

SPRINGTIME FUN



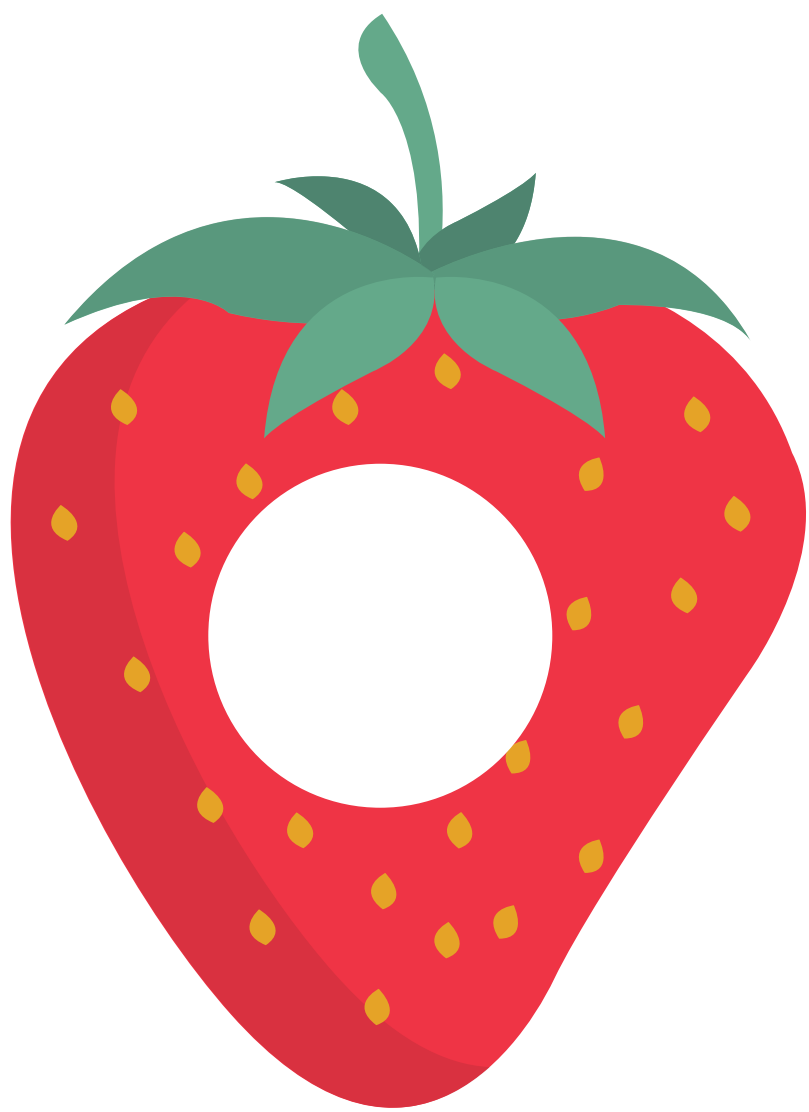
Using the HIPPY parent-child curriculum format, these daily activities are designed to touch on critical domains like physical activity, playtime, learning time, and family time.

All the materials required are available in the home and you are encouraged to adapt the activities to best fit your family and the materials you have at your disposal at home.

