

WEEK 2

INDIGENOUS HIPPIY STAY 'N' PLAY

You and your child are stuck at home,
but that doesn't mean their development
and growth should be stuck too.



MORNING



SMUDGING & PHYSICAL ACTIVITY

Starting the day with smudging improves spiritual health and a physical activity will help boost your child's energy.



LEARNING TIME

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

AFTERNOON



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.

EVENING



SCREEN TIME

Monitored and limited screen time can help your child decompress after a long day and connect virtually to family and friends.



FAMILY TIME, PRAYER & GIVING THANKS



Ending the day with a prayer, giving thanks, talking about the day's activities and playing a family game help your child's mental and emotional wellness.

DAY 1

DAY 1: SMUDGING



There are different ways to Smudge depending on what we have access to. We can smudge with White Sage, Cedar, Lavender, Spikenard, Sweetgrass, and any other herbs we have on hand. Traditionally the Smudging Ceremony is done by burning the herbs, an alternative is to make herb water, and sprinkle it over our bodies. We smudge in the morning, after any upset, and in the evening.



SMUDGING FOR YOUR HOME

A smudging ceremony can be as elaborate as you wish depending on both the time available and the reason for engaging in the ceremony.

White sage is always best and is easily purchased from health food stores, Chinese medicinal shops, and from New Age stores.

What you will need:

- Smudge bowl or Abalone Shell to burn herbs in
- Sand placed inside bowl to prevent bowl or shell from overheating
- Smudge stick
- Matches or lighter
- Feather (optional)
- Drum or bell (optional) - our kids like to help using the bell!

What to do:

1. We begin a smudging ceremony by expressing our intention for the ritual and sharing our gratitude to white sage for helping us on our journey. Set that intention in the present moment, and as if it's already happened. For example: This home is blessed with abundance in love, health, and wealth.
2. Only after the intention is set is it possible to burn sage for your given purpose. Once the smudge stick is lit, start moving slowly through your home. Keep your intention throughout the process of smudging. Think of it as a continued thought, prayer or meditation. Wave your hand or feather to guide the smoke into the areas needing cleansing.

<https://www.sweetmommayoga.com/help-for-moms/Smudging-Is-Easy-As-1-2-3-AE53.html>



DAY 1: MORNING LEARNING



Children learn by observing, listening, exploring, experimenting and asking questions. Being interested, motivated and engaged in learning is important for children. It can also help if they understand why they're learning something. Learning activities teach children problem solving skills, development of fine and motor skills, nurture their creativity and imagination, and discover their independence and positive self-esteem.



HEARING THE EARTH ACTIVITY

What you will need:

- A quiet space
- A notebook
- A pen or a tape recorder

What to do:

1. Sit with your child comfortably in a chair or on the floor, you can also lie down. Take a few deep breaths, feeling the air go into your body, (coach your child until they can do it).
2. Close your eyes. Relax your jaw, and stomach.
3. Feel the earth under you even if you are on the 10th floor. Feel your energy connecting with the energy of the earth.
4. When you are ready just listen.
5. Can you hear something? You will hear a sound like a drum.
6. What is it? You will hear the sound of your heart, ask your child if they can hear their heart.
7. TUM -TUM -TUM -TUM there is a slower drum beat. You can feel your heart slowing to this new beat. This is the heartbeat of Mother Earth.
8. After the activity talk to your child about how the earth gives us all that we need to live. Write down all the ways the earth takes care of us.
9. Have your child draw all the things that come from the earth. If this is too challenging for them, draw them for them.



DAY 1: AFTERNOON CREATIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.

COLORING ACTIVITY

This fun activity helps your child's:

- Imagination and Creativity
- Fine Motor Development
- Hand-Eye Coordination and Control

What you will need:

- Crayons



DAY 1: AFTERNOON PLAY TIME



Play allows children to use their creativity while developing their imagination, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage and interact in the world around them.

RAINBOW SCAVENGER HUNT

What you will need:

- Paper
- Markers
- Your kids toys or other household items

<https://handsonaswegrow.com/colors-a-rainbow-toy-hunt/>

You can add other household items to the hunt too example lids of kitchen containers, other small household items or even colored pieces of paper

TIP

or blocks etc)



What to do:

1. Take the paper and draw out lines with markers or crayons for the red, orange, yellow, green, blue, indigo and violet of the rainbow as shown in picture
2. Now place this rainbow outline in the room where the hunted toys will end up
3. Ask you child to hunt through his/her toys, find and line up toys according to their color on the rainbow outline.
4. Eventually you will have a toy rainbow atop your rainbow outline as shown in the picture
5. Talk to your child about colors, rainbows and how they felt hunting for colored toys
6. Encourage your child to clean up once the game is complete



DAY 1: EVENING SCREEN TIME



Screen time should be monitored and limited for children of all ages. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.



Smokeless Smudge Spray for Tarot Readers

Learn how to create unique and effective smudge sprays with tarot readers and healers in mind.

What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

<https://www.youtube.com/watch?v=b0KHTTeG4KQ>

What to do:

1. Click on the link above OR
2. Go to youtube.com and type the following in the search bar:
"Smokeless Smudge Spray for Tarot Readers"
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: EVENING FAMILY FUN



Family time helps to create strong bonds, love, connections, and relationship among the family members. Spending quality time with family helps in coping with challenges, gives a feeling of security, teaches family values, fill kids with confidence, and much more. This is especially important during social isolation.



SQUIRREL STORY

The following story is from The Raven and the Totem, my perennial bestselling collection of Alaska Native myths. This particular narrative, which describes the events that caused a Tsimshian man to become a shaman, was originally told to Franz Boas in Nisqa'e Tsimshian around 1894 at Kinkolith on the Nass River. This narrative is didactic, teaching young hunters to have compassion for animals. As a member of an Alaska Native tribe, I lived a largely subsistence lifestyle for much of my life. Because of stories like this that taught me to respect Nature and to have compassion for animals, I have twice in my life saved baby moose from drowning when their heavier and stronger mother tried to cross a raging river and the calf was swept away. In 1996, I was witness to the moment when a young man realized that he was a shaman, but that's a different story. The wonderful illustration is by Larry Vienneau.

In a small village upon the Skeena River, three young brothers would hunt and kill squirrels. They hung the tiny furs to dry and collected the tails.

Together they had killed so many squirrels that they had to go further and further away from home to find more.

One day, one of the boys was hunting alone far from the village when he saw a perfectly white squirrel running along the trunk of a very tall tree. The boy raised his bow to shoot, but he saw that it was so pretty that he could not kill this one.

The white squirrel ran into a hole in the tree and turned around and motioned for the boy to follow. The handsome young man approached and looked inside. He saw that it was a house with a great many empty beds. It was a community house for many people, but there was no one inside. It was entirely empty except for the white squirrel that stood in the middle waving at him to come inside.

"I cannot come in," said the Tsimshian boy. "I am much too big."

"Lean your bow against the Great House, and then you will be able to come inside," replied the white squirrel.

The boy did so and to his surprise he became small enough to walk into the empty hall. He saw that the white squirrel was a beautiful young woman who was wearing a white fur coat. She told the boy to follow her up to the top of the Great Tree. When they arrived, an old man who looked like a chief spoke to him.

"I have been waiting for you to come. Why have you killed all of my people? All of my children and grandchildren are gone except for my favorite granddaughter who led you to the Great House. Why have you done this?"

The young man looked around and saw that this room too was empty, and then he answered the old chief, "I have not killed your people. I have never killed a person before. I do not know what you are saying old father."

"Look around you," said the chief. "See how we are alone here now where once these halls were full of my people."

