

Summer Boredom Busters!!

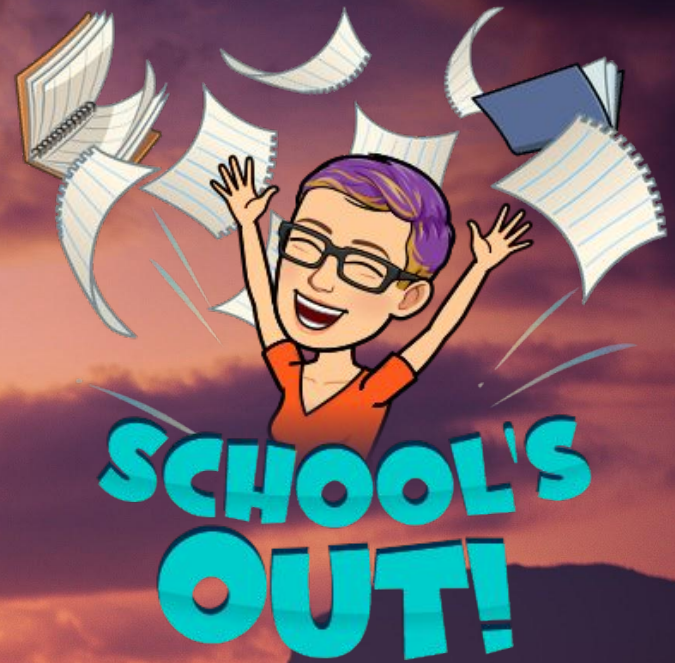
Welcome to the summer choice board!

Activities will require grown up support.

Try it out! Click Ms.Shelvey, and see where it takes you.

Now, click the house to take you to the next slide; it will also always take you to the main page.

Don't forget to look for hidden gems ;)



Home Screen

Bubbles

Summer Safety

Stories

Paper Plate Ring Toss

Water Painting

S'mores Oven

Dance Challenge

Canada's Wonderland

Family Olympics

Bingo

Conversation Starters

Bitmoji Creations

Pet Rock



DIY Escape Rooms

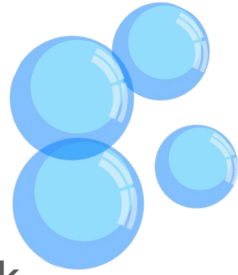


There are many different ways to do escape rooms. If you click around this page you will find links to different ones.

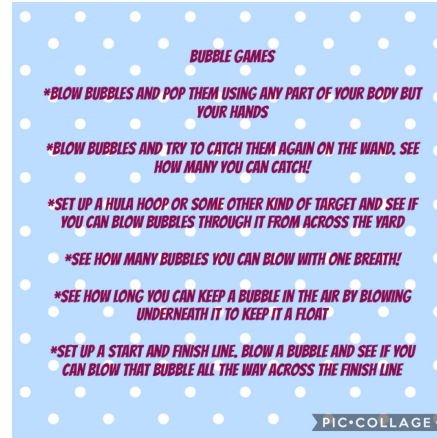
They encourage problem solving and teamwork to escape the room.



Bubbles!



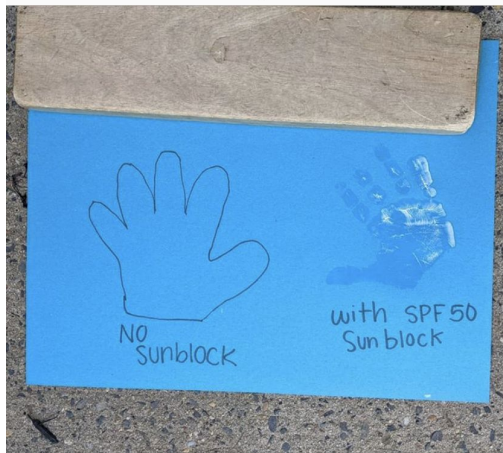
Bubbles are always a favourite activity. They can be very simple to make. If you click the bubbles it will take you to a simple “how to” video. If you click the colourful bubbles it will take you to a craft idea for bubbles.