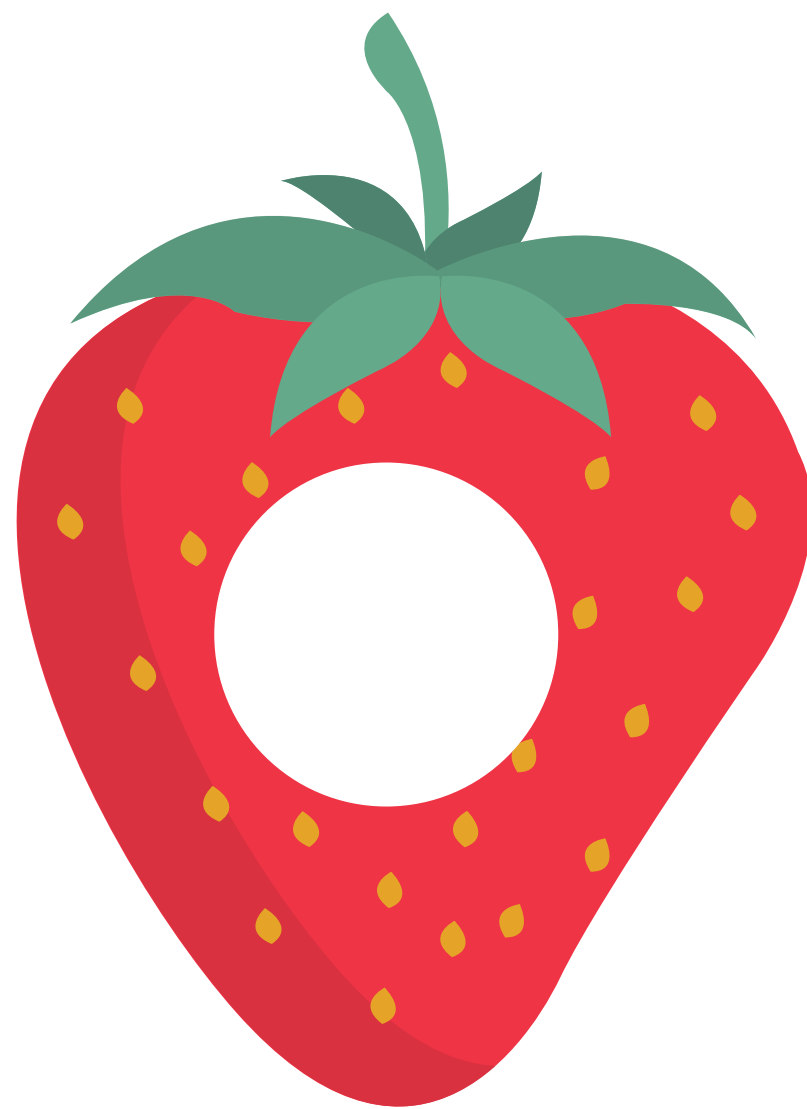
It is recommended to do these activities in groups to encourage children's social skills development.

Trophy Page

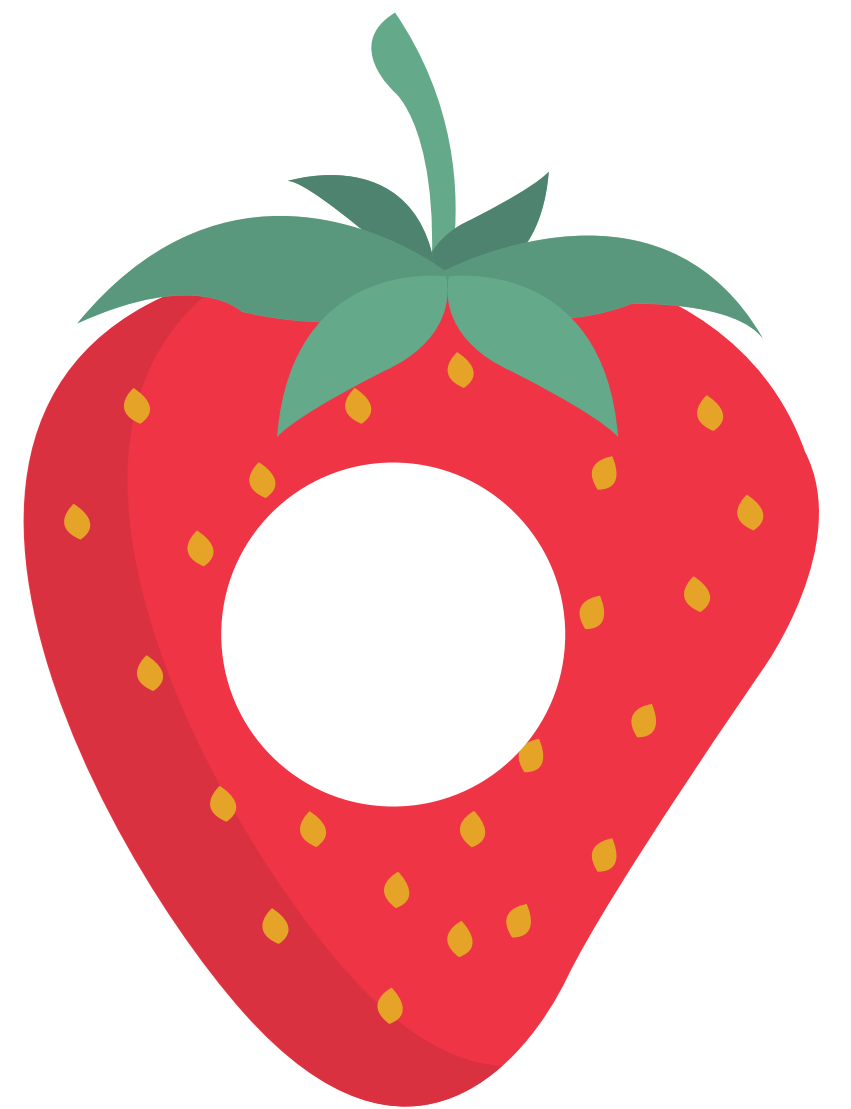
This is the Trophy Page! Every time you complete one of the Springtime Fun activities, come back to this page and colour in the strawberries. Once you have colored in all of the strawberries, take a picture of yourself and your Trophy Page and send it over to mmcsocial@hippycanada.ca to be featured on our website. We will do a draw at the end of the month and the winner will receive some beautiful HIPPY books!



