



STAY 'N' PLAY

Spring Break!



LEARNING TIME

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



CREATIVE TIME

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

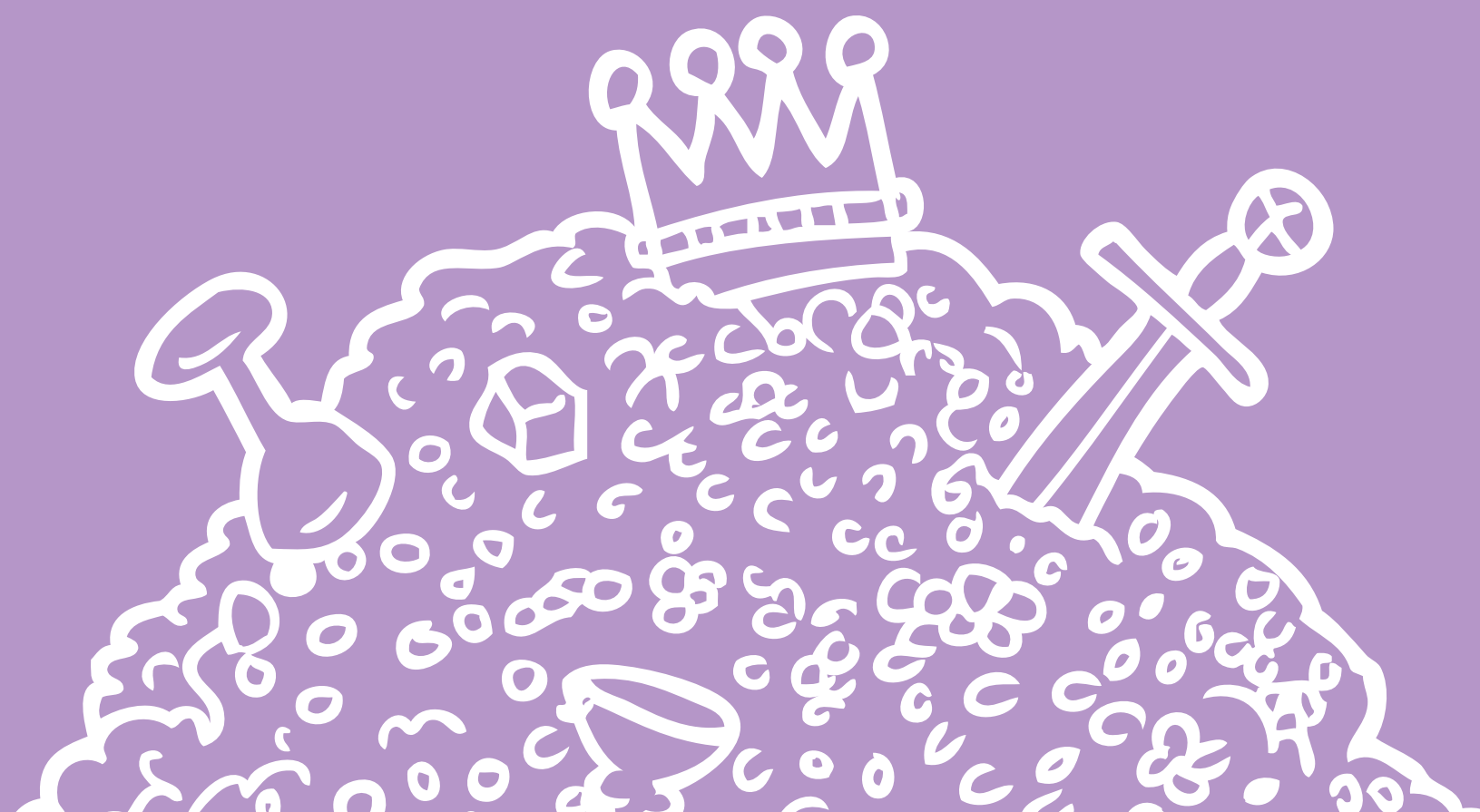
Talking about the day's activities and playing a family game help your child's mental and emotional wellness.





DAY 1

I'm a little pirate, on a ship!
I'm a little pirate, on a trip!



Day 1: Learning

PIRATE DENSITY EXPERIMENT

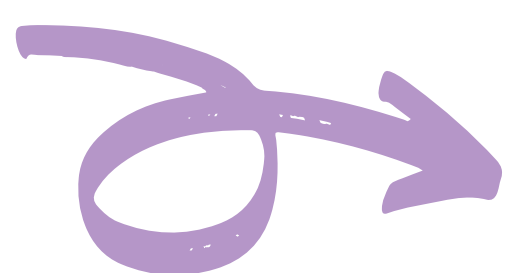
Ahoy! It's time to learn something new!

MATERIALS

- Empty bottle or jar
- Water
- Oil (vegetable/canola/olive)
- Glitter
- Small plastic toys, coins or beads

INSTRUCTIONS

- Fill the bottle or jar half way with water
- Add the oil until the bottle or jar is 3/4 full and sprinkle a pinch of glitter inside.
- Gently drop a couple toys/coins/beads and see if they sink to the bottom or float at the top.
- Give the bottle or jar a good shake and see what happens to the objects.
- Ask your child why they think the objects might sink or float!



