

Summer Boredom Busters!!

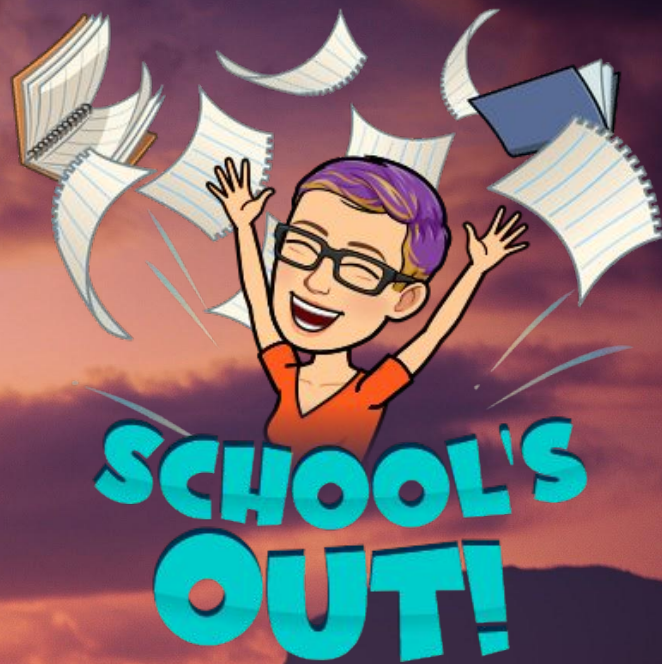
Welcome to the summer choice board!

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

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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

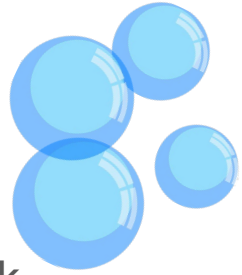


There are many different ways to do escape rooms. If you click around this page you will find links to different ones.

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.



BUBBLE GAMES

- *BLOW BUBBLES AND POP THEM USING ANY PART OF YOUR BODY BUT YOUR HANDS**
- *BLOW BUBBLES AND TRY TO CATCH THEM AGAIN ON THE WAND. SEE HOW MANY YOU CAN CATCH!**
- *SET UP A HULA HOOP OR SOME OTHER KIND OF TARGET AND SEE IF YOU CAN BLOW BUBBLES THROUGH IT FROM ACROSS THE YARD**
- *SEE HOW MANY BUBBLES YOU CAN BLOW WITH ONE BREATH!**
- *SEE HOW LONG YOU CAN KEEP A BUBBLE IN THE AIR BY BLOWING UNDERNEATH IT TO KEEP IT A FLOAT**
- *SET UP A START AND FINISH LINE. BLOW A BUBBLE AND SEE IF YOU CAN BLOW THAT BUBBLE ALL THE WAY ACROSS THE FINISH LINE**

PIC•COLLAGE





Instagram



Liked by **bouncybands** and others

buggyandthebean · Sunblock & Week 1•

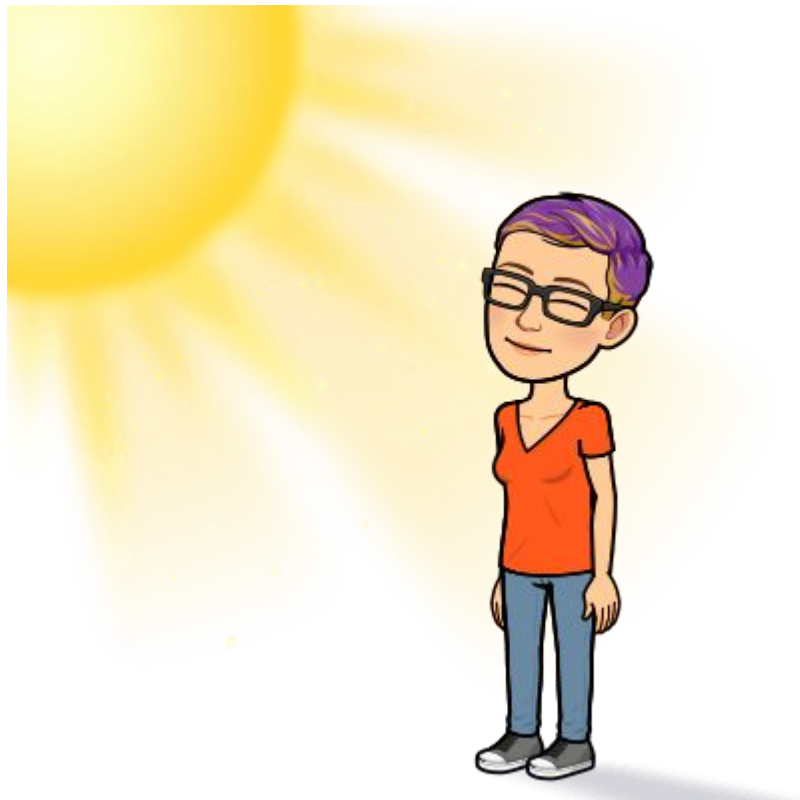
One week down! This week we talked all about summer and things we do in the summer (& that will carry on through next week). This is one of my favorite science projects for the Summer theme: we talk about how sunblock works by putting a handprint of sunblock on paper and then leaving it in the sun all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

