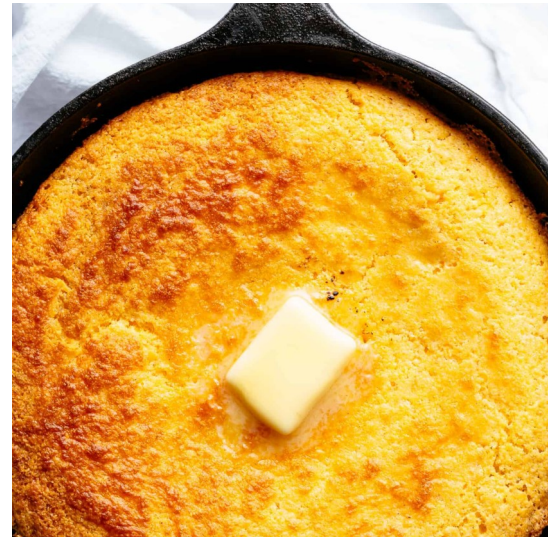
### INGREDIENTS

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 1/4 cup sugar
- 4 tsp baking powder
- 1/2 tsp salt
- 1 cup milk
- 1 large egg
- 1/4 cup cooking oil

### INSTRUCTIONS

1. Make Corn Bread to share with your family. Let your child do the measuring.
2. Preheat the oven to 425 degrees Fahrenheit and coat the inside of a 9-inch pie plate, cast iron skillet, or 8x8 casserole dish with non-stick spray (or butter for more flavor).
3. In a large bowl, stir together the cornmeal, flour, sugar, baking powder, and salt until evenly combined.
4. In a separate bowl, whisk together the milk, egg, and oil.
5. Pour the bowl of wet ingredients into the bowl of dry ingredients and stir just until everything is moist. Avoid over stirring. It's okay if there are a few lumps.
6. Pour the batter into the prepared dish and bake for about 20 minutes, or until the top and edges are golden brown.
7. Cut into 8 pieces and serve.

<https://cafedelites.com/cornbread-recipe/>  
<https://www.thecomfortofcooking.com/2010/06/three-bean-beef-chili-with-honey-cornbread.html>



DAY

3

# DAY 3: LEARNING

## BUILD A HOMEMADE WEATHER VANE TO LEARN ABOUT THE WIND

How do we know which way the wind is coming from? We can use a weather vane! A weather vane is an instrument that shows from which direction the wind is blowing. They are often placed on top of buildings at the highest point.

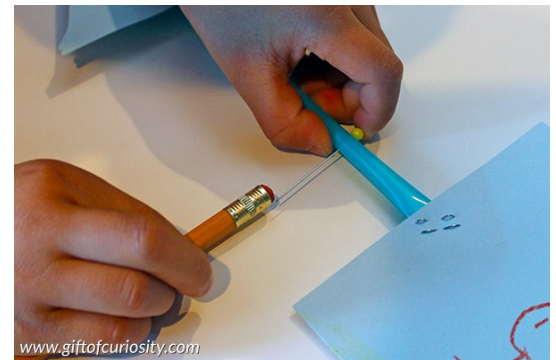
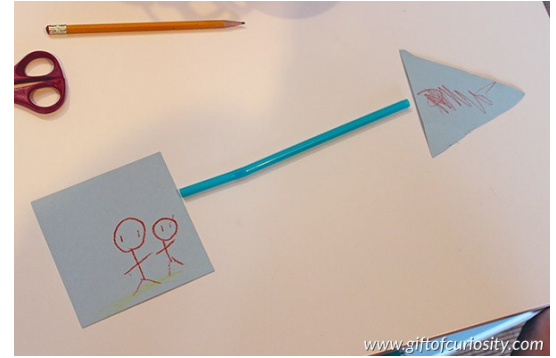
### MATERIALS

- Pencil with eraser
- Two small pieces of cardstock (about 4" by 4")
- Straw
- Pin
- Stapler
- Paper plate

### INSTRUCTIONS

1. First start by cutting one square and one triangle from the two pieces of cardstock.
2. Then staple the square cardstock to one end of the straw and the triangle end of cardstock to the other end of the straw.
3. With the cardstock stapled in place, use your finger as a fulcrum to find the balance point on the straw.
4. Having found the balance point, push the pin through that part of the straw, and then insert the pin into the eraser of the pencil. (Leave some room between the pencil and the top of the pin; if you push the pin in too far your weather vane won't spin.)
5. Then label the cardinal directions on a paper plate.
6. Use a compass to orient the paper plate the correct way. Then stack the pointed end of the pencil through the paper plate and into the ground.
7. Now watch how the wind blows the weather vane to know what direction the wind is coming from.