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Day 1: Creativity

MAKE A PIRATE SPYGLASS TELESCOPE

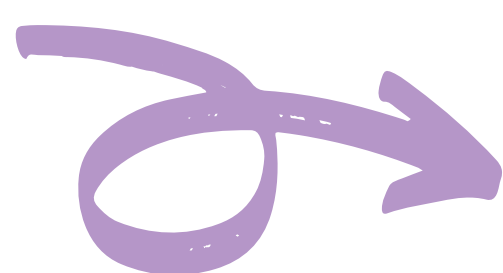
Arrr you ready to have some fun?

MATERIALS

- Paper towel roll
- Coloured tissue paper
- Clear tape and scissors
- Stickers

INSTRUCTIONS

- Cut the tissue paper into different shapes and sizes.
- Tape one edge of a piece of tissue paper to the paper towel roll.
- Repeat this step until the entire paper towel roll is wrapped.
- Customize the roll however you would like with stickers!
- With your new telescope, play a game of eye-spy with a family member.



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Day 1: Play Time

SUNKEN TREASURE PIRATE SENSORY BOTTLE

This fun activity will have you squinting as you search for pirate booty!

MATERIALS

- Empty plastic bottle
- 3/4 of a cup of clear glue
- 2 cups of water
- Beads or small rocks
- Glitter (optional)
- Food colouring

INSTRUCTIONS

- Add half a cup of clear glue to the empty plastic bottle.
- Then add water to the plastic bottle about 3/4 of the way full.
- After that, add a couple drops of food colouring, the beads and/or small rocks and the glitter to the plastic bottle.
- Put the lid on tight and give it a good shake.
- Observe the treasure (beads/rocks) slowly sink to the bottom!
- Add more glue to slow down the treasure's descent.



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Day 1: Family Time

FIZZY PIRATE ROCKS

All aboard a quest for some shiny coins!

MATERIALS

- 1 cup of baking soda
- Food colouring (any colours)
- Water
- Coins
- 10-15 drops of vinegar

INSTRUCTIONS

- Pour the cup of baking soda into a bowl and slowly add cold water to the mixture until it becomes a thick paste.
- Add a couple drops of food colouring to the paste and mix well once again.
- With your hands, pick up a little bit of the paste and mould it around a coin so that the coin is no longer visible and then leave on a plate in the fridge overnight (should look like tiny bath bombs).
- The next morning, pour a couple drops of vinegar over your creation and watch as your coins slowly come to the surface!



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DAY 2

Little snowman, short and dear
Little snowman, see you next year!



Day 2: Learning

ICE CUBE EXPERIMENT

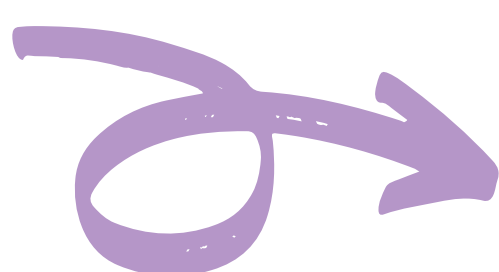
This science experiment is bound to have your little one thinking outside the box!

MATERIALS

- Salt
- Ice cubes
- Thread
- Glass full of water

INSTRUCTIONS

- Drop an ice cube in the glass of water
- What happens to the ice cube? Does it float or sink?
- Cut a couple 20 cm lengths of thread and have your child try and pick up the ice cube by laying one piece of thread on it.
- Does the ice cube stick to the thread?
- Lay a new piece of thread directly on the ice cube and pour some salt directly on the thread and ice cube.
- Wait a few moments and then grab the thread from both ends to pick up the ice cube.
- Talk about the properties of ice with your child (cold, hard, white, slippery) and why they think the ice sticks to the thread when salt is poured.



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Day 2: Creativity

ICE CUBE PAINTING

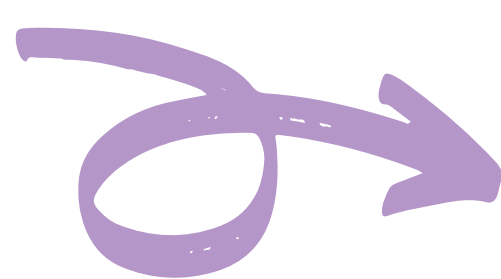
A new way to paint! Let your creativity run wild with this super fun activity.

MATERIALS

- Ice cube tray
- Cup of water
- Food colouring
- Plain paper
- Short popsicle sticks
- Old newspaper

INSTRUCTIONS

- Pour the water into the ice cub tray
- Add a small drop of different food colouring to each cube.
- Place a popsicle stick in each cube.
- Freeze until completely frozen (4-6 hours).
- Remove the coloured ice cubes from the tray and place on newspaper.
- Hold popsicle stick and start painting!



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Day 2: Play Time

FROSTY PLAY-DOH

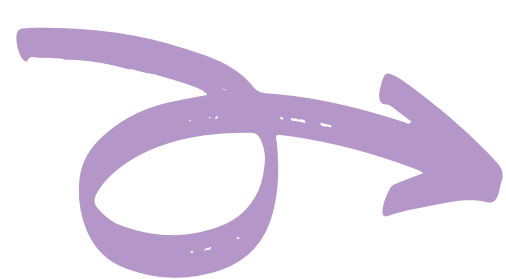
A super easy and sparkly creation!

MATERIALS

- 1 cup of flour
- 1/2 cup of salt
- 2 tablespoons of cream of tartar
- 1 tablespoon of oil
- Blue food colouring
- 1 cup of boiling water
- Glitter

INSTRUCTIONS

- Start by mixing together the flour, the cream of tartar, the salt and the oil in a large bowl.
- Add 5-10 drops of blue food colouring to the cup of boiling water and then proceed to add the boiling water to the mixture.
- Add about 3 tablespoons of glitter and continue mixing everything together until the mixture is combined.
- Roll out the play-doh on a flat surface and start playing with it!