7:13



Instagram



Liked by [bouncybands](#) and [others](#)

[buggyandthebean](#) • Sunblock & Week 1•

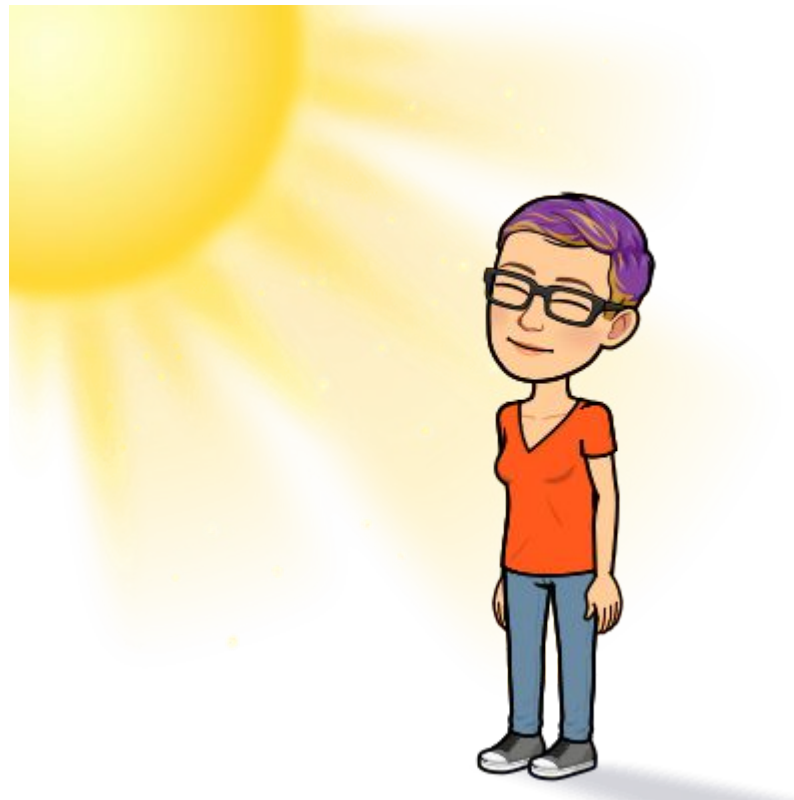
One week down! This week we talked all about summer and things we do in the summer (& that will carry on through next week). This is one of my favorite science projects for the Summer theme: we talk about how sunblock works by putting a handprint of sunblock on paper and then leaving it in the sun all day to see how everything is affected by the sun.

As far as how week one went down, it was definitely an adventure. My kids are adjusting well but we still have ups and downs. We're having lots of fun and easing into the school mode. The masks are a challenge, but not terrible. Pickups and dropoffs are different but also not bad. All I can really say is so far so good 🥰

[View all 2 comments](#)