The boy looked again and replied, "But I did not kill anyone."

Continues on the next page...

DAY 1: EVENING FAMILY FUN



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SQUIRREL STORY

The old man came close to the boy and spoke to him again, "I am the chief of the Squirrel People. You and your brothers have killed all of my children and now their skins hang outside your house."

Suddenly the boy understood what had happened. He looked at the girl and saw that she was indeed very beautiful. He felt ashamed and saddened.

"We did not know that you live like people. We did not know that you love your children and grandchildren. I am sorry. Forgive me. I will tell my brothers not to hunt your people any longer."

But the chief was still sad. "It is too late to stop killing us. We are all dead now. My granddaughter and I are all that is left."

"But I did not mean to kill you all!" exclaimed the young hunter as a tear filled his eye. "Is there not something that I can do?" he asked the old father Squirrel.

"There is a way," said the chief. "I can make you a great shaman and you can return my people."

The young Tsimshian agreed, and so the old man began to work his powerful magic. He took the boy outside and tied his limbs to the tree. Then he pushed sharp needles with string through his skin and pulled them tight in every direction. There was a piercing needle for every dead squirrel. The boy screamed in pain, but the old man said that the pain was part of the power. When he was finished, the chief left the boy hanging for three days. On the third day he returned and sang his magic song for three more days. He did not rest, and he did not eat or drink either. After that, the chief left the boy alone.

One day, the boy's two younger brothers were out hunting squirrels when they came across the carcass of their brother who had been lost for six days. It was hanging in a tall tree just as they had hung the squirrel furs at their house. They cut him down and took his body home.

That night, after they arrived with their dead brother, a magic filled the entire village and all of the dead squirrels came back to life. They ran back to the Great House and told the chief what had happened. After all of the squirrels were returned, the spirit of the young man flew back into his dead body and returned him to life. From that time on he was a great and powerful shaman and the Tsimshian no longer killed squirrels.

DAY 2

DAY 2: MORNING PHYSICAL ACTIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.



How will this help your child

- Improve focus
- Get them moving
- Build volleying skills

What you will need

- An inflated balloon

KEEP THE BALLOON UP

1. Use an inflated balloon
2. Challenge your child to keep the balloon up
3. Encourage them to use their hands, arms, head and feet
4. You could challenge them further to keep the balloon up just by using their head or feet
5. The longer they keep the balloon up the better
6. Feel free to help your child or take turn to keep the balloon up
7. You can add another balloon to make it challenging or have a different colored balloon for your kids for a healthy competition



DAY 2: MORNING LEARNING



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FOUR SACRED MEDICINES

There are four plant medicines that are common to most First Nations on Turtle Island: tobacco, sweetgrass, sage, and cedar. These are used in smudging, for gifts, and in other ceremonies. In Nations that use the medicine wheel as a teaching tool, each medicine has a place on the wheel. Note that the Métis and the Inuit have different medicines that are specific to their cultures and teachings.

Tobacco

Tobacco is perhaps the most frequently used medicine and is always offered first in any ceremony. It is said that the plant “activates” all other plants. Indigenous Nations vary in their teachings about tobacco, but for most, it is central to ceremony, it is presented to teachers, elders, and knowledge keepers if they are helping you, and it is offered before picking medicines or taking other resources from the earth. In some traditions, an offering of tobacco is made at the beginning of every day. The sacred medicine of tobacco is grown in a traditional way in Indigenous communities.



Sage

There are different types of sage; women use a particular kind. Sage is used to cleanse and to prepare for ceremony, and it is considered stronger than sweetgrass (it smells stronger). Sage is often used to purify a home or space.



Sweetgrass

Sweetgrass is used in smudging, along with sage and cedar. It represents the hair of Mother Earth, and the sweet smell of this medicine reminds us of the kindness and of the love Mother Earth has for all people and their non-human relations.



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FOUR SACRED MEDICINES



Cedar

Cedar crackles when it burns, and this sound is said to wake up, or get the attention of, the spirits. Cedar is used to restore and protect. It can be made into tea, and its leaves and branches are used to cover the floors and outside walls during sweat lodge or fasting ceremonies, effectively surrounding the participants.

Tobacco Gift

It is the custom of nearly all Indigenous Peoples on Turtle Island to give a gift of tobacco to an elder, healer, traditional teacher, knowledge keeper, or other Indigenous person who is offering you their time, knowledge, expertise, or guidance. Usually, this gift is given at the beginning of a meeting or event, and the tobacco is often wrapped in a cloth (made of natural fibres like cotton if possible), with a ribbon or string that can be untied. This is sometimes called a "tobacco tie" or "tobacco bundle." If it is not possible to give traditional tobacco (tobacco prepared in the traditional way can be purchased from Indigenous communities), commercial tobacco can be used; for example, a cigarette. It is also customary to give non-tobacco gifts. A gift of a blanket or a household item is common, but money and other types of gifts are also appreciated. It is important to remember that the adults and elders in Indigenous communities are the links to the past, and that many of those alive today were responsible for keeping their cultural knowledge under extreme duress, during times when it was illegal and punishable by law to share Indigenous teachings or cultural practices. Without their sacrifice and bravery, we would not have these teachings today.



References

- Anishnawbe Health Toronto. (n.d.). Four sacred medicines [Brochure].
Media (in order of appearance)*
Tran, T. (Photographer). (2018). Four Sacred Medicines Tiles [Digital image].
Kwan-Lafond, D. (Photographer). (2018). Tabaco Tie [Digital image].

DAY 2: AFTERNOON CREATIVITY



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MEDICINE WHEEL BOWLS

<https://happyhooligans.ca/paper-mache-bowls-for-mothers-day/>



What you will need:

- Flour
- Water
- Salt
- A bowl to use as a "form"
- Plastic wrap & tape
- Newspaper or paper bags, cut into strips
- Paint brush
- Acrylic craft paint
- Craft varnish

What to do:

1. Cover a few plastic bowls with plastic wrap, taping it in place. This step is necessary so your paper mache will release easily from the plastic once dry.
2. Use a cup of flour and some water. Just add enough water, and whisk smooth until it resembles thin pancake batter or wallpaper paste. Add a couple of tsps of salt to prevent mold from growing.
3. Cut paper bags or newspaper into strips about 1 to 1.5 inches wide
4. Dip your strips into the paste, run the strip through your fingers to remove excess paste, and lay the strip over the bowl, molding it into place.
5. Continue until your bowl is covered.
6. Extend the edges of the paper strips beyond the rim of your bowl a little. You'll trim them up and even them out once it's dry.
7. Add 2-3 layers more.
8. Set the bowls upside down over some jars, and put them by the fireplace for 24 hours.
9. When they are completely dry, even up the edges with some scissors.
10. Use acrylic craft paint to paint the bowls. Sped up the drying process with the help of a hairdryer. Paint in white, red, blue and yellow. In some medicine bowls green is also used. Or you can let your child decide which colors he would like to use.
11. Brush the bowls inside and out with one coat of craft sealer.
12. Your child can fill them with gathered fallen leaves, stones that you have gather with them, flowers from the Dollar Store, etc.



DAY 2: AFTERNOON PLAY TIME



Play allows children to use their creativity while developing their imagination, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage and interact in the world around them.



AIMING GAMING

This activity will allow your kids to refine their aim in a game. It will help teach kids learn patience, persistence and develop focus. Help your kids if needed and encourage them to keep going. You can make this game more challenging depending on your child's age and aiming skill or you can make it simpler by having your child just transfer objects from one container to another.