<https://www.giftofcuriosity.com/build-a-homemade-weather-vane-to-learn-about-the-wind/>



# DAY 3: CREATIVITY

## HOMEMADE WIND CHIMES

Upcycle your tin cans into fun, homemade wind chimes that the kids can make!

Wind is everywhere around us, you need it to fly a kite, or turn a windmill for energy, or for the seagulls to fly! And even if its not blowing near you, its blowing somewhere!

### MATERIALS

- Cleaned out tin cans
- Paint
- String
- Hammer
- Nail
- Metal washers or nuts
- Glitter (optional)
- Tape (optional)

### INSTRUCTIONS

1. Check your cans for sharp edges. Put tape around the rims of the cans to prevent any cuts.
2. Paint the outside of the tin cans with washable tempera paint.
3. After the paint is dry, punch holes in the bottom of the tin cans.
4. String a long piece of yarn through the holes and tie two washers onto the end of the string, inside the tin cans. One washer is used to hold the yarn in place, the other is placed at the end of the string to make a lovely clanking sound when it hits the tin can.
5. You could also use nuts or rocks instead of washers. Something that is hard enough to make a noise when it hits the can.
6. Once you've tied on your washers to the wind chimes, test out the noise it makes!
7. Different size washers make different noises. Different size tin cans make different noises, too!

<https://handsonaswegrow.com/outdoor-music-diy-wind-chimes/>



# DAY 3: PLAY TIME

## TAKE FLIGHT WITH A DIY KITE

Building a kite is a great way to explore wind and how it moves things.

Go outside or look out of a window with your child. Ask, "Is it windy?" "How can you tell?" Ask if she sees objects moving or is everything is still. Explain that wind is simply moving air. It can move fast or slow and in different directions.

Tell her that you're going to build a kite, then take it outside to see how high it will fly.

### MATERIALS

- Newspaper
- String or ribbon
- Glue
- 2 straight sticks about 2-3 feet long, one slightly shorter than the other
- Craft knife or small knife to cut into wood

### INSTRUCTIONS

1. Carve a small notch into both ends of each wooden stick. The notches must be cut in the same direction.
2. Take the string and tie the sticks at the center, so they are shaped like a cross. Make sure the notches are lined up. The horizontal stick should be slightly shorter than the vertical stick.
3. String your string into the notches around the ends of the sticks.
4. Help your child unfold the newspaper and cut a pattern to match the shape of the kite frame. Make it an inch or two larger than your frame, all the way around, so you can fold the edges over.
5. Help your child spread the newspaper over the stick frame, fold the edges over the string, and glue them in place.
6. Tie a long string to the kite where the sticks cross.
7. Now, it's time to fly the kite! Ask your child to observe how the wind affects the kite. Ask questions like, "Can you tell which direction the wind is blowing? Can you fly the kite when it's not windy? Why not?"

<https://www.pbs.org/parents/crafts-and-experiments/take-flight-with-a-diy-kite>



# DAY 3: FAMILY TIME

## CLOUD WATCHING

"It's a turtle!"

"No it's not, it's an elephant!"

Do you need a super fun activity to do when you are tired but your kids are bored?

Try cloud watching!

It keeps the kids occupied, gets the imagination going, is free, and best of all, doesn't require a lot of activity from the adult supervising!

It's a win/win situation!



## MATERIALS

- A partly cloudy day (preferably when the clouds are moving a little)
- A blanket

## INSTRUCTIONS

1. Outside pick a spot where you can lay on a blanket looking up at the clouds. On rainy days you can look out the window and do the same thing.
2. Now simply relax, look up at the sky, and let your imaginations run wild! What shapes, animals, or objects can you find in the clouds? How many clouds can you count? What other stuff do you see in the sky (i.e. planes, birds...)?
3. Use cloud watching to not only relax with your kids, but also as a time to interact with them. Along with questions about the clouds, throw in some questions about their day, how they are feeling, or even what they want for their birthday. You'll be amazed at what things they may open up to during this quiet time!

<http://toysinthedryer.com/cloud-watching-an-easy-free-activity/>



DAY

4

# DAY 4: LEARNING

## DIY TORNADO IN A BOTTLE!

This activity is easy to put together, mesmerizing for all ages, and a perfect example of centripetal force in a vortex...the perfect storm for scientific discovery!

