












LifeSkill and Leisure Learning by Katy and Penny Week of April 27

Hello Glenwood friends! We hope you are enjoying the activities we are sending. We really miss seeing you and hope everyone is doing well. We are all doing our best as we continue to learn in a different way. Our theme this week is CARS. Maybe you have some toy cars at home you like to play with, a favourite story or video you like to watch. There are a range of activities and tasks, hopefully there is something for everyone. When you have the time, choose a couple that you feel would be engaging for your child.

Click the link to see some of the car activities I did at home this week. <https://tv.commonshwdsb.on.ca/media/car-theme-activities-at-home/>

 Story	 Songs	 Leisure	 Lifeskills	 Something Special
<p>Tiny's Victory https://www.youtube.com/watch?v=Qlouc73ZlgQ</p> <p>Literacy Ideas  Read books about cars and trucks at home.</p>	<p>Racecars https://www.youtube.com/watch?v=Wo73SLdolDE</p>	<p>Circle Time Being together even though we are apart</p> <p>Circle Time</p>  <p>https://drive.google.com/file/d/1Z-FWpgaaa46fQhpX0hum7M8zN62bgnTx/view?usp=sharing</p>	<p>Car wash Students can wash toy cars in a bin or the sink filled with warm water and soap. Great sensory activity too.</p> 	<p>I Spy Cars</p>  <p>When going for a walk or looking out the window, do you see any cars in your neighbourhood? Try looking for a certain colour. Do you see a red car? Can you find a truck?</p>

Look for the word car.

car see big
look car cat
car dog car

Say the letters in the word C-A-R. Try saying them it loud, whisper, silly or squeaky voice. Clap the letters too.

Movement Break!

Do the Happy Dance!



<https://www.youtube.com/watch?v=cQ6BPWylueQ>

Painting with Cars

If you do not have paint at home, you can make your own.

Paint recipe

Ingredients

- 1/2 cup flour
- 1 cup water
- 1/4 tsp salt
- food coloring
- cold water for thinning

Instructions

1. Combine flour, salt, and 1 cup water in a pan.
2. Heat flour/water while whisking. The mixture will be clumpy, then smooth, then thicken into a paste.
3. Once it has become thick and pasty, remove from heat.
4. Whisk in cold water a few tablespoons at a time until desired consistency is reached.
5. Color with food coloring
6. Allow to cool completely, then paint!

Paint car tracks on newspapers or flyers.

Park the Cars



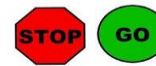
Create a numeracy game by labelling the cars with number container to match the car to the correct number. You can change the order of the numbers in the container once your child seems to master the sequence.

Online game

<https://pbskids.org/peg/games/race-car>

Mindfulness

Body control



Try playing the familiar game RED LIGHT –GREEN LIGHT.

This game helps notice how you can control your body to stop and go. Use something red and green as visual cues (I.e. paper, cloths, clothing, toys, photos) Label when you move as “Go” and then “Stop.” Play some music too to get things moving!

Make a RaceTrack

Build a ramp with household items



Count and sort the cars

Recipe



Traffic Light Snack

Here's an idea to add variety to your child's diets and engage in meal prep activities. Look for foods that are red (strawberry, watermelon), yellow (pineapple, banana) and green (kiwi, grapes). This example arranges the items on a graham cracker like a traffic light. You can spread some cream cheese on to hold it together. During our Life skills cooking program we encourage students to look for, feel, smell and taste a small sample of (if appropriate to do so) different ingredients. We realize not all students are able to or are open to trying new foods. Asking if they like the look, feel, smell or taste of item allows for communication of their preferences.

Thank you for supporting your child's leisure and life skill learning. We appreciate your feedback and it makes our day when we hear they are enjoying them. Please share any comments the next time you communicate with your child's classroom teacher. If you have any questions about these activities or would like to connect directly with us, please contact Katy at kgurman@hwsdb.on.ca or Penny at pparry@hwsdb.on.ca



Feedback Questions

- 1) What activities did you try with your child? Did your child prefer some more than others?
- 2) On scale of 1 to 5, how engaged was your child in the task? (with 1 being no interest/refusal to use materials and 5 being extremely interested and full participation with appropriate levels of support)
- 3) Do you feel you have access to appropriate leisure type materials for your child at home?
Do you have any suggestions to improve this?