What you will need:

- Pom poms or small toys (Substitute with crumpled paper ball)
- Spoon or

What to do:

- 1 Put the pom poms or small toys/crumpled paper balls in one container
2. Ask your child to balance one in a spoon or pick one with a tang, take aim and launch the object into the other container
3. If you are doing the activity with a toddler you can ask them to just transfer objects from one container to another
4. If you are engaging an older kids, considering increasing the distance between containers
5. Take turns and get involved in the game
6. Appreciate your child when they are success in aiming and buck them up if they are not. Say things like, "It was so close, lets try again"



DAY 2: EVENING SCREEN TIME



Screen time should be monitored and limited for children of all ages. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.



<https://www.flickr.com/photos/smithsonian/2550201143>

How to Dance Powwow

Learn how to dance intertribal powwow dance.

<https://www.youtube.com/watch?v=TMfORbFjJ6Q>

What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

What to do:

1. Click on the link above OR
2. Go to youtube.com and type the following in the search bar: "How to Dance Powwow"
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 2: EVENING FAMILY PRAYER



Family time helps to create strong bonds, love, connections, and relationship among the family members. Spending quality time with family helps in coping with challenges, gives a feeling of security, teaches family values, fill kids with confidence, and much more. This is especially important during social isolation.



TEACH AND DO PRAYERS WITH YOUR CHILD

What you will need:

- A quite space

Sioux Prayer

Grandfather Great Spirit

All over the world the faces of living ones are alike.

With tenderness they have come up out of the ground

Look upon your children that they may face the winds

And walk the good road to the Day of Quiet.

Grandfather Great Spirit

Fill us with the Light.

Give us the strength to understand, and the eyes to see.

Teach us to walk the soft Earth as relatives to all that live.

Eagle Prayer

Oh Eagle, come with wings outspread in sunny skies.

Oh Eagle, come and bring us peace, thy gentle peace.

Oh Eagle, come and give new life to us who pray.

Remember the circle of the sky, the stars, and the brown eagle, the great life of the Sun, the young within the nest.

Remember the sacredness of things.

- Pawnee Prayer



Apache Blessing

May the sun bring you new energy by day,

may the moon softly restore you by night,

may the rain wash away your worries,

may the breeze blow new strength into your being,

may you walk gently through the world and

know it's beauty all the days of your life.

DAY 3

DAY 3: MORNING PHYSICAL ACTIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.



BALLOON RACE

Balloon race is an interesting and inexpensive way to challenge your kids and even yourself, if you are up for it. This activity requires an inflated balloon and you can provide your child with a fun activity which will keep them occupied and active for hours.

How will this help your child

- Improve their balance
- Get them moving
- Build physical strength



How to play

1. Inflate a balloon
2. Place the inflated balloon between your child's legs as shown in picture. All siblings can have balloons placed between their legs for a balloon race.
3. Your child/children now has to walk across the room ensuring that they do not let the balloon drop from between their leg.
4. Make it challenging by putting obstacles in the way so a bit of maneuvering is required.
5. If you are engaging more than one child, it can be a race and whoever gets to a designated finished mark first wins.

DAY 3: MORNING LEARNING



Children learn by observing, listening, exploring, experimenting and asking questions. Being interested, motivated and engaged in learning is important for children. It can also help if they understand why they're learning something. Learning activities teach children problem solving skills, development of fine and motor skills, nurture their creativity and imagination, and discover their independence and positive self-esteem.

ANIMAL RIDDLES OR WHO AM I GAME

This fun set of 16 pair cards is a perfect and quick way to practice working on animal descriptions. Just print, cut, laminate (if you want) and the Who Am I Game is ready.

<https://www.teacherspayteachers.com/Store/Spring-Girl>

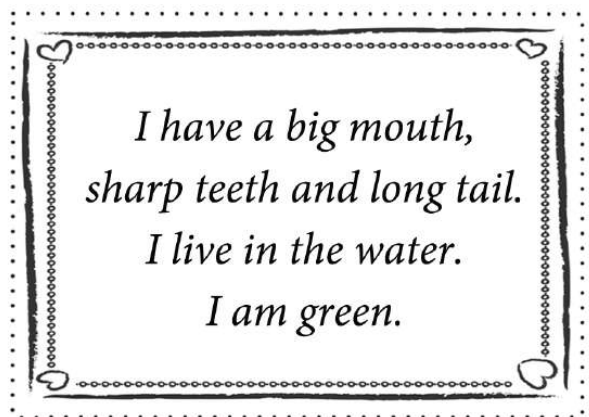
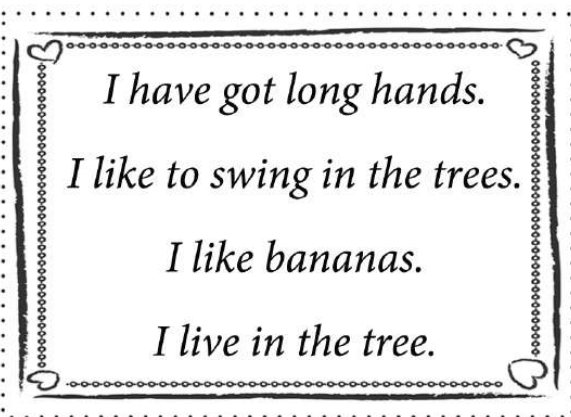
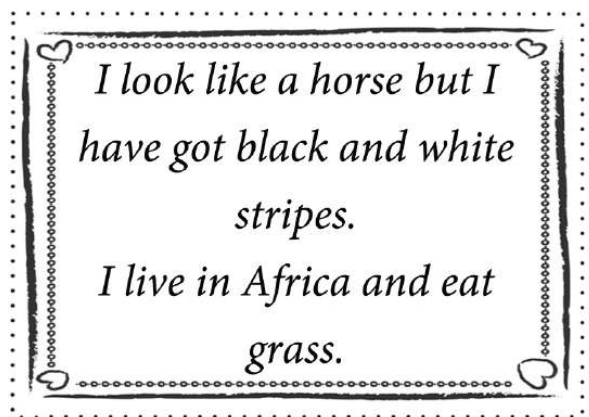
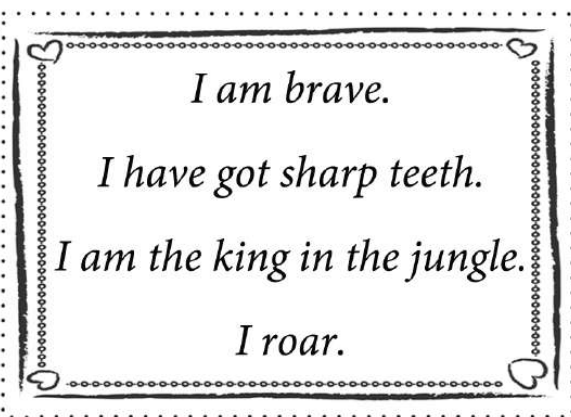
What you will need:

- Scissors or paper cutter

What to do:

1. The child reads a riddle then matches it to the correct animal;
2. Or the child describes the animals using the cards as prompts.

Who am I?