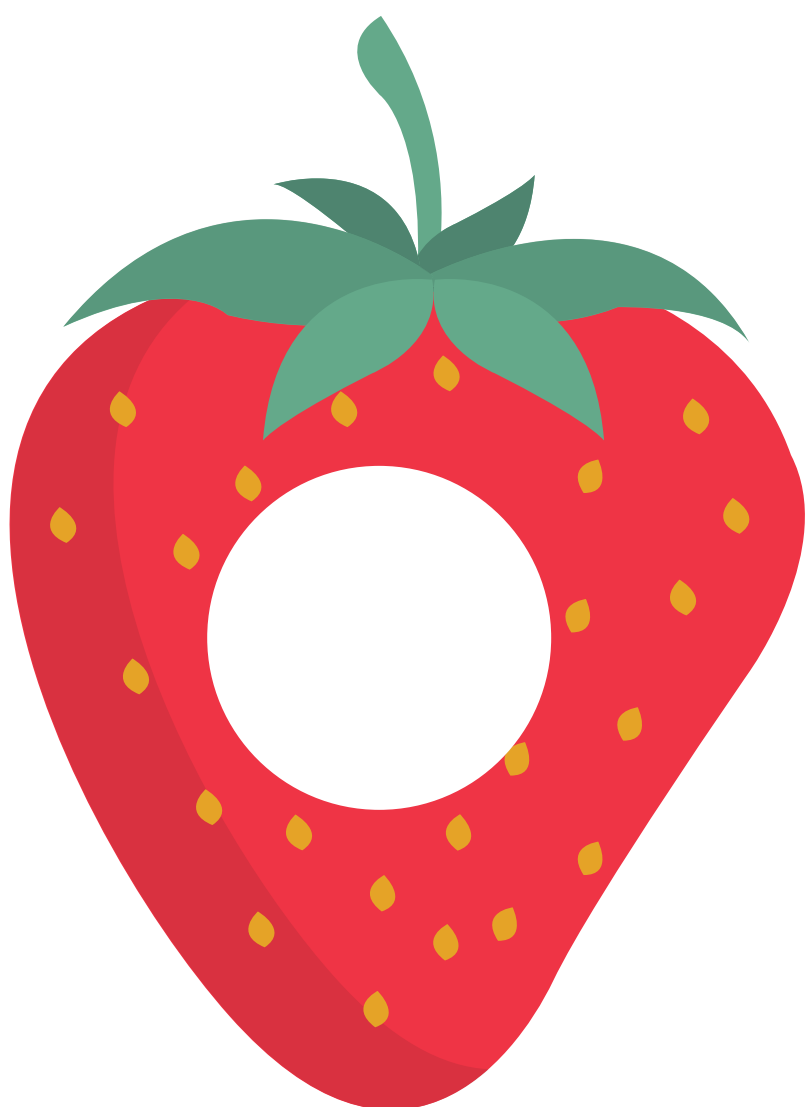
Activity 1



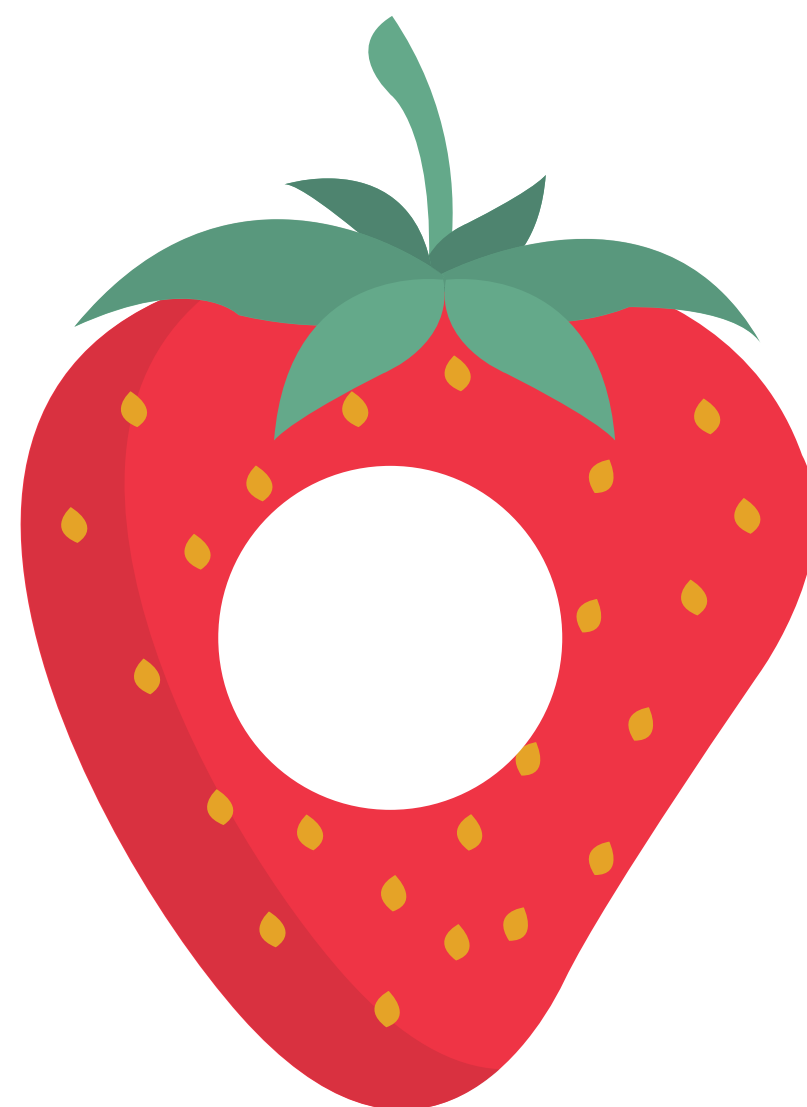
Activity 2



Activity 3



Activity 4



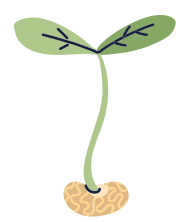
Activity 5



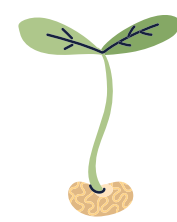
ACTIVITY 1

Growing Beans

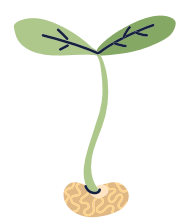
We are starting this season's Stay N Play with a little gardening! This activity is easy with using things easily found in your place, and it'll keep the little ones busy for at least a couple weeks. Growing beans is the easiest thing to start with when trying to garden. We're sure this activity will be a hit with the kids! Here's what you'll need:



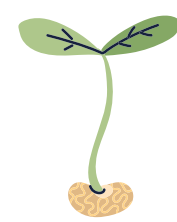
A transparent container (glass/plastic glass)



Cotton balls & water



Beans (mung beans, broad beans, lima beans, pinto beans, lentil beans, etc)



Ice-cream stick to measure height & pen & ruler

1. Put cotton balls inside the prepared container and sprinkle a little water to dampen it.
2. Wedge a bean of your choice to the side of the container so that you are able to see the growth from outside
3. Stick the ice-cream stick in the dampened cotton balls and use a pen to mark their growth in the following weeks! Record their growth in the table below!



| DAY 1 | DAY 3 | DAY 5 | DAY 6 |
|--------|--------|--------|--------|
| | | | |
| DAY 7 | DAY 8 | DAY 9 | DAY 10 |
| | | | |
| DAY 12 | DAY 14 | DAY 15 | DAY 17 |
| | | | |

Activity inspired from:
<https://www.kidsdogardening.com/an-easy-way-to-show-plant-growth-to-children/>



ACTIVITY 2

Spring Scavenger Hunt

Spring is the season when all the flowers will start to bloom, all the leaves starts growing in, and the animals around us are active again! In this activity, we are going outside for some fresh air and looking for things by colour! Rip this page off the sheet and use a clipboard to bring it outside and record what you see! You can write the name of it, draw pictures of it, or even stick it to this paper! Do it together with a friend and make a outing out of it!

RED

YELLOW

PURPLE

GREEN



ACTIVITY 3

Build-A-Flower

It's time for a little creativity session! This activity will let the children explore their creativity and learn new motor skills! Cut up the shapes from the next page and make a flower out of

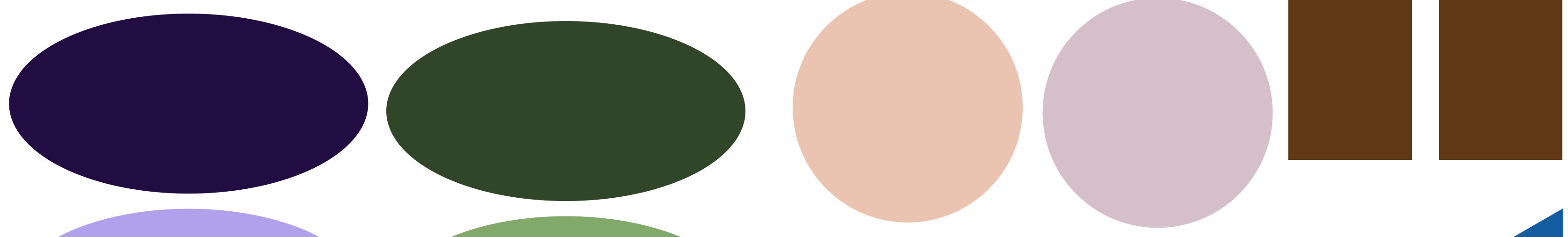
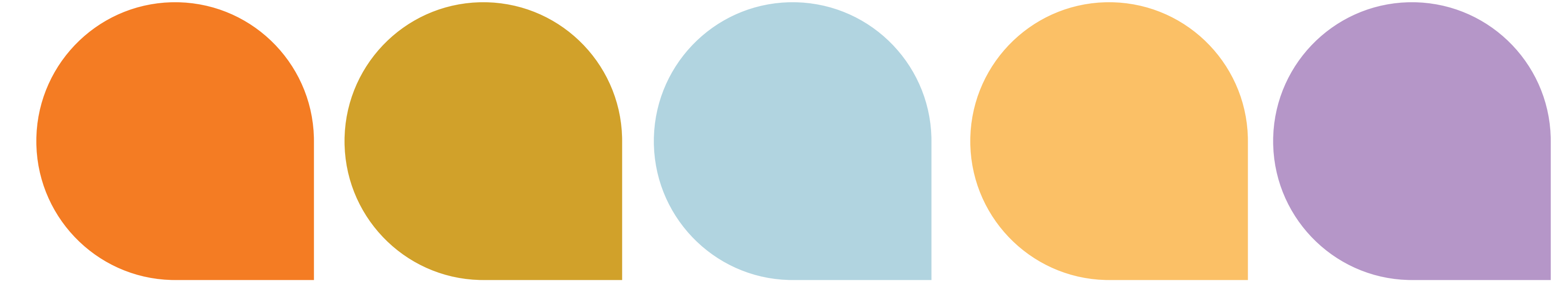


the shapes provided! If you need more shapes, feel free to make your own! Stick them in the brown box below to create a flower garden. Give your children safety scissors and it'll be a practice for their fine motor skills!