### MATERIALS

- 2 empty water bottles
- A pitcher of water
- Metal washer and duct tape
- Glitter

### INSTRUCTIONS

1. First, take off the tops of your liter bottles and cut the plastic ring that is left around the neck of the bottle.
2. Fill one of the plastic bottles three quarters full. The addition of glitter provides a great visual representation of a tornado's water droplets and debris.
3. Use a metal washer from the hardware store, and place it on top of one of the bottles.
4. Get a second pair of hands to help you steady the second bottle as you use duct tape to secure the bottles together.
5. Once all is secure and not leaking, whip your bottom bottle and quickly rotate the top in clockwise motion.
6. Spinning the bottle in this circular motion creates a water vortex. The centripetal force, or the inward force directing the water toward the center of its circular path, is the same principle of tornadoes during a storm.

<http://blog.learningresources.com/diy-tornado-bottle/>



# DAY 4: CREATIVITY

## MAKING A NATIVE AMERICAN CANOE

This activity is super easy and pulled together with simple supplies.



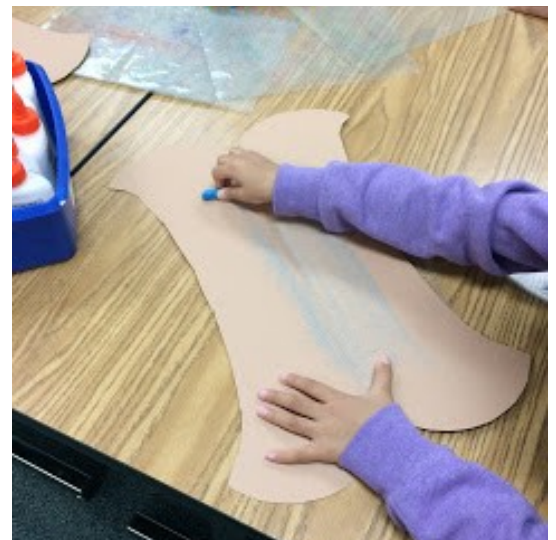
### MATERIALS

- Brown construction paper
- Cardboard
- Pencil
- Scissors
- "Puff" paints, crayons, or markers
- Stapler

### INSTRUCTIONS

1. Trace a canoe on a 12 x 18 folded sheet of brown paper.
2. Decorate the canoe with "puff" paints, crayons or markers. Make your decorations more authentic by looking up American Indian symbols at the library or on the internet.
3. Secure the sides of the canoe to each other with a stapler.
4. Staple in a little seat made of cardboard.
5. Then pop it open like a real canoe.

<https://www.thriftyfun.com/Making-a-Toy-Canoe.html>  
<http://itisartday.blogspot.com/2015/11/native-american-pictograms.html>



# DAY 4: PLAY TIME

## MAKE MUSIC WITH EMPTY BOTTLES

Music is such an important part of your kids' development. Music encourages creativity and imagination, whether you're playing music, singing, dancing or just listening. The science of sound is all about vibrations. When you hit the bottle with the spoon, the glass vibrates. When you blow into the bottle, you are making the air vibrate. It's these vibrations that ultimately make the sound. Adding water to the bottle decreases the amount of air space, so they produce a higher pitch.

### MATERIALS

- 8 glass bottles (all the same size)
- Water
- Metal spoon
- Food coloring (optional)
- Paper and pen (optional, for tracking experiments)

### INSTRUCTIONS

1. Compare the sounds the bottles make with different levels of water. Take two bottles. Fill one bottle to the top with water. Leave a second bottle empty.
2. Use the back of the spoon to gently clink both bottles. How are the sounds different between the full and empty bottles?
3. Fill a third bottle halfway with water. Clink all three bottles. The sound of the half-full bottle is about in the middle of the other two sounds.
4. Now, blow air across the tops of all three bottles. What do you notice when you blow air across the tops of the bottles? In what ways are the sounds different?
5. Next, use all eight bottles to create a musical scale. That's why this activity calls for eight bottles—one for each note: do re mi fa so la ti do. Vary the amounts of water in each bottle to create a musical scale.
6. Mix it up: Clink the bottles and blow over the tops of the bottles. What differences do you notice between the sounds and actions?
7. The ultimate goal of this experiment is to play a song. Try to play your favorite song.