DAY 3: MORNING LEARNING



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ANIMAL RIDDLES OR WHO AM I GAME

*I am a big animal.
I have got grey skin.
I am very strong.
I live in Africa and Asia.*

*I am white or grey.
I eat carrots.
I have got long ears.
I can run fast.*

*I am yellow and brown.
I eat leaves.
I have a very long neck.
I live in Africa.*

*I am red.
I live in the field.
I am cunning or sly.
I like chickens.*

*I live in the house.
I like cheese.
I'm very small.
All cats want to catch me.*

*I am small and brown.
I eat nuts.
I can climb trees.
I have a nice tail.*

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ANIMAL RIDDLES OR WHO AM I GAME

*I eat insects.
I live in the pond.
I am green.
And I like to hop.*

*I am very long and have
not got any legs. I eat
small animals.
I can be dangerous.*

*I live in Africa.
I like to lie in the mud.
I have got a horn on my
nose.*

*I am a reptile.
People say that I am slow.
I have a shell
that is called a carapace.*

*I am small.
I am active at night.
I eat insects.
I have quills on my back.*

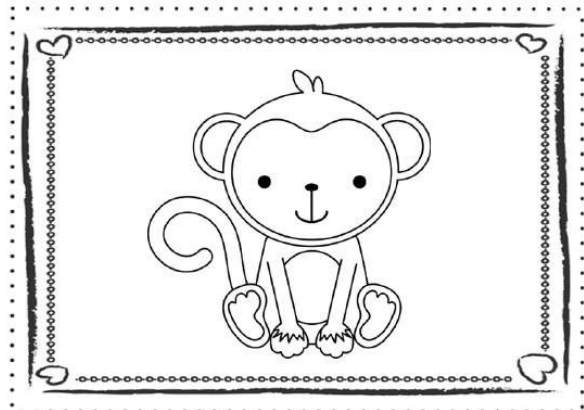
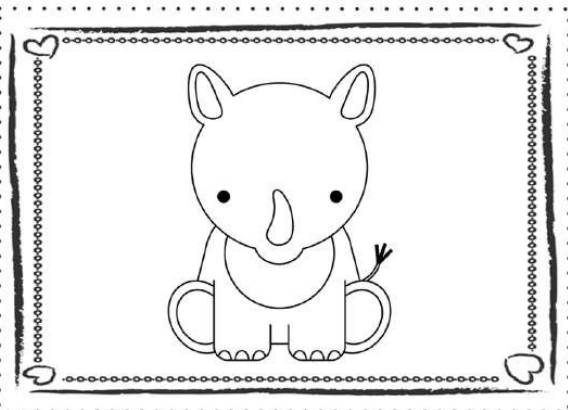
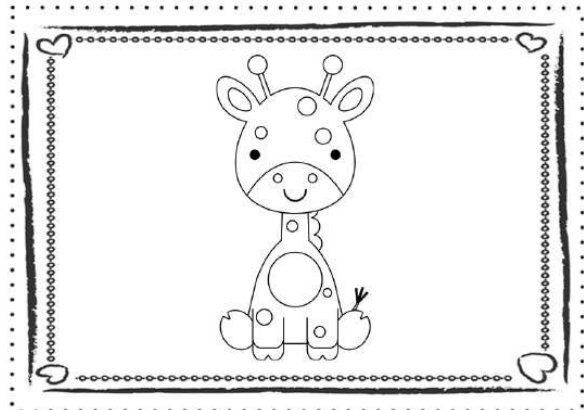
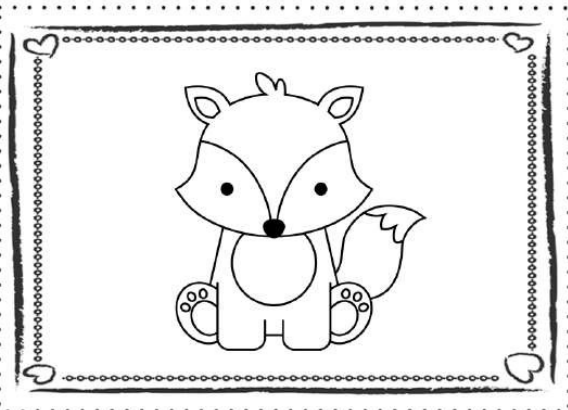
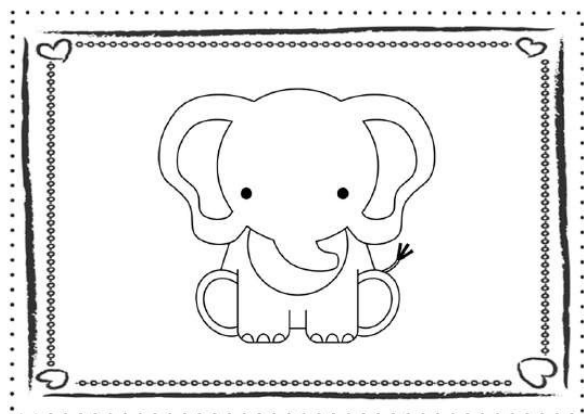
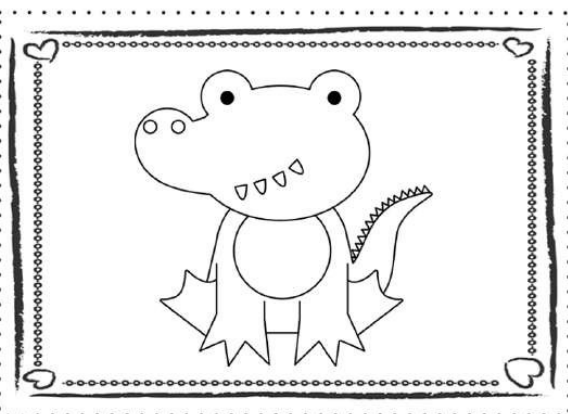
*I live in the forest.
I am white or brown.
I like honey and fruit.
I can be dangerous.*

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ANIMAL RIDDLES OR WHO AM I GAME

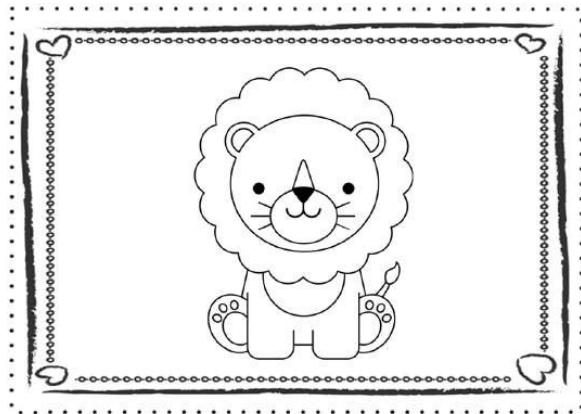
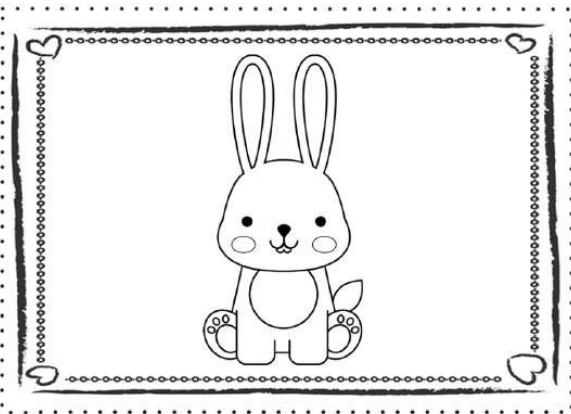