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Day 2: Family Time

BAG ICE CREAM

The perfect recipe for preschoolers!

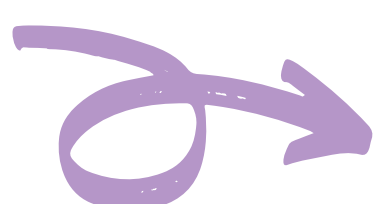
MATERIALS

- Ice (enough to fill a large Tupperware container)
- 6 tablespoons of salt
- 1 cup of whole milk or half and half
- 2 tablespoons of sugar
- 1 teaspoon of vanilla extract
- 1 medium size Ziplock bag
- Tupperware container (large)

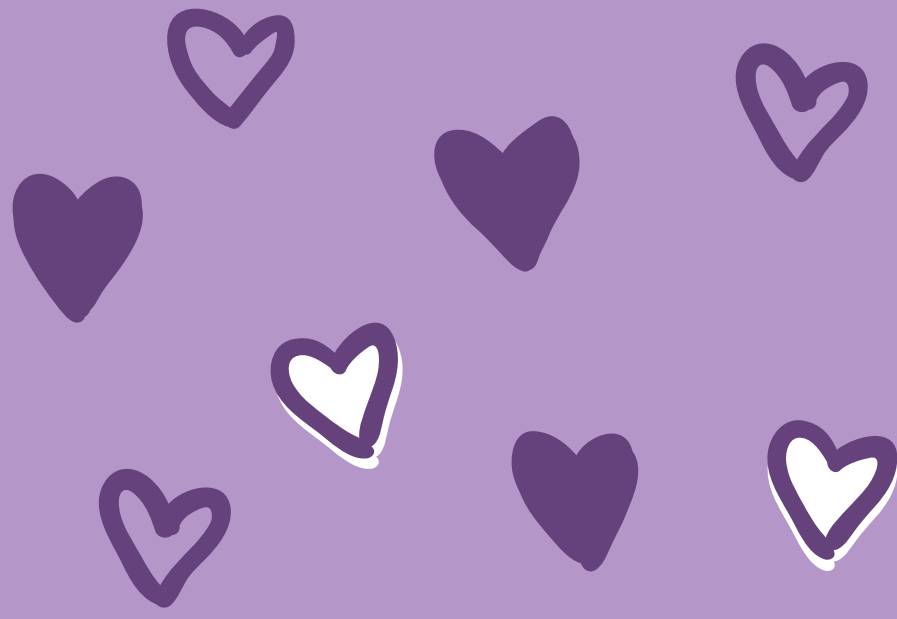
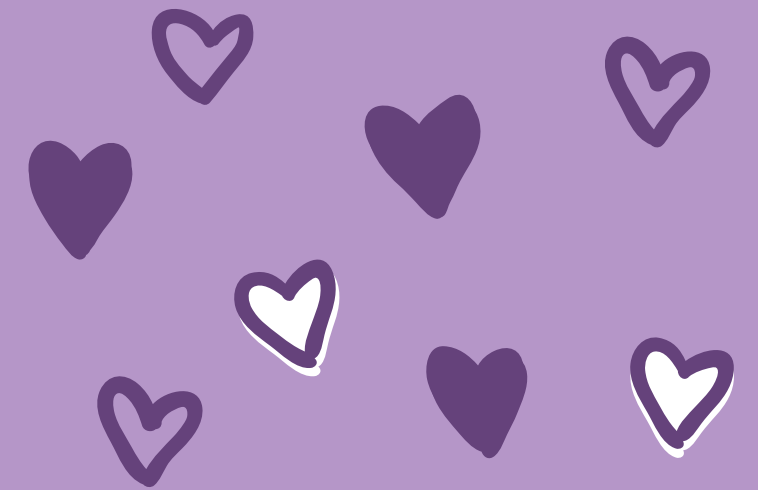


INSTRUCTIONS

- Fill the large Tupperware container 3/4 full with ice.
- Sprinkle the 6 tablespoons of salt all over the ice.
- Pour one cup of whole milk or half and half into the Ziplock bag.
- Add the two tablespoons of sugar and the teaspoon of vanilla extract into the bag.
- Get most of the air out of the Ziplock bag and seal it tight.
- Place the Ziplock bag in the Tupperware container of ice and put the lid on tight (top with more ice if needed).
- Shake the Tupperware container back and forth on a flat surface for about 10 to 15 minutes, checking the consistency of the ice cream periodically by gently opening the Ziplock bag.
- Once the ice cream is a thick consistency (milkshake-like), divide it into bowls and add any topping you'd like (bananas, strawberries, sprinkles, chocolate sauce)!



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DAY 3

Purple, green, yellow and red
What are the colours in your head?

Day 3: Learning

EXPLORING EMOTIONS

It's tough explaining emotions to little ones. In this activity, you will use coloured slime to talk about big feelings and little feelings with your child.