<http://www.mykidsadventures.com/pop-bottle-music/>



# DAY 4: FAMILY TIME

## DRIFTWOOD WALL HANGING

Go outside or to a nearby beach and collect drift wood, then create this wall hanging. Each piece has it's own history, origin, story, like each one of us.

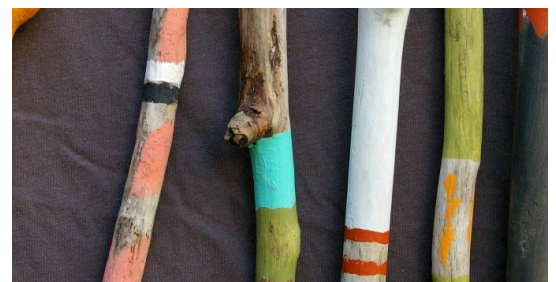
### MATERIALS

- Variety of driftwood pieces
- Assortment of paints
- Paint brushes
- A few yards of suede cord
- Two screw-eyes
- Hot glue
- Tape for stripes (freehand is ok too!)

### INSTRUCTIONS

1. Go to a nearby beach and collect drift wood, then create this wall hanging:
2. Begin by painting some stripes, dots and lines in colors you like together on each piece of driftwood.
3. Leave the top piece unpainted, and put a screw eye on each end about 1" in from the end.
4. Run a piece of suede cord through the screw eyes, and tie each end in a double knot to secure.
5. Once the paint is dry, cut a variety of suede cord pieces and add a dab of hot glue to the end of each, one at a time, gluing each to the back of the wood hanger. It doesn't have to be perfect, or uniform. It will look better if you just go by what looks balanced and don't measure.

<http://www.twelveoightblog.com/2014/07/driftwood-wall-hanging.html>





DAY

5

# DAY 5: LEARNING

## RABBIT DANCE

an Oneida legend retold by Desiree Barber



Long ago, two hunters went hunting deer for their village. They hunted for a very long time without seeing any signs of deer, but they didn't return to the village for they knew they had to provide food for the winter. Suddenly, they heard a very loud thump! They stopped and listened to see if there would be another thump, and sure enough, they heard it again! This time the thump was louder, "THUMP!"

One hunter said to the other, "What is that?"

The other hunter said, "I don't know, but IT sounds very close!"

So, both hunters got on their bellies and crawled to a nearby clearing surrounded by bushes. In the center of the clearing they saw the biggest rabbit they had ever seen!

The first hunter started to aim his bow and arrow at the huge rabbit, but the second hunter stopped him and said, "Let's wait to see what he is going to do."

Both hunters waited and watched the huge rabbit as he lifted one of his big back legs and thumped it three times on the ground. Then, out from every direction hopped regular sized rabbits. The hunters watched very closely not wanting to miss anything.

The little rabbits gathered around the big rabbit, and the big rabbit began to thump his back leg in a pattern as the little rabbits danced. The hunters watched in awe as the rabbits danced. Then the big rabbit thumped his leg in the directions in which the hunters lay. The huge rabbit looked in that direction and leaped into the sky. Then all the rabbits quickly hopped away.

The hunters watched still in awe. They realized they had to go back to the village and tell the people what they had seen and heard. They ran all the way to the village and asked if they could speak to the elders. After they told their story, one of the elders said, "Show us how the beat and the dance went." The hunters showed them exactly what the rabbits did.

Another elder said, "The rabbits gave this dance to tell us to show them respect and appreciation for what they give to us. We will name the dance after them, and we will dance it at our socials to show them our gratitude."

So this is the way it was then and is now. That is how the *rabbit dance* came to be.

<http://www.uwosh.edu/coehs/cmagproject/ethnomath/legend/legend16.htm>

# DAY 5: CREATIVITY

## PAPER HANDPRINT BUNNIES

These paper handprint bunnies are so simple to make and they are SO CUTE!

### MATERIALS

- Scissors
- 1 sheet construction paper or coloured printer paper, or even plain white paper (any colour)
- Pink marker (or pink pencil crayon)
- Black gel pen (or pencil or black pencil crayon)

### INSTRUCTIONS

1. Start by tracing a handprint - BUT you have to make the handprint a little fatter than you normally would. If you trace tightly around the fingers, the ears and arms will be super skinny.
2. Cut out the handprint. Make sure you have a V at the bottom between each finger (rather than a curve).
3. Cut a small slit beside the baby finger. You want the bottom of the cut to line up with the bottom of the space beside the thumb.
4. Once you cut the slit, the baby finger will look a bit crooked. So feel free to trim that baby finger a little to fix the shape.
5. Next, you can fold down the baby finger towards the center to make one of the bunny arms.
6. Then fold down the thumb towards the center for the other bunny arm. I like to fold them so the two hands "touch" in the middle.
7. Cut off the middle finger so you're left with two finger "bunny ears".
8. Use a pink marker, pen or pencil crayon to draw the pink parts of the ears. Then draw an oval for the rabbit's nose.
9. Using a black gel pen, regular pen or marker, draw the rest of the face - eyes, whiskers and mouth.
10. Finally draw two little paws at the bottom of the handprint to make the bunny's feet.