Activity pulled from:

<http://www.paper-and-glue.com/2016/02/invitation-to-create-flower-garden-kids-craft.html>



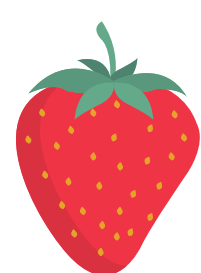


The title 'ACTIVITY 4' is centered on the page. The word 'ACTIVITY' is in a bold, black, sans-serif font. The number '4' is also in a bold, black, sans-serif font. Behind the text is a large, semi-circular orange shape. To the left of this shape is a dark brown, stylized leaf or flame-like graphic. The background is a light pink color with a pattern of small white dots and larger, faint pink leaf-like shapes scattered throughout.

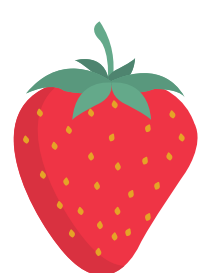
ACTIVITY 4

Strawberry Shake

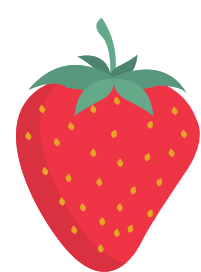
After a whole day of fun, we need something to energize ourselves! And what better way to gain energy than drinking some strawberry shakes! Don't worry if you don't like strawberries, this recipe is easily adjustable to any fruit you like! Personally, we recommend bananas if you like them. Here's what you'll need to make this delicious shake!



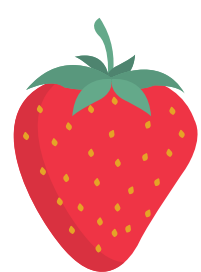
2/3 cup of milk



3 cups of strawberry ice cream



1 cup of fresh strawberries



(optional) 2 tablespoons of strawberry syrup/jam

1. In a blender, combine all the ingredients together. Blend until smooth and serve in chilled glass!
2. Add whipped cream and cut-up strawberry pieces as garnish!

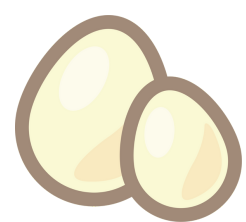




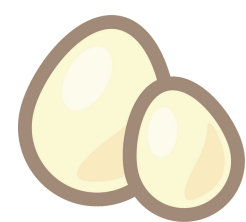
ACTIVITY 5

Energy Burning Egg Hunt

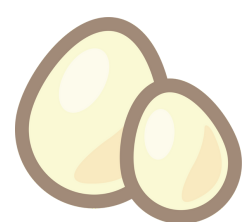
Too much sugar in the system? Time to burn off some of that excess energy and get a nice, warm sleep! Here's what we're going to do today - an egg hunt! This activity is really simple to set up. These are what you'll need:



Plastic egg



Prompt paper



Treats (chocolates, toys, etc)

1. Cut up the prompts provided below and stuff them into the plastic eggs. Feel free to make your own prompts!
2. Hide the eggs around the place you are playing in
3. When the children found the eggs, they have to do the prompt inside and if they do it successfully, they will get a treat as reward!
4. Make a competition out of it and see who can do the most activity within a time limit!

Do a bunny hop for 30 seconds

Do a chicken dance

Do 6 jumping jacks

Crawl like a snake

Touch your toes 10 times

Balance a book on your head

Stretch upwards as high as you can

Do 5 sit-ups

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](#), 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.

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 Status of Women Canada Condition féminine Canada

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 **MOTHERS MATTER Centre**

PROUD HOME OF THE
HIPPY PROGRAM IN CANADA