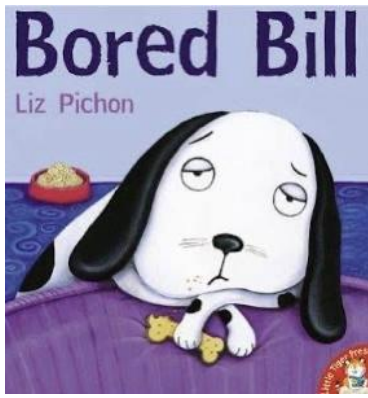


Summer Safety

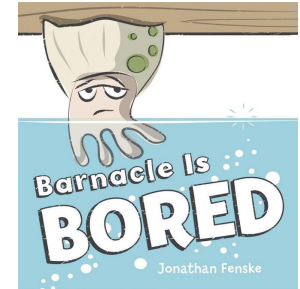
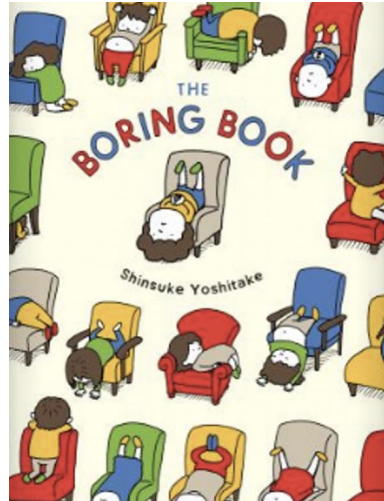
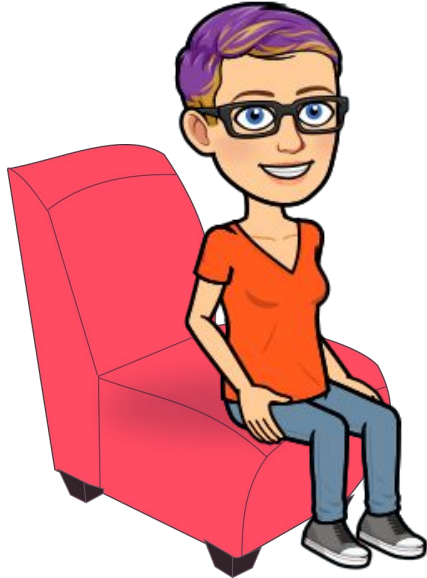
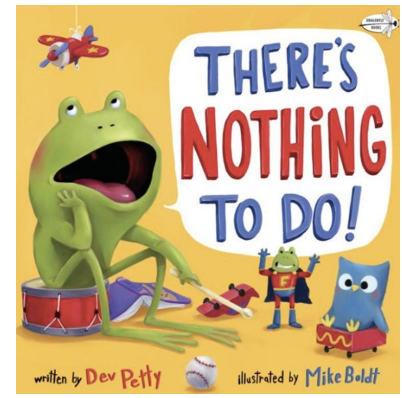
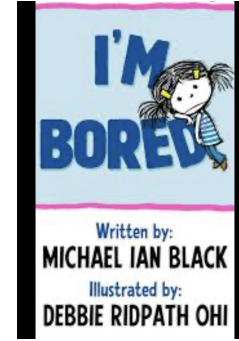
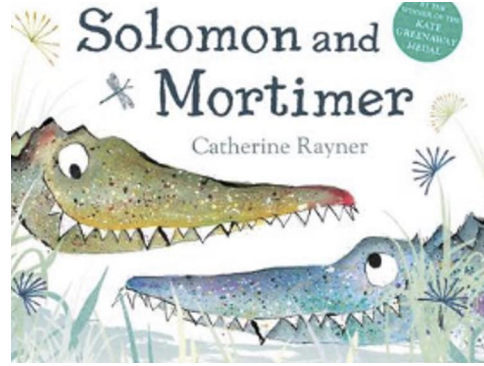


Don't forget to click
Ms.Shelvey for some
safety tips from the
Minions.