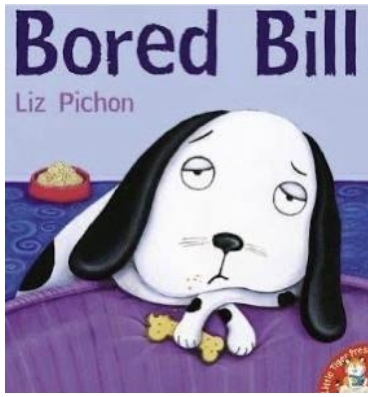


Summer Safety

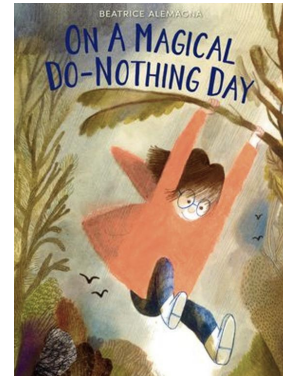
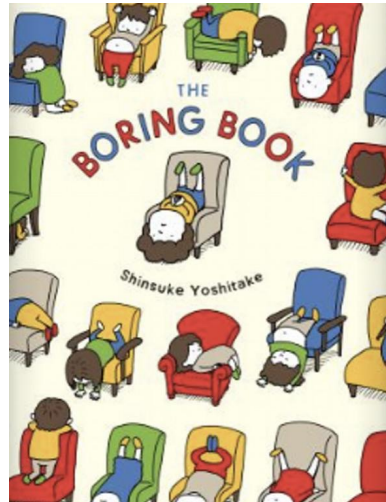
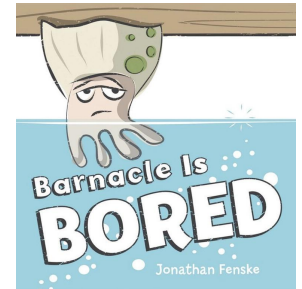
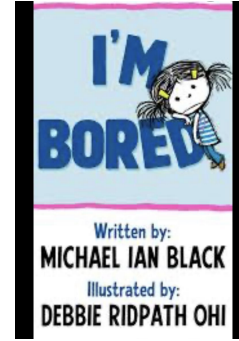
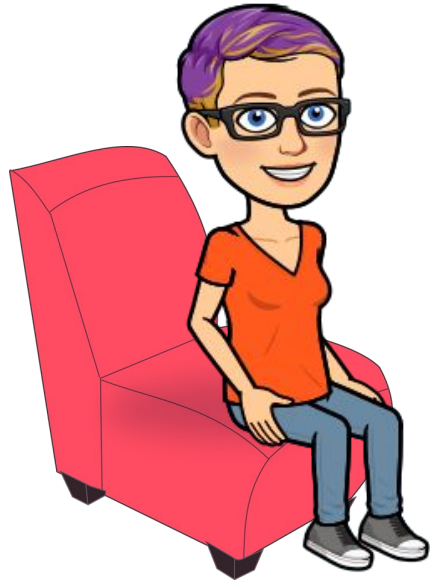
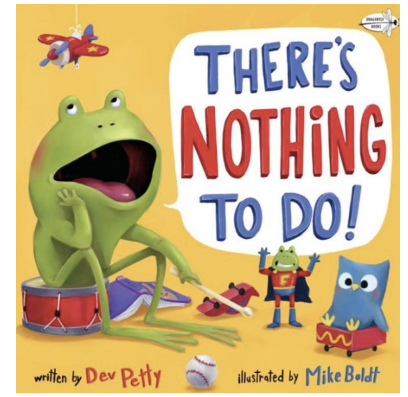
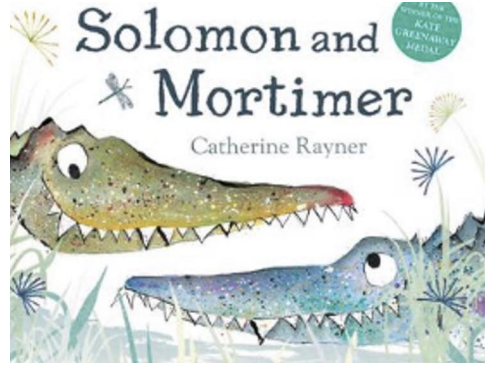


Don't forget to click Ms.Shelvey for some safety tips from the Minions.