DAY 3: MORNING LEARNING

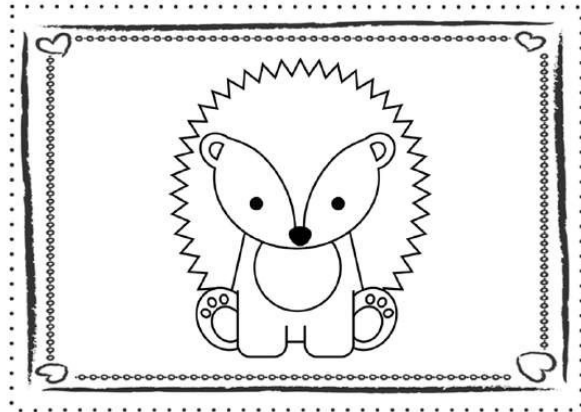
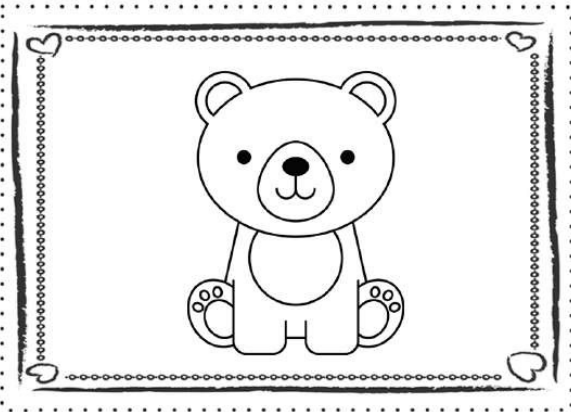
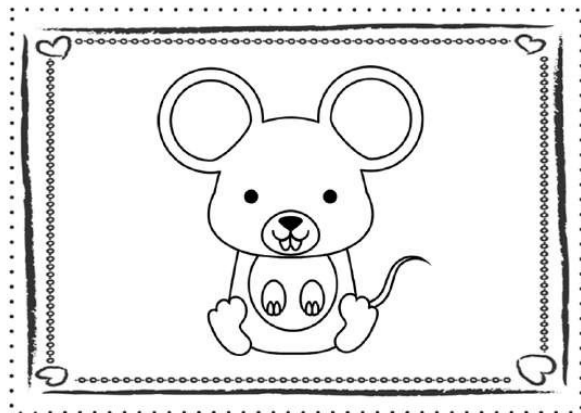
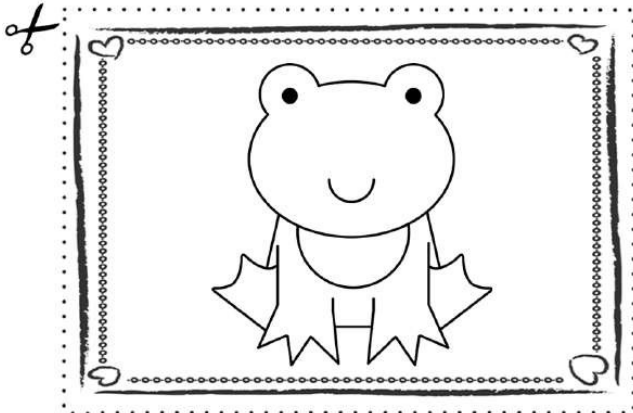


Children learn by observing, listening, exploring, experimenting and asking questions. Being interested, motivated and engaged in learning is important for children. It can also help if they understand why they're learning something. Learning activities teach children problem solving skills, development of fine and motor skills, nurture their creativity and imagination, and discover their independence and positive self-esteem.

ANIMAL RIDDLES OR WHO AM I GAME



Spring Girl

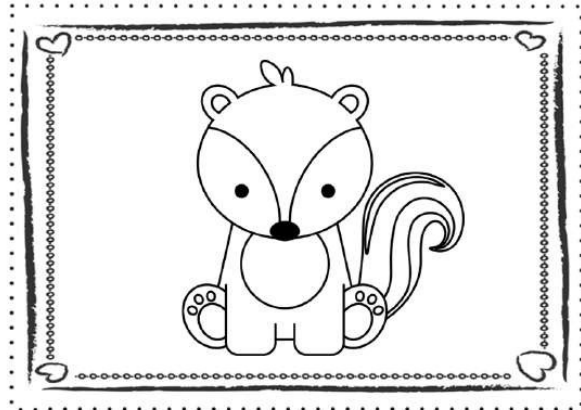
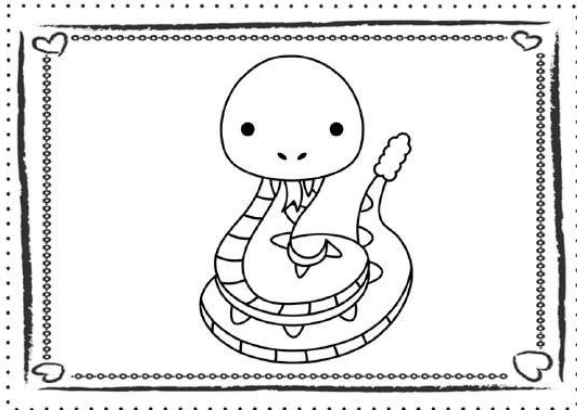
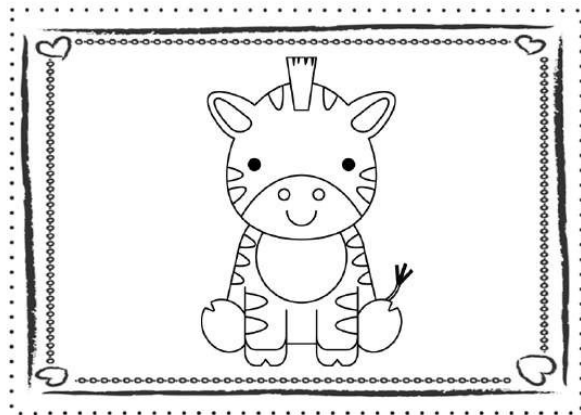
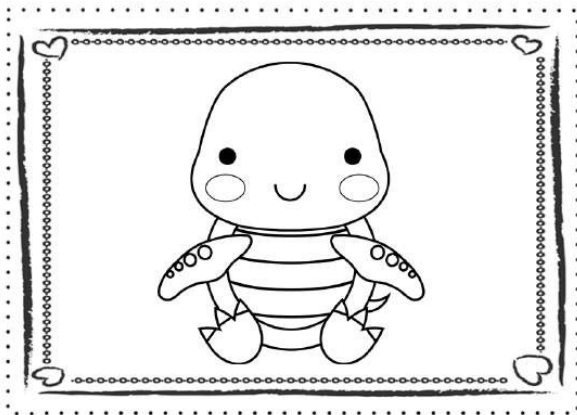


DAY 3: MORNING LEARNING



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ANIMAL RIDDLES OR WHO AM I GAME



Spring Girl

Artwork by ClipArtisan
<https://www.etsy.com/uk/shop/ClipArtisan>

DAY 3: AFTERNOON CREATIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.

COLORING ACTIVITY

This fun activity helps your child's:

- Imagination and Creativity
- Fine Motor Development
- Hand-Eye Coordination and Control

What you will need:

- Crayons



DAY 3: AFTERNOON PLAY TIME



Play allows children to use their creativity while developing their imagination, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage



HOMEMADE LACING CARDS

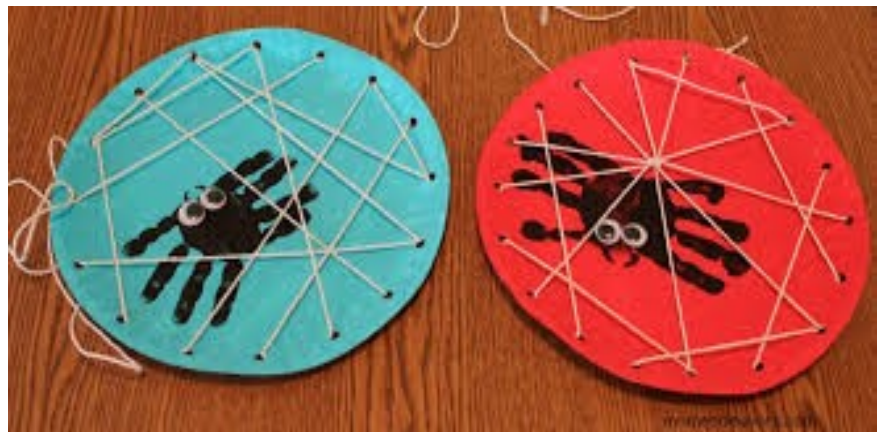
What you will need:

- Cardboard or styrofoam



What to do:

1. Cut out the cardboard or styrofoam into different shapes. Be as creative as you like. You can cut out shapes, alphabets, animals, leaves or anything your child prefers
2. Punch holes through, across or on borders of the shapes cut out. If you do not have a paper punch, feel free to grab a narrow screw driver or use a pen's tip to create holes in the cardboard/styrofoam as required.
3. Cut out pieces of yarn or thick thread and ask your children to start lacing. If you do not have yarn or thick thread, you could unlace a shoe, wash the shoe laces and use those.
4. Be creative and let you child lace and unlace



DAY 3: EVENING SCREEN TIME



Screen time should be monitored and limited for children of all ages. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.