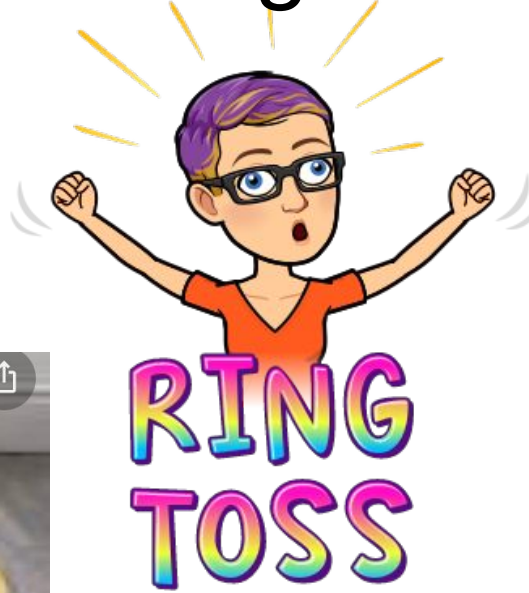




Stories



Paper Plate Ring Toss



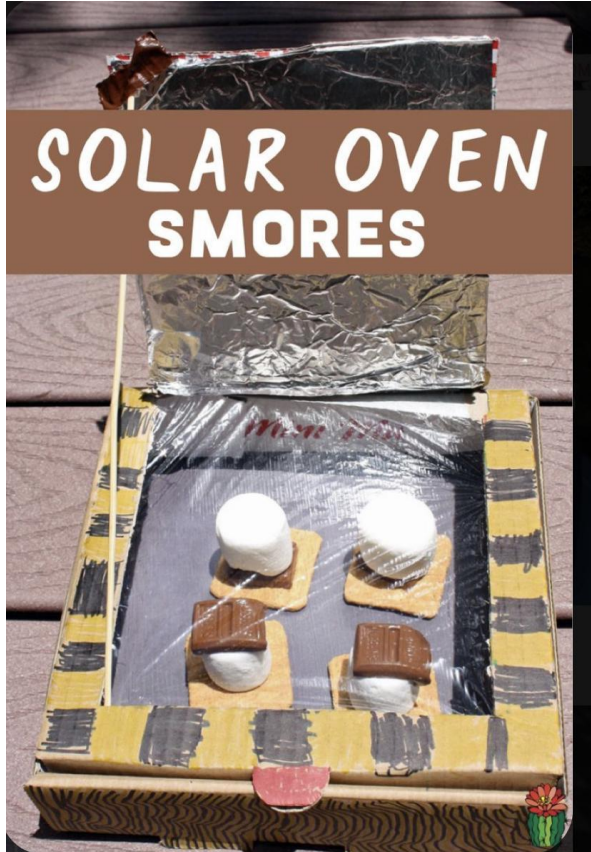
Water Painting



Squirt Gun
PAINTING FOR KIDS



S'mores oven



Pet Rock



Go outside and look for small rocks or pebbles. Pick up a rock that you would like to observe until you find a favourite. Once you have found your rock, notice how it feels in your hand, notice its colours, sparkles and other unique characteristics. Think about the life of this rock - how old is it, where did it come from, how did it get here?

Now, while cradling the rock in your hand think of something that makes you happy. It could be somewhere you like to spend time, someone you like to spend time with or something that makes you laugh.

Take your rock with you. Keep it in your pocket, put it on your nightstand or wherever you choose to keep it safe and close to you. Let your rock be your guide. When you look at or touch your rock let it help you remember what makes you happy.



Dance Challenge



Dancing is a great way keep your body active.
Click on the different Ms.Shelvey characters to take on different dance challenges.



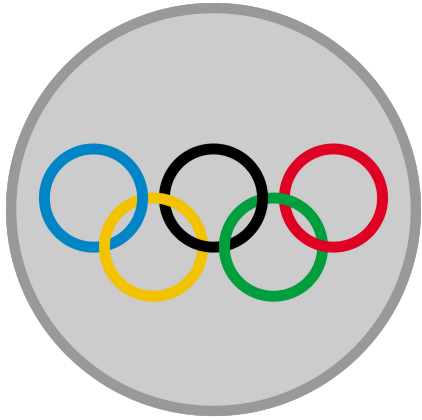
Canada's Wonderland

Canada's Wonderland is an iconic place that many children get to go to during the summer months.

Here is a chance for you to still have that experience while enjoying the safety of your home.

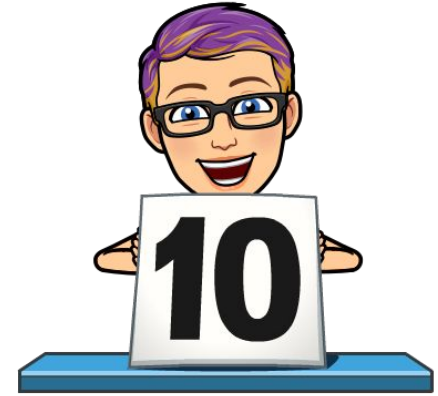
Click on Ms.Shelvey and she will take you to a map of Wonderland. There, you will click the roller coaster you wish to ride.





Family Olympics

Here are some kid friendly challenges that you can try as a family. You can keep track of all the different ones that you try and how well you do.