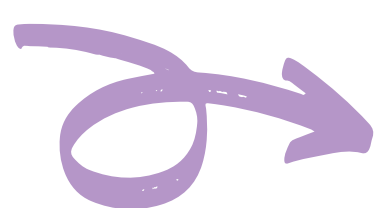
MATERIALS

- 1 cup of white glue
- 2 tablespoons of contact saline solution
- 1 tablespoon of baking soda
- 5 small containers/bowls
- Food colouring - yellow, red, blue, green, purple (red and blue combined)



INSTRUCTIONS

- Add glue, baking soda and saline solution into one bowl and loosely stir together.
- Before fully mixing the ingredients together, divide the slime equally into the 5 bowls and add a couple drops of food colouring to each to make yellow, red, blue, green and purple.
- Proceed to knead the slime until it holds together (adding a couple drops of saline solution to each bowl until desired thickness is reached).
- You should end up with 5 bowls of slime - **yellow** is for joy, **red** is for anger, **blue** is for sadness, **green** is for disgust, and **purple** is for fear!
- Encourage your child to pick up the slime that best describes their current emotion and remind them that sometimes we can feel more than one emotion.
- Role-play different scenarios where one might feel a range of emotions and have your child pick up bits of slime to describe how they think they might feel in that scenario.



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Day 3: Creativity

DRAWING JOY

With the help of this super fun step-by-step tutorial, learn to draw Joy from Disney and Pixar's Inside Out!

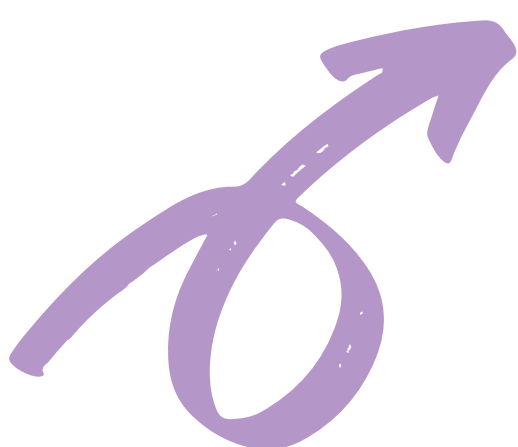
MATERIALS

- Some blank pieces of paper
- A black marker or Sharpie
- Colourful crayons

INSTRUCTIONS

The instructions for this activity are provided by the YouTube channel, Art for Kids Hub. Click on the link below to follow along!

[Click this link to watch the video!](#)



Day 3: Play Time

DIY ICE PACK

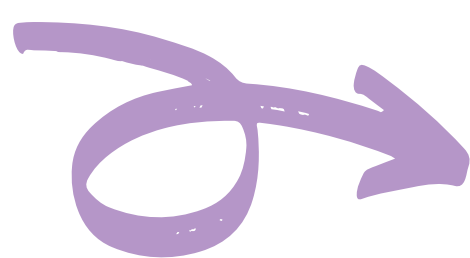
Make your very own ice pack for all of your little bumps and bruises

MATERIALS

- 2 Ziplock bags
- 1 small bottle of hand sanitizer
- Sharpie
- Duct tape
- Water
- Food colouring
- Medium bowl

INSTRUCTIONS

- Take your Sharpie and decorate one of your Ziplock bags.
- In a medium bowl, add one part hand sanitizer with three parts water.
- Mix together and add a couple drops of food colouring.
- Pour the mixture into the second Ziplock bag and seal it tightly.
- Place the Ziplock bag with the mixture in it into the decorated Ziplock bag and seal both together with duct tape (refer to third picture).
- Place in the freezer for 4-6 hours!



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Day 3: Family Time

COLOURFUL RICE KRISPIES

Delicious and colourful!

MATERIALS

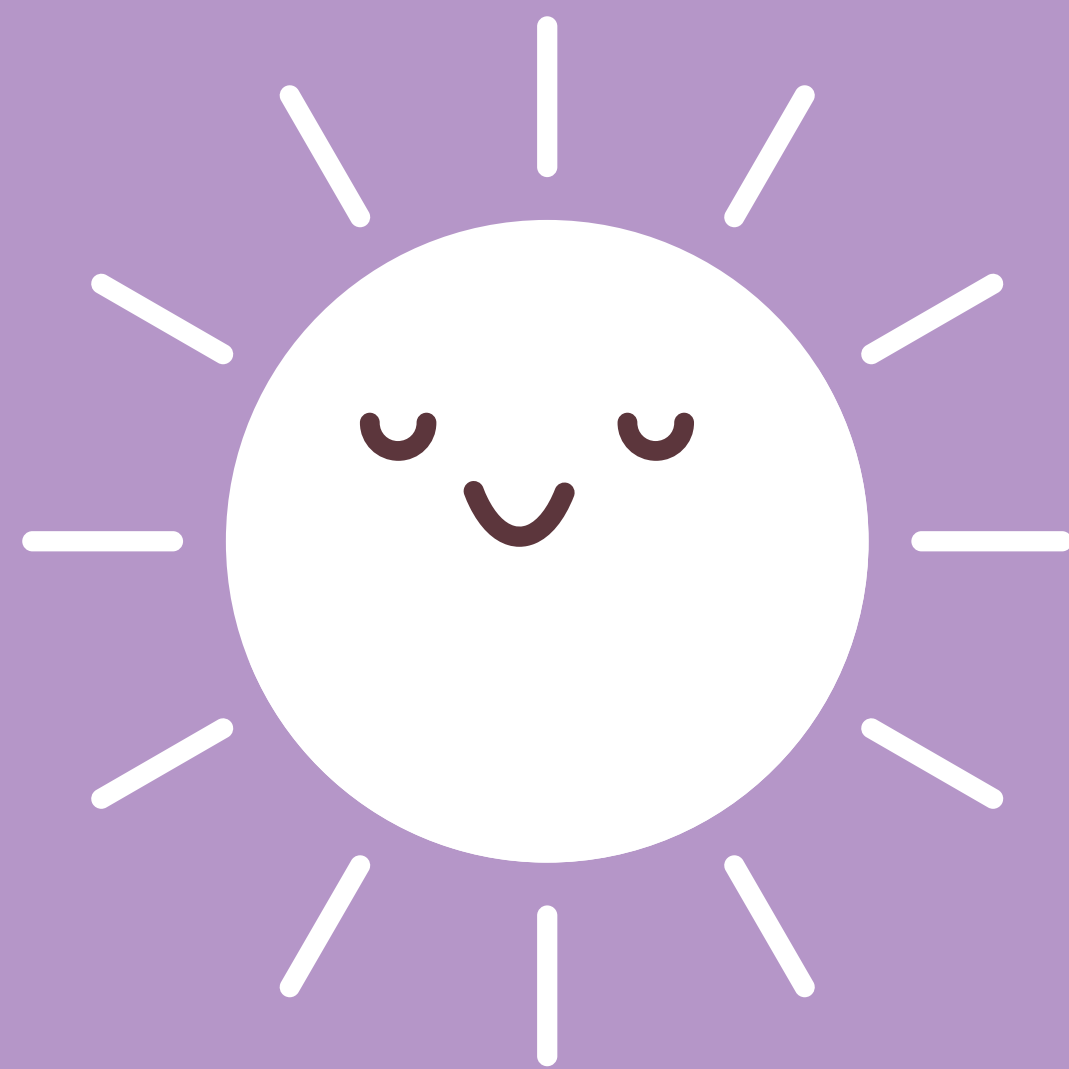
- 3 cups of Kellogg's Rice Krispies Cereal
- 1.5 tablespoons of butter
- 2 cups of marshmallows
- Spatula
- Food colouring