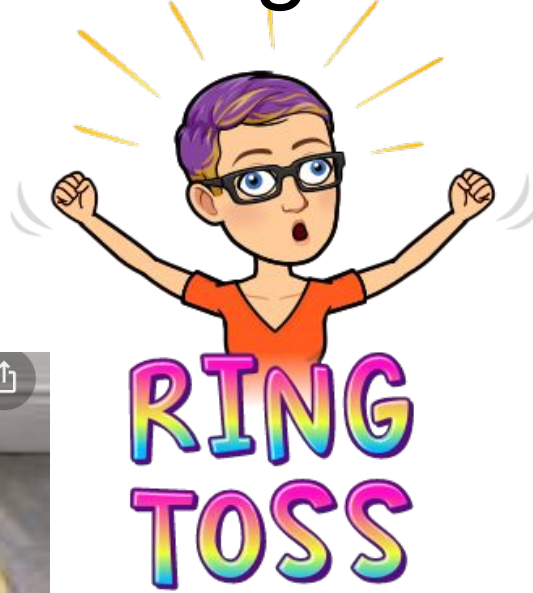




Stories



Paper Plate Ring Toss



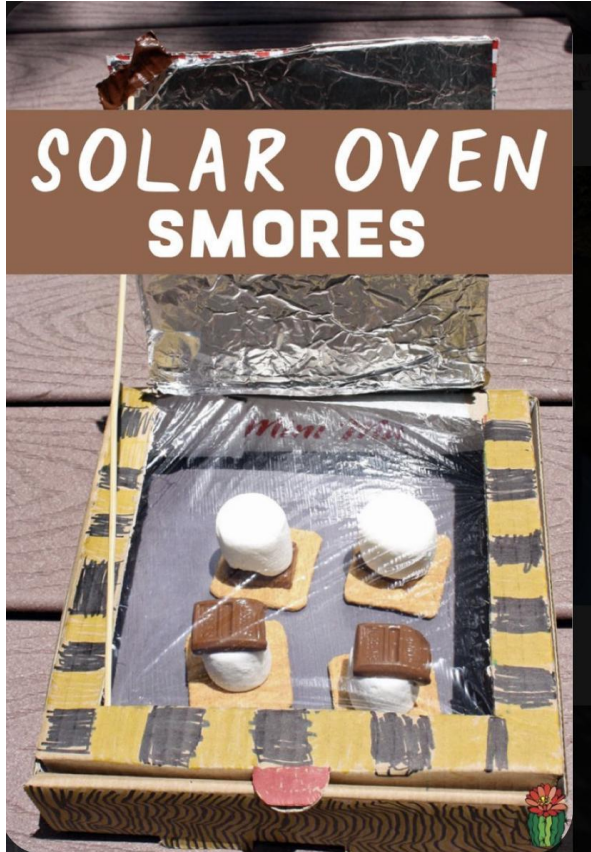
Water Painting



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.



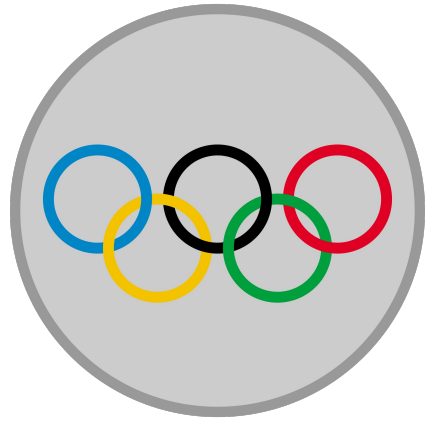
Canada's Wonderland

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.