Set 5 goals for the summer	Take a walk in the rain	Make someone laugh	Learn something new today (a skill or fact)	Find something in nature that reminds you of yourself	Colour a picture
Write a poem	Enjoy a technology free meal with your family	Smell some flowers	Just breathe - 3 deep breaths	Read a book outside	Look up at the sky and watch the clouds
Do something you haven't done before	Name 3 things you love about yourself	Hug a tree	Daydream for 5 minutes	Go for a walk	Call someone you care about
Stretch	20 minutes of journal writing	Make a collage of photos or drawings from nature	Listen to music	Leave a kind written message for a neighbour	List 5 things you are grateful for before getting out of bed
Look out at the moon, stars or dark sky	Disconnect from all technology for one hour	Look for a 4 leaf clover - press it in a book if you find one	Notice wildlife in your community	List 3 events from this week that you are thankful for	Do something for someone else

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on the go!

Skip	10 Second Plank	5 Karate Kicks	15 Toe Touches	5 Push Ups
5 Frog Jumps	10 Ski Jumps	10 High Knees	25 Jumping Jacks	10 Arm Circles
5 Tuck Jumps	10 Hops Left Foot	10 Giant Steps	10 Step Ups	20 Heel Raises
10 Wall Jumps	Walk on tip toes	Crab Walk	Run Fast 20 seconds	Your Choice!
10 Wall Jumps	Wheelbarrow Walk	10 Hops Right Foot	Walk on your heels	10 Star Jumps

get up, get moving
www.theinspiredtreehouse.com

summer bingo



Boredom Buster BINGO

Color in at least one square everyday during the summer!

Read a book outside	Play a game with a friend	Count all the things in your house	Write your name with a chalk	Find 5 things that begin with the letter S
			Sort a book by its pages	Sort a book by its size
Write a story about your family	Draw a picture of your favorite vacation	Follow a recipe and make a cookie	Build a tower using cards or cups	Make a list of things you like
Read your friend your favorite book	Build something using a box	Free choice	Draw a picture	Draw a picture
			Draw a picture	Draw a picture

Boredom Buster Bingo

[illegible]

Underpants! Thunderpants!

With Peter Hares

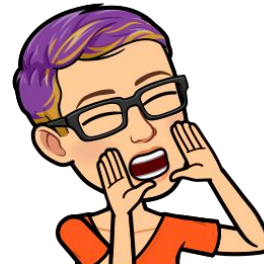
Reading Bingo

read on your couch	read to a pet	read your favorite book	read in bed	read wearing a hat
read by the window	read for 20 minutes	read on	read your friend's favorite book	read while sitting on a snuggly
read a book about animals	read outside	free	read a fairy tale	read in your pajamas
read for 30 minutes	read a nonfiction book	read to a stuffed animal	read in the grass	read with a flashlight
read to a family member	read a silly book	read under a table	read for 20 minutes	read out loud

FREE PRINTABLE READING BINGO

primary playground

BINGO





Conversation Starters

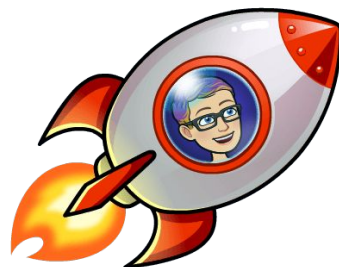




Field Trip
Choice Board



Singing in the Rain
Activities



Space Field Trip

Click on the different
Ms.Shelvey's to take you
on Field Trips and other
activities.

ALPHABET



MATH

Math Room

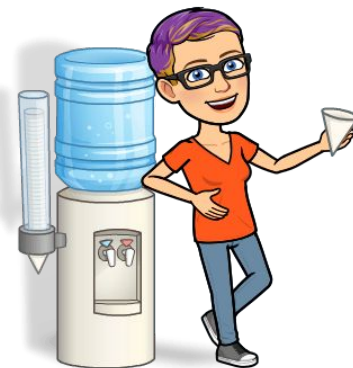
CHOOSE



Choice Board



Reading Room



Water Play Ideas