Inside an Apache Rite of Passage Into Womanhood

For the Mescalero Apache Tribe, girls are not recognized as women until they have undergone the Sunrise Ceremony- an ancient, coming-of-age ceremony that lasts for four days. VICE got rare access to the ceremony for Julene Geronimo - the great, great grand-daughter of the renowned Apache leader, Geronimo. They followed Julene through each day of her arduous rite-of-passage to better understand what womanhood means for the Apache tribe, and how these ceremonies play a significant role in preserving a way of life that almost became extinct.

What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

What to do:

1. Click on the link above OR
2. Go to youtube.com and type the following in the search bar: "Inside an Apache Rite of Passage Into Womanhood"
3. Allow your child to watch the video
4. You can ask questions like: What did you learn? What was your favorite part?

https://www.youtube.com/watch?v=r1Cx_9YDQEc

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 3: EVENING FAMILY FUN



Family time helps to create strong bonds, love, connections, and relationship among the family members. Spending quality time with family helps in coping with challenges, gives a feeling of security, teaches family values, fill kids with confidence, and much more. This is especially important during social isolation.



FAMILY TREE

This family tree activity is a great way for the family to come together and craft a family tree which can be a permanent feature of your living room. It will help children understand the family unit and strengthen family bonds.

<http://www.mrsstrawberry.com.au/learning-about-families/>

What you will need:

- Paints (green, brown) or crayons
- Paper
- Markers/Pens
- Scissors
- Glue

What to do:

1. Paint the tree trunk with the brown paint or crayon.
2. Each family members can add leaves to the tree by painting their hand with green paint and printing their hand on the tree trunk. Let the paint dry.
3. Cut out paper for each family member. Fold the paper in half. Each family members can pick one family member, sketch them inside the paper and write their name on the top of the flap
4. Once all family member sketches and names have been written, glue the family members on the tree starting for the most senior family members i.e. grandparents or parents at the top and moving down to the youngest ones.
5. Explain to your child the structure of the family and the role of the family in everyone's life.



DAY 4

DAY 4: MORNING PHYSICAL ACTIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.



FAMILY TUG O WAR

A simple yet fun filled way for families to bond and play. Just pick out your and get set go.

What you will need:

- A long rope or a bedsheet or cloth which can serve as a rope

What to do:

1. Get the family together and divide into two teams. Balance out teams so there are enough adults on both teams.
2. Each team hold on to the rope as shown in the photos
3. Each team keeps tugging at the rope with increasing strength with the goal to get the opponent team to lose the rope
4. There can be sibling teams, best of three competitions and kids vs one adult competitions
5. Please supervise kids so the pulling and tugging does not cause harm to kids.
6. Talk about teamwork and how working together really helps in achieving positive outcomes



DAY 4: MORNING LEARNING



Children learn by observing, listening, exploring, experimenting and asking questions. Being interested, motivated and engaged in learning is important for children. It can also help if they understand why they're learning something. Learning activities teach children problem solving skills, development of fine and motor skills, nurture their creativity and imagination, and discover their independence and positive self-esteem.

FOUR DIRECTIONS LEARNING: FOUR ASPECTS OF SELF



The emotional, mental, spiritual and physical elements of ones' life are referred to as the Four Aspects of Self which, when taken together, represent the four parts of one's being. These elements are gifts from the Creator, but each aspect commands responsibility in order to maintain healthy balance of the self in all respects. Neglect of exercising any one element leads to an imbalance of the whole in the traditional indigenous view.

There is a correlation between the Four Aspects of Self and the Four Directions in the Medicine Wheel. The Eastern quadrant represents the beginning of a new day - a new life - and just as the sun rotates in a clockwise direction to the south, west and north, movement on the

Medicine Wheel flows in the same direction. The baby is represented by the east; youth is represented by the south; adulthood is represented by the west, and elderhood is represented by the north. Similarly, the spiritual element of self is associated with the east. The spiritual connection to the baby in the eastern quadrant of the wheel comes from its birth from spirit. The youth's association with the physical aspect of self comes from the growth that takes place during this stage and the natural physical activity of children and adolescents. Adulthood is associated with the emotional aspect of self. Maturity brings the awareness of feelings and the confidence to express emotion. Life experience gives adults a broad perspective to better understand the world and the journey everyone walks. Adulthood provides the gift of recognizing what is important and the skill to provide what is necessary to live well and to be happy and healthy. This knowledge is what enables adults to make good parents. Elderhood is the fourth and final stage in the cycle of life and is associated with the mental aspect of self. This connection comes from the wisdom of age and experience. With less responsibility at this stage of life for looking after children and more time to reflect on life from a philosophical view, elders develop a superior mental awareness.

The energy shifts with each stage of life just as the knowledge and responsibilities change. Just as no one can stay a baby or a child forever, change is a natural process. The stages of life follow a natural flow of sequence, generation upon generation.

DAY 4: AFTERNOON CREATIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.