INSTRUCTIONS

- In a large pan, melt the butter over low heat and add the marshmallows while stirring slowly.
- Once the marshmallows are completely melted, add a couple drops of food colouring and remove your pan from the heat.
- Add in the Rice Krispies Cereal and mix together until coated.
- Empty the hot Rice Krispies into a buttered pan and evenly smooth it out with a buttered spatula.
- Let cool for 30 minutes and then cut into 2-inch squares.
- Enjoy!



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DAY 4

Bright sun, shining down
Try to catch it, big and round!



Day 4: Learning

BUILD AN ADVENTURE RAFT

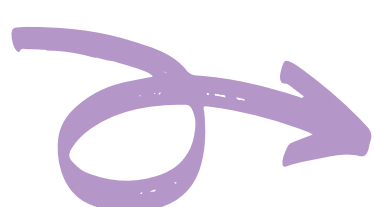
Create your very own raft and test it's floating ability!

MATERIALS

- 15-20 small twigs
- A couple leaves or acorns
- Hot glue gun or white glue
- Ribbon or thread
- Small cup

INSTRUCTIONS

1. Take your small cup and go for a stroll near home, collecting little twigs and leaves/acorns on the way and putting them in your cup!
2. Take your findings home and create a raft base by gluing together 4 twigs (refer to the first picture).
3. Once your raft base is secure, get creative and start gluing more twigs to your raft to secure the base (refer to the second picture).
4. Create a flag with your leaves and acorns and attach a little piece of ribbon or thread to the end of your new raft as a pulley.
5. Finish off by putting your raft in the bathtub or in the sink to see if it floats and use your thread or ribbon to guide it against any strong waves you may encounter!



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Day 4: Play Time

JELLY OCEAN TREATS

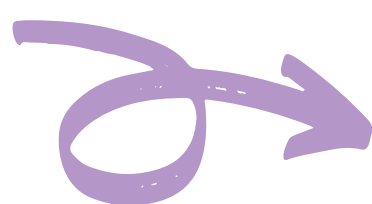
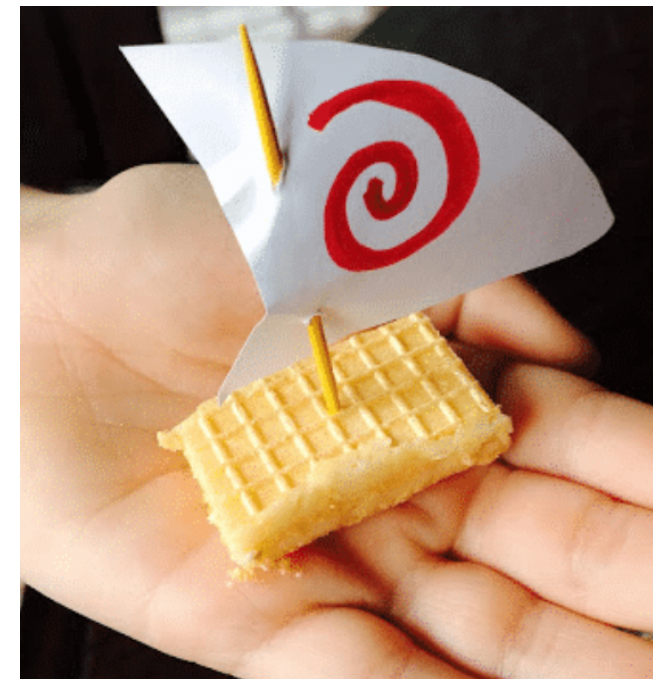
As jiggly as a jellyfish and as tasty as can be!