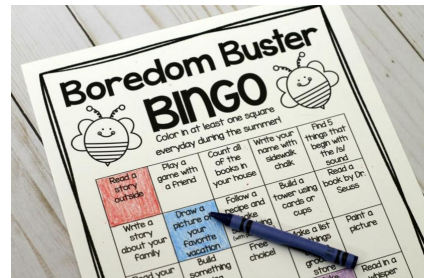


Mindfulness Bingo

| | | | | | |
|---|---|---|---|--|--|
| 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 |

Bingo

summer bingo



Boredom Buster Bingo

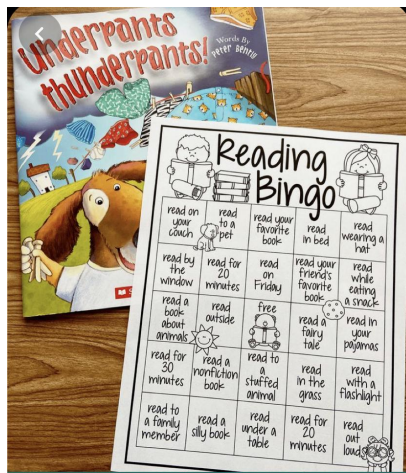


GROSS MOTOR BINGO

on the goal!

| | | | | |
|---------------|-------------------|--------------------|---------------------|----------------|
| 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 |

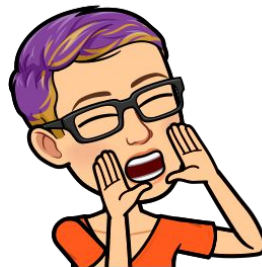
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BINGO





Conversation Starters

OPEN-ENDED QUESTIONS

| | | |
|--|---|-------------------------------------|
| WHAT WAS YOUR FAVORITE PART OF THE DAY? WHY? | WHAT DO YOU LIKE ABOUT SCHOOL? WHY? | HOW ARE YOU PLANNING TO DO THAT? |
| WHAT MAKES A NICE FRIEND? | WHAT ARE YOU MOST EXCITED ABOUT WITH THE PARTY / THE SCHOOL PERFORMANCE / GOING TO THE RESTAURANT / ETC)? | WHAT ELSE CAN YOU USE? |
| WHAT MAGIC POWER DO YOU WISH YOU HAD? WHY? | WHAT DID YOU LIKE THE MOST ABOUT THE WEEKEND? WHY? | HOW ARE THESE THE SAME / DIFFERENT? |
| IF YOU COULD GO ANYWHERE. WHERE WOULD YOU GO? WHY? | HOW DOES IT WORK? | WHY IS IT IMPORTANT? |
| WHAT DO YOU THINK THIS BOOK IS ABOUT? | HOW DID THAT HAPPEN? | WHAT DOES THIS REMIND YOU OF? WHY? |
| WHAT'S ONE GOOD THING YOU'RE REALLY GOOD AT? | WHY DID YOU CHOOSE (THAT BOOK / THAT SHIRT / THAT TOY)? | SHOW ME WHAT YOU CAN DO WITH IT. |
| WHAT ARE YOU THANKFUL FOR TODAY? WHY? | | TELL ME WHAT HAPPENED. |

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Kid Conversation Starters

| | | |
|---|--|---|
| When are you (or have been) most afraid? | What has been the happiest day of your life? | If you could change one thing in the world what would you change? |
| If you could change one thing about yourself what would you change? | What is the one thing you couldn't live without? | What is your favorite movie of all time? Why? |
| What cartoon character would you most like to be and why? | What is the worst thing about being ___ years old? | What is the best thing about being ___ years old? |
| Describe your perfect day. | Describe your perfect day. | Describe your perfect day. |

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Field Trip
Choice Board



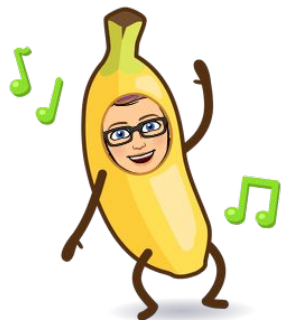
Singing in the Rain
Activities



Space Field Trip

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

ALPHABET



MATH

Math Room

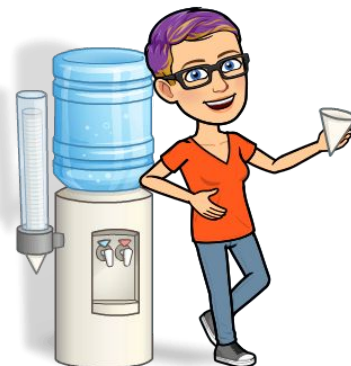
CHOOSE



Choice Board



Reading Room



Water Play Ideas