

Dear Patients and Families,



We hope you are staying safe and healthy during this difficult and unprecedented time. We wanted to send out some ideas for keeping your children engaged and busy, while we are all social distancing and staying at home! Dr. Mamdani's wife is an Ontario Certified Elementary Teacher who compiled some tips and tricks for you to use below. Enjoy!

➤ **Create a schedule!**

Children are used to a structured routine and schedule at school, so do the same for them at home! Have a schedule posted up on a wall that they can see, so they know what they will be doing for the day. Make sure to include free time, limit screen time, and have them give you suggestions of what they want to do or learn about!

➤ **Make every day a different theme!**

Children of all ages love theme days! Create a different theme for each day, to help your child feel excited about staying home. Your child can come up with the ideas!

Examples: Pajama Day, Crazy Hair Day, Teach your Parent Day, Green Day

With each of these days, center your activity around the theme!

Green Day: Green grapes, green pancakes, search for green items on a scavenger hunt, write about a green superhero, etc.

➤ **Make sure your child is staying active!**

- Outdoor walks for fresh air
- Cosmic Yoga! Search this on Youtube - theme inspired yoga and story-telling that your child can follow along to on the TV or off of a computer
- Go Noodle! - This is a great resource that has free songs, dances, literacy and math activities that your child can do, while collecting points.

➤ Make use of free resources that are available!

Literacy

- <https://www.readinga-z.com/>
- <https://www.raz-kids.com/>
- https://www.getepic.com/?fbclid=IwAR0KZkcPulKF6jMpA7-Qd5w7htRScd_uvtfX22qbN34QTVZOi60v-0aJAXk
- <https://stories.audible.com/start-listen>
- www.abcya.com
- Apple Books is currently offering a free "stay at home" collection of read-alongs, cozy mysteries, and more.

Art

- https://www.boredpanda.com/free-online-lunch-doodles-sessions-for-kids-mo-willems/?utm_source=facebook&utm_medium=social&utm_campaign=organic
- <https://www.youtube.com/channel/UCdEo82iK2lzwMqCxBuQmmrQ>
- <https://www.youtube.com/user/ArtforKidsHub>
- https://www.youtube.com/playlist?list=PL14hRqdOPELGbKihHuTqx_pbvCLqGbOkF

Math

- https://docs.google.com/document/d/1RS84mO3-b2dOpEx_F_MG5w2Juz_6bdvZ2pfBuFcp4xY/edit?usp=sharing (daily math challenges)
- https://go.zorbithmath.com/free-access?utm_source=social&utm_medium=twitter&utm_content=general&utm_campaign=athomelearning (K-3)
- www.coolmathgames.com

Science

- https://www.toronto4kids.com/Take-Your-Kids-to-a-Virtual-Zoo-or-Aquarium/?fbclid=IwAR0lcktclqmYFfUR5AZHT3xUyKwWENAftjBJREpEjvzfRqF7X9_N8ZNrejE (virtual zoo)
- https://docs.google.com/document/d/1SvIdgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/edit?fbclid=IwAR0iSTiAk1WAyoTRIkXgGtypJuJhZ-3jKiywAfMuYcBbjk164HGcKyV3Mxo (virtual field trip)
- https://nanogirlslab.com/?fbclid=IwAR230YgS6_1zUECUUPq1RzEwnhGL1r6L44SRFiLSBjYfr2HalGP2tUEZ18c (science lessons)

Here is an example of a schedule you can use with your own child.
 Customize it to suit the needs of your child and household!

TIME	ACTIVITY
8:00 - 9:00 am	Brush teeth, floss, breakfast, and change
9:00 - 10:00 am	Morning free play
10:00 - 11:30 am	Snack and outdoor time (walk around the neighbourhood, your street, use sidewalk chalk, take out some hula hoops, do outdoor yoga, go on a scavenger hunt, bubbles, skipping)
11:30 am - 12:30 pm	Arts and crafts (make play dough, practicing with scissors, colouring, painting, making slime) or academic time (write in a journal book, research a topic of interest and write about it)
12:30-1:00 pm	Lunch
1:00 - 1:30 pm	Screen time (online educational activity)
1:30-2:00 pm	Silent reading time
2:00 - 3:00 pm	Help with household chores
3:00 - 4:00 pm	Math/Science time (have your child build something out of recyclable materials at home, or work on a math skill - counting, addition/subtraction with household items)
4:00 - 5:30 pm	Family play time (scrabble, puzzles, board games, math with games, show and share)
5:30 - 6:00 pm	Screen time (free choice)
6:00 - 7:30 pm	Shower, Dinner
7:30 - 8:00 pm	Brush teeth, floss, read, bed.

We hope some of these suggestions help you while you are at home with your children during this time! Stay safe and well.

Regards,
 Dr. Mamdani and the Atlantis Team