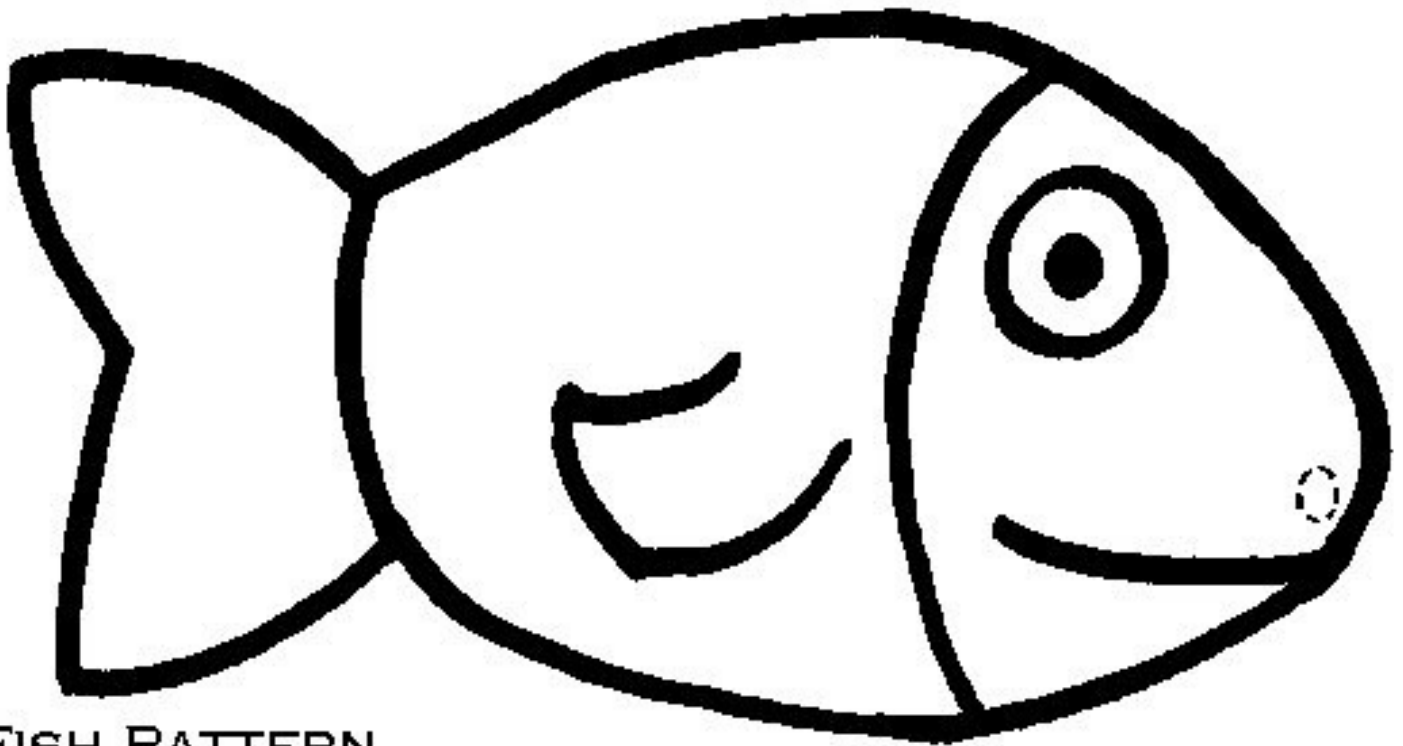
COLORING ACTIVITY

This fun activity helps your child's:

- Imagination and Creativity
- Fine Motor Development
- Hand-Eye Coordination and Control

What you will need:

- Crayons



FISH PATTERN

© COPYRIGHT 2001 BY AOK CORRAL CRAFT AND GIFT BAZAAR.

DAY 4: AFTERNOON PLAY TIME



Play allows children to use their creativity while developing their imagination, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage

MOVING COLOR TARGET GAME

What you will need:

- styrofoam cups
- cardboard box
- scissors
- permanent markers
- string
- clear packing tape
- a soft ball or toy



What to do:

1. Cut three sides off of a cardboard box.
2. Next cut a tiny slip in the top of several styrofoam cups and pull some string through the hole.
3. Knot the end that is inside the cup so that it can't go through the hole. Add some packing tape to secure the string to the inside top of each cup.
4. Add a colored circle to each cup using a permanent marker (and a number value if you want as a well- for older kids)
5. Cut small slits on the top edge of the cardboard box. Make one slit for each cup. Pull the cups with strings through the slits and tie knots at the top so that they won't go through the slits
6. Vary the cups so that they are at different levels.
7. Once everything is secure you are ready to play the moving targets game. For extra security you can also add a strip of packing tape along the top of the box, on top of the threads, to secure them in place.
8. Give your child a small soft ball and use a barrier to mark where they should sit when they are throwing. Older kids move further back, little kids sit closer.
9. Aim is to hit the cup they call before they throw.



DAY 4: EVENING SCREEN TIME



Screen time should be monitored and limited for children of all ages. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.



Meet the Teen Inventor Who Wants to Get the Navajo Nation Off Coal

High school senior Kelly Charley is developing a solar heater for the thousands of homes in the Navajo Nation that don't have access to electricity. Many people, including Kelly's grandparents, heat their homes with coal, which researchers believe may be a major cause of respiratory illnesses in the Nation.

What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

What to do:

1. Click on the link above OR
2. Go to youtube.com and type the following in the search bar: "Meet the Teen Inventor Who Wants to Get the Navajo Nation Off Coal"
3. Allow your child to watch the video
4. You can ask questions like: What did you learn? What was your favorite part?

<https://www.youtube.com/watch?v=ZZL8e-pbV4Y>

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 4: EVENING FAMILY FUN



Family time helps to create strong bonds, love, connections, and relationship among the family members. Spending quality time with family helps in coping with challenges, gives a feeling of security, teaches family values, fill kids with confidence, and much more. This is especially important during social isolation.



STORY TIME BOY STOLEN BY THUNDERBIRD

<https://www.indigenouspeople.net/boystole.htm>

Many, many years ago, a young Winnebago Indian orphan boy lived in a small village with his grandmother. He found a friend about his own age. One day, they hunted for hickory wood to make bird arrows, which they used for hunting hawks. Orphan-Boy captured a young pigeon hawk and took it home. Soon, it became his pet bird.

Some time later, Orphan-Boy put a little tobacco in a bundle and tied it around the hawk's neck. It disappeared for a few days, then returned without the tobacco bundle. Again, Orphan-Boy tied another bundle of tobacco around his pet's neck. It disappeared again, but returned to Orphan-Boy as it had before.

When the pet hawk became fully grown, Orphan-Boy suggested that it might want to go away and make a life for itself. So he tied another tobacco bundle around the pigeon hawk's neck, thanking him for staying with him for so long a time. Immediately, the bird flew away and never returned to Orphan-Boy.

Another day, Orphan-Boy and his friend hunted for dogwood to make pointed arrows. They accidentally became separated in a low fog. From above, however, a bad Thunderbird saw Orphan-Boy and swooped down, seizing him in his claws. The huge bird carried him away to its home in the high mountains.

For a long, long time the friend looked for Orphan-Boy. Finally, he gave up searching far and wide. But every day, he faithfully returned to the place where Orphan-Boy had disappeared, mourning still for his lost companion.

When the bad Thunderbird reached its mountainous home, he and his friends tied Orphan-Boy down to the floor. Their purpose was to hold him there until nothing remained in his stomach. Then they planned to devour him.

Little pigeon hawk decided to go and have a look at Thunderbird's prisoner. Imagine his surprise to find that Orphan-Boy, his kind friend, was the prisoner.

Little pigeon hawk left and decided to hunt for some young birds and roast them. Later, he returned, putting some of the meat under his wings and secretly dropping it into Orphan-Boy's mouth. Every day little pigeon hawk brought meat for Orphan-Boy, until the thunderbirds became suspicious of pigeon hawk.

Continues on the next page...

DAY 4: EVENING FAMILY FUN



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BOY STOLEN BY THUNDERBIRD

The next day, the bad thunderbirds decided to exclude little pigeon hawk when he came to visit Orphan-Boy. One thunderbird pushed him toward the door, but little pigeon hawk accidentally on purpose fell close to the fire and scorched some of his feathers. He made a great noise and commotion, running to his big brother, Big Black-Hawk, who was Chief of the Thunderbirds.

"What can the matter be, little brother?" asked the Chief. Little pigeon hawk told his big brother the whole story from the beginning. When the Chief heard all, he became very angry.

Immediately, he went to the place where Orphan-Boy was still held down to the floor. The Chief scolded the bad thunderbirds for their wrongdoing. Because they had pushed little pigeon hawk too close to the fire, the Chief announced they could no longer keep Orphan-Boy as their prisoner. Chief Big Black-Hawk cut the ropes and took the freed young boy home with him.

Every day, little pigeon hawk brought roasted bird meat for his friend Orphan-Boy, helping him to regain his strength. Later, Orphan-Boy made a bow and some arrows and took little pigeon hawk hunting with him.

Before winter weather arrived, Chief Big Black-Hawk informed his little brother that it would be better for Orphan-Boy to return to his own people.