MATERIALS

- One box of blue Jell-O
- Cookies (any kind works!)
- 10 wafers
- Toothpicks
- Blank paper and a red marker
- Small cups or ramekins to put the Jell-O in
- Small Ziplock bag

INSTRUCTIONS

1. Start by making the Jell-O according to the instructions on the back of the box and then equally divide the mixture into your small cups.
2. Put in the fridge and let set for 90 minutes.
3. While your Jell-O sets, put a couple cookies in a small sealed Ziplock bag and crush them into a fine powder (this will be your sandy shore).
4. Next, cut your wafer cookies in half (this will be your boat).
5. Take out your blank sheet of paper and cut it into a tiny triangles to make a bunch of little flags.
6. Use your red marker to make your very own symbol and then poke the paper through the toothpick (this will be your flag pole).
7. You can then poke the toothpick with the flag on it into the wafer cookie to finish off your boat.
8. After about 90 minutes, take your Jell-O out of the fridge and add your boat and your sandy shore cookie crumbs on top!
9. Last but not least, enjoy your creation!



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Day 4: Creativity

SUN CATCHER

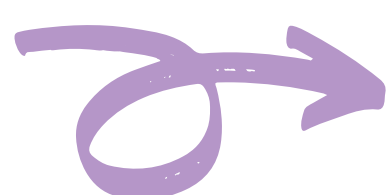
Watch and be amazed as the sun catches your creation on a sunny day!

MATERIALS

- Wax paper
- Coloured tissue paper
- Liquid starch (or watered-down glue)
- Paint brush
- 4 popsicle sticks
- 1 pipe cleaner

INSTRUCTIONS

1. Tear the coloured tissue paper into tons of small pieces.
2. Glue together your 4 popsicle sticks to make a small frame.
3. Cut a small square of wax paper and glue it to the back of your popsicle picture frame.
4. Brush a thin layer of liquid starch or slightly watered-down glue to the back of your frame on the wax paper and then disperse pieces of coloured tissue paper all over the damp wax paper.
5. Put a little bit of liquid starch or slightly watered-down glue on your paint brush and gently brush over the pieces of coloured tissue paper so that they are stuck in place.
6. Once your sun catcher has completely dried, add a hanging handle by slightly bending a pipe cleaner to form a C shape and gluing both ends to the popsicle stick frame!



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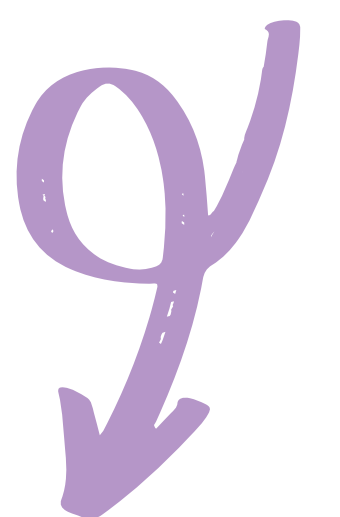
Day 4: Family Time

SPRING YOGA ADVENTURE

Get ready to learn some super cool yoga moves!
All you need for this activity is yourself and a safe space to stretch out.

INSTRUCTIONS

Make sure you are not wearing slippery socks and follow along with the instructions given by Jamie from Cosmic Kids by clicking the link below!



[Click this link to watch the video!](#)



DAY 5

This special guest is in your house...
Come hang out with Mickey Mouse!