<https://onelittleproject.com/handprint-bunnies/>



# DAY 5: PLAY TIME

## THE RABBIT DANCE SONG

Dance and sing along the rabbit dance song!



### MATERIALS

- Laptop/Smartphone/Smart TV
- Internet connection

### INSTRUCTIONS

Click on the link below OR

<https://www.youtube.com/watch?v=ciwgT7TmKHk>

2. Go to youtube.com and type the following in the search bar: "Native American rabbit dance"

3. Allow your child to watch the video

4. You can ask questions like: What did you learn? What was your favorite part?

The "20-20-20" rule helps protect your child's eyes: Every 20 minutes, ask your child to take eyes off your screen and look at something that's at least 20 feet away for at least 20 seconds.

TIP

# DAY 5: FAMILY TIME

## BUNNIES SALAD

What do bunnies eat? Make a simple and light salad for lunch or dinner inspired by the food bunnies eat. Talk about nutrition and let your kids help you make as much salad as they can.

### INGREDIENTS

- 3 radishes thinly sliced
- 2 carrots sliced
- 1/2 cucumber sliced
- handful of green beans
- 1/4 cup chopped parsley
- lettuce
- 3 tbsp olive oil
- 1 1/2 tbsp balsamic vinegar
- 2 tsp honey
- 2 tsp dijon mustard
- salt and pepper to taste

### INSTRUCTIONS

1. Start by searching online what bunnies usually eat and with your kids make a list: lettuce, radishes, french beans, cucumber, parsley and carrots.
2. Then let your kids help you make the salad, let them take turns with all of the rinsing, peeling, chopping, slicing and whisking.
3. For the vinaigrette
  - Combine olive oil, vinegar, honey, mustard, salt and pepper in a medium bowl.
  - Whisk together until combined.
  - Taste and add more oil, vinegar or honey as you like.
4. For the salad
  - Combine lettuce, sliced carrots, thinly sliced radishes, sliced cucumber and parsley.
  - Blanch green beans in pot of boiling water, let cool and add to salad.
  - Pour vinaigrette over salad, toss until coated.



**We equip mothers facing multiple barriers to become engaged citizens confident parents, and prepare their children for success in school.**

**The Mothers Matter Centre**, home of the Home Instruction for Parents of Preschool Youngsters (HIPPY) Program in Canada – is a not-for-profit, registered charity incorporated in October 2001. We are a virtual, national consortium of organizations dedicated to serving socially isolated and low economic status mothers and their families.

Our foundational program, Home Instruction for Parents of Preschool Youngsters (HIPPY), was piloted in 2000 at the Britannia Community Service Centre in Vancouver, BC, HIPPY. Since then, it has grown to 25 sites across Canada each of which helps 35 - 100 families each year.

In addition to HIPPY, Mothers Matter Centre delivers a suite of programs that serve isolated, vulnerable families including: Bond to Literacy, the Adopt-a-Reader campaign, and Newcomer Innovations.

**Our Honorary Patrons** are Her Excellency **Julie Payette**, C.C., C.M.M., C.O.M., C.Q., C.D, Governor General of Canada; The Right Honourable **David Johnston**, P.C., C.C., C.M.M., C.O.M., C.D; and Her Excellency **Sharon Johnston**, C.C., as Patrons of HIPPY Canada. Thank you for your continuous support!

**Home Instruction for Parents of Preschool Youngsters (HIPPY)** is an evidence-based program that works with families in the home to support parents, primarily mothers, in their critical role as their child's first and most important teacher.

HIPPY strengthens families and communities by empowering mothers to actively participate in Canadian society and prepare their children for success in school and life. As the foundational program of the Mothers Matter Centre, HIPPY Canada has transformed more than 40,000 lives.



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada



Stantec

vancouver  
foundation

NORTH GROWTH  
FOUNDATION



Employment and  
Social Development Canada

Canada

Vancity

Canada