

# Step-Up News

May 9th, 2020



***A great big warm happy hello!***

*From All the Staff at Prep to Step-Up*

## Let's Check-In!

### **A Message from Erica**

Hi everyone! I've been thinking of you all and hope you and your families are doing well and staying safe. I also hope that we've all been able to use our mindfulness strategies to help us through this time. I've been keeping busy teaching online piano lessons, getting out for lots of walks, and rediscovering my love of yoga.

I've also been checking in on our fishy friends at the church; they are doing well! Can't wait until we can all see each other again! In the meantime, I would highly recommend looking up some 'chair yoga' videos on YouTube. This is a great family activity that incorporates physical activity, mindful breathing exercises, and also offers the familiarity of our yoga sessions at Prep.

This is a resource on the Royal Botanical Gardens that you and your family might enjoy. Nice to connect with nature and celebrate the arrival of Spring! <https://www.rbg.ca/things-to-do/rbg-at-home/>

Take care, Erica

***"Never Ignore A Possible"***

## Note to Families

### Spring Semester

Officially, the start date of April 7th of the Spring Semester has been cancelled or deferred until we are given the all-clear from the Canadian government.

Once a new date has been secured we will inform you, take a week to plan then resume. Realistically, it may not be until September or later.

As far as we know, anyone that participated at Prep to Step-Up is currently healthy and have returned safely to Canada.

This is an unprecedented and unpredictable time. Please know we are here to support you as much as we can. If you have questions or we can assist you in a proactive way, we will do our best to be helpful.

Contact either  
[dorenmccall@gmail.com](mailto:dorenmccall@gmail.com)  
or  
[prep.stepup@gmail.com](mailto:prep.stepup@gmail.com)  
to stay connected.

## A Message from Cassandra

I miss you all! I have been going for long walks every day for exercise but also in an effort to remain positive! The sunshine in the last few weeks has helped lift my mood.

While we cannot explore different sights right now, I thought a great resource online was: [360cities.net](http://360cities.net). From deserted ghost towns to cities with high rises, you will get to explore it all without leaving your home!

There are also live cams of zoos and aquariums at:

<https://www.inhalton.com/5-best-zoos-offering-live-video-footage-of-animals>

Cassandra

## A Message from Aleksa

This has been an interesting time for everyone. I celebrated my birthday quarantine style and