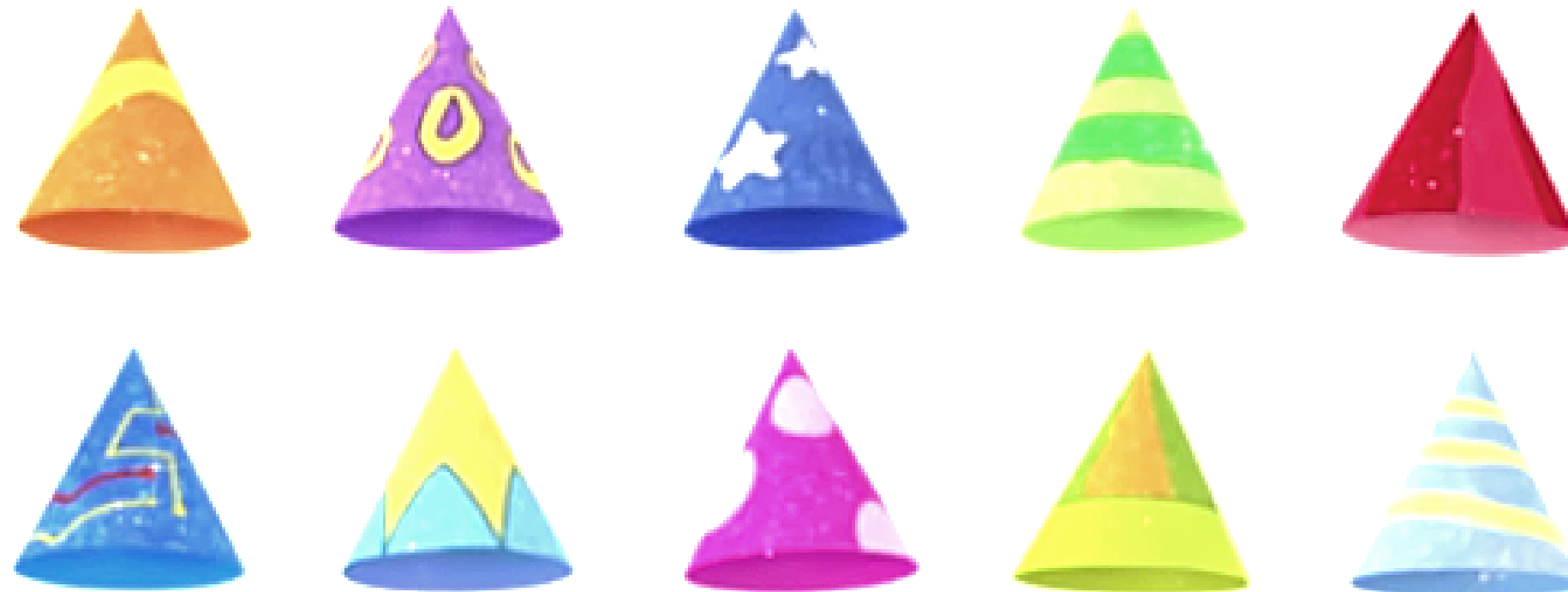
Day 5: Learning

LEARN TO COUNT WITH MICKEY

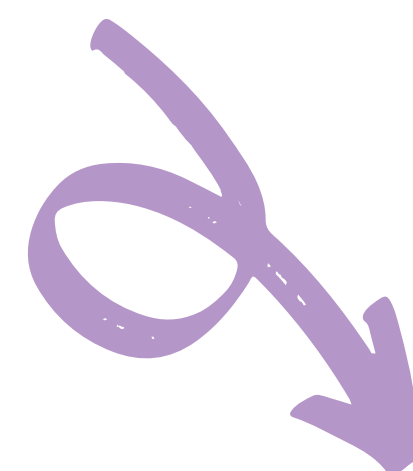
Help this special little mouse and his group of friends find their lost party hats!

INSTRUCTIONS

Follow along with the super fun Disney Junior tutorial below and test your counting skills!



10



[Click this link to watch the video!](#)

Day 5: Creativity

BRING YOUR DRAWINGS TO LIFE

Have you ever wished you could make your drawings come to life? With this special activity, you will finally get to!

MATERIALS

- A shallow tray or plate
- Cup of water
- Dry-erase marker
- Paper towel or cloth for drying

INSTRUCTIONS

1. Take your dry-erase marker and draw a little figure on your plate (maybe a little mouse or a dog for example).
2. Let your creation dry for a few seconds and then slowly pour enough water to cover the entire base of the plate.
3. Watch and observe!
4. What happens to your creation? Does your creation come to life?
5. Pour the water out, dry your plate off and start over again, this time drawing a couple objects (maybe a scene from a movie you love or a book you enjoy).
6. Add water once again and watch your creation come to life!