"He does not belong up here with the Thunder Spirits, and I do not think Mother Earth Spirit will approve of it," said the Chief.

Little pigeon-hawk took Orphan-Boy back to the very place from where he had disappeared a long time ago. That evening, Orphan- Boy's old faithful friend came as usual to that place and found Orphan-Boy had returned! How surprised and delighted both boys were to see each other again. Orphan-Boy told his old friend everything that had happened to him since he had been kidnapped by the Thunderbird.

A thanksgiving feast was prepared by the grandmother for both families to celebrate the happy homecoming of the boy stolen by the Thunderbird. From that time forward, Orphan-Boy and his faithful friend had many happy hunting times together, trying never to be separated again.

DAY 5

DAY 5: MORNING PHYSICAL ACTIVITY



Kids are generally pretty active. While we may have active kids that are full of energy, this doesn't mean we automatically have healthy kids. Here are some activities that are easy to keep your child moving and encourage a healthy lifestyle.



How to play

1. Take the colored tape and make patterns on the floor. You can make straight, curved and zig zag patterns
2. Ask your child to walk the line
3. You can make your child crawl, jump and one leg hop across the lines to make the activity more challenging.
4. You can also have siblings go across lines and time each other for a fun competition

WALK THE LINE

This simple activity will improve your child's motor skills and balance.

<https://handsonaswegrow.com/fun-kid-activity-lines-of-colored-tape/>

What you need:

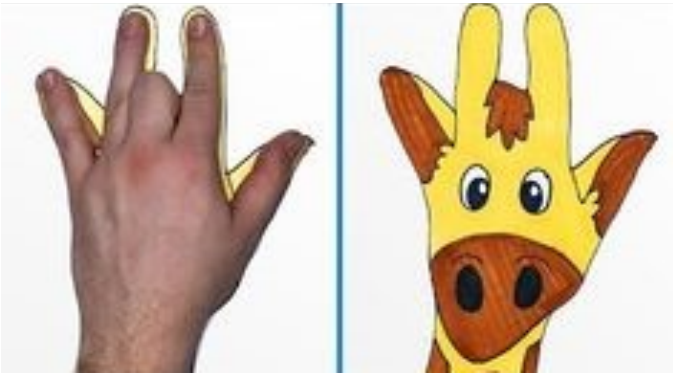
- Tape (colored/paper/whichever you have)



DAY 5: MORNING LEARNING



Children learn by observing, listening, exploring, experimenting and asking questions. Being interested, motivated and engaged in learning is important for children. It can also help if they understand why they're learning something. Learning activities teach children problem solving skills, development of fine and motor skills, nurture their creativity and imagination, and discover their independence and positive self-esteem.

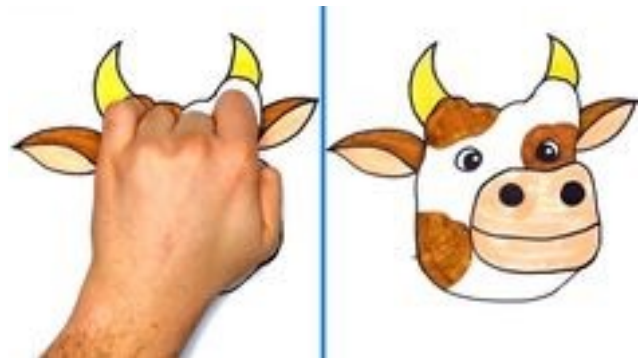


HAND DRAWING

This activity is a great way to teach your child how to draw just using their hands. Just grab a pencil and paper and you are ready to go.

What to do:

1. Get the paper and pencil/pen.
2. Draw the different animals as shown in the pictures
3. Draw in the added features like ears or beak etc as shown in pictures
4. Ask your child to identify the animal and color it in.
5. Older siblings can also do this activity easily with the younger kids at home



What you will need:

- Paper
- Pen/Pencil



DAY 5: AFTERNOON CREATIVITY



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DANCING RICE

This activity is a great way to teach your child how to draw just using their hands. Just grab a pencil and paper and you are ready to go.

<https://buggyandbuddy.com/baking-soda-and-vinegar-science-dancing-rice/>

What to do:

1. Pour one cup of water into your clear container.
2. Add 1 teaspoon of baking soda to the water and stir.
3. Sprinkle some rice into the mixture. What happens to the rice? Why do you think this happens? The rice sinks to the bottom because it is denser than the water. (If your rice doesn't sink, it might be less dense than the water. Try a different kind of rice, broken pieces of vermicelli, or raisins.)
4. Add 1 tablespoon of vinegar to the water. What happens? Why? The vinegar reacts with the baking soda in the water creating bubbles of carbon dioxide.
5. Observe what happens over the next few minutes. Eventually the rice will begin to "dance". As bubbles of carbon dioxide adhere to the rice, the rice is brought up to the surface. Once it reaches the surface, the gas is released, and the rice falls back down again.
6. If your child is old enough, explain the science to them, if not - just let them enjoy the dancing rice

What you will need:

- Clear container
- Water
- Baking soda
- Vinegar
- Rice
- Spoon
- Food coloring (optional)



DANCING RICE
Science Experiment for Kids



DAY 5: AFTERNOON PLAY TIME



Play allows children to use their creativity while developing their imagination, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage



CAR RACING

What you will need:

- Cardboard
- Marker
- Toy cars or vehicles

What to do:

1. Cut out the cardboard into a car slide
2. Draw in lanes for the cars according to their size
3. Encourage your child to be creative with you in drawing out lines and lanes on the car slide
4. Mount the slide over stairs or against an object at a higher level to create the slide.
5. Let your child/children slide their cars

If you don't have cars or vehicles, use soft balls, small kitchen utensils or even crumpled paper balls!

TIP



DAY 5: EVENING SCREEN TIME



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<http://www.sfu.museum/time/en/panoramas/long-chief/clothing/48/>

Story of Cedar, Cedar Hat Weaving & Bark Pulling Cowichan Coast Salish

From the moment of birth, to the time of passing, cedar has traditionally played a vital role in the life of the First People of the Pacific Northwest. This 30min documentary tells the story of cedar, how the bark is stripped from the cedar tree and prepared for cedar weaving (hats) and discusses the art of cedar weaving and the affect this workshop had on the participants. Project was facilitated by Maria Sampson. The video was produced by Louise McMurray and the Cowichan Aboriginal Film Festival and directed, shot and edited by Phil Ives.

<https://www.youtube.com/watch?v=95rPwCDHOCE>

What you will need:

- Laptop/Smartphone/Smart TV
- Internet connection

What to do:

1. Click on the link above OR
2. Go to youtube.com and type the following in the search bar: "Story of Cedar, Cedar Hat Weaving & Bark Pulling Cowichan Coast Salish"
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: EVENING FAMILY FUN



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STORY TIME LIFE SKILLS

This family activity is engaging for all family members and encourages children to talk about feelings and how to deal with them. It also helps with creative thinking, refines oral expression and improves vocabulary. The best thing is that it requires no materials—just your family and your child's favorite toy/s



What to do:

1. Get your children/family to sit with you and introduce the lead character of the story which is your child's favorite toy. Start the story with an opening line about the toy. Example: Once upon a time there was a white teddy bear.
2. Going clockwise; the family member next to you adds the next line to the story example the teddy bear was very hungry.
3. Keeping going around till all family members have had turns and maintain the cycle. Adults involved in the activity can introduce feelings like angry, hurt, sad, happy, excited about the lead character and spin the story around how the character/ toy deals with the emotions
4. Talk about how they speak to their parents, why should they open up about how they are feeling, how can the main character be helped etc
5. This story time will be loaded with life skills for your child

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.



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