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Day 5: Play Time

MICKEY EARS

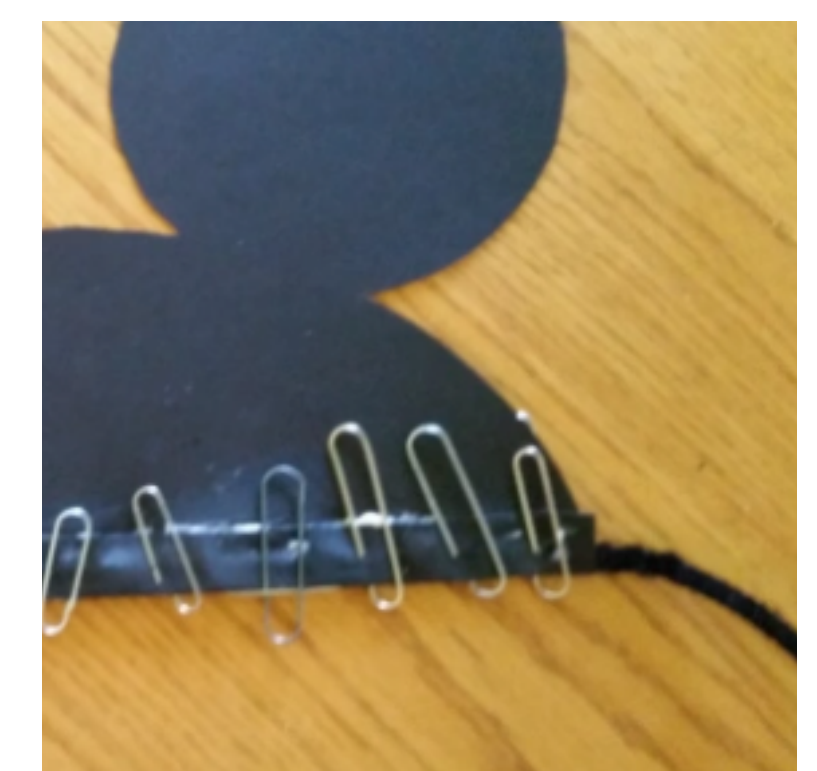
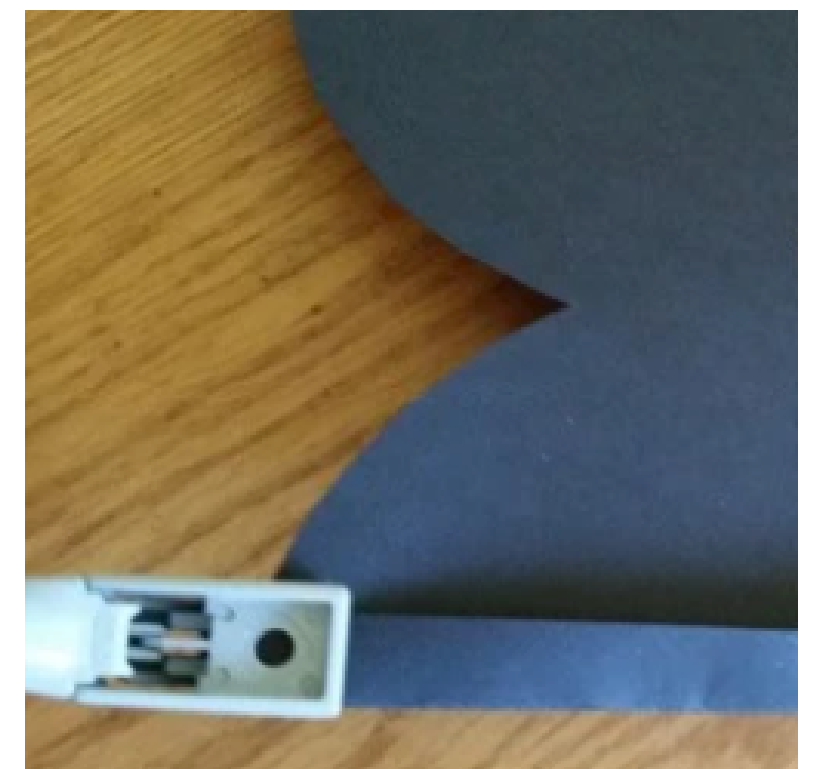
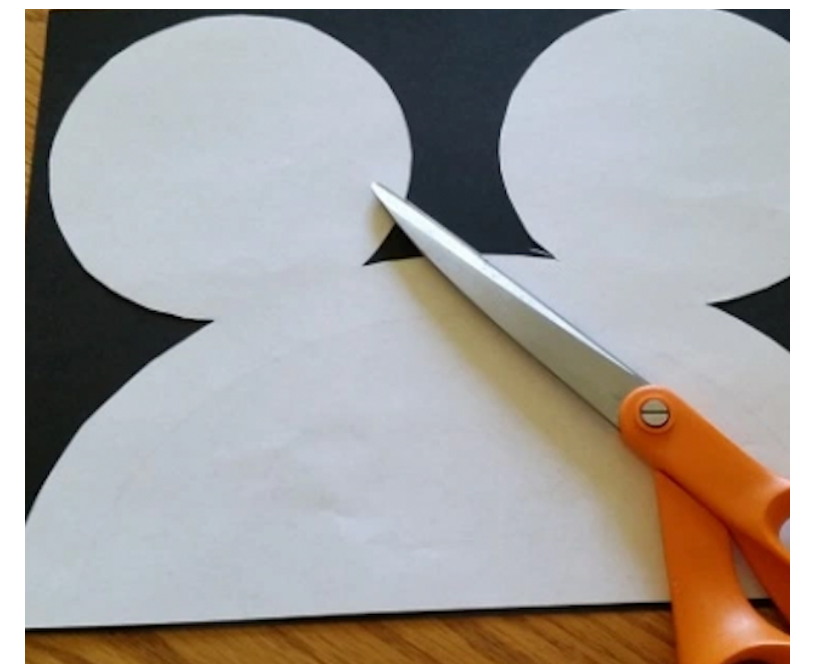
Parade around your home with your one of a kind mouse ears!

MATERIALS

- 1 piece of black construction paper
- 2-4 pipe cleaners
- White glue
- 8-10 paper clips
- 1/4 hole punch
- Stickers, crayons and glitter
- 1 glass
- 1 medium bowl

INSTRUCTIONS

1. Using your glass and medium bowl, trace out the head and ears of your mouse in the construction paper and then cut it out (refer to the first picture).
2. Fold the bottom band of the ears upwards and use a hole punch on each end of the band to create a little hole to put your pipe cleaner through (refer to the second picture).
3. Twist two pipe cleaners together to create one big one and poke them through the two holes on each end of the bend.
4. To make sure that the pipe cleaners stay put, glue them down and use paper clips to ensure it stays in place.
5. Once the glue is dried, remove the paper clips from the back of the band and start decorating your ears!
6. To wear your new mouse ears, fasten them around your head by twisting the pipe cleaners together!



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Day 5: Family Time

MOUSEY PANCAKES

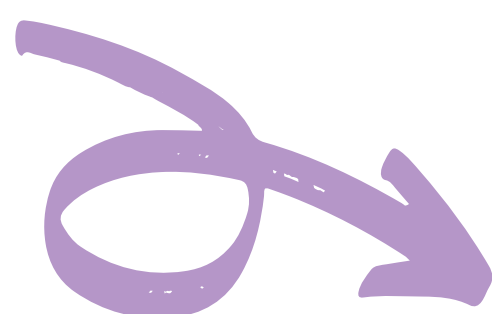
Tired of the usual round pancakes?
Then this recipe is for you!

MATERIALS

- 2 large eggs
- 2 cups of milk
- 2 1/4 cups of flour
- Butter
- Toppings (syrup, jam, honey, blueberries, chocolate chips)

INSTRUCTIONS

1. Whisk together the eggs and milk and add the flour.
2. Mix together until the batter is smooth and lump free.
3. Put some butter in your pan and heat on low, spreading the butter around the entire pan.
4. Pour about 1/4 cup of batter in the centre of your pan to form a small (this will be the head of your mouse so try to leave a little room at the top for the ears)!
5. Pour two more small circles above the head to form mouse ears.
6. If you are adding chocolate chips or blueberries, add them now before flipping your pancake.
7. Once you notice little bubbles forming at the edge of the pancakes, carefully flip your pancake over.
8. Serve on a plate and enjoy!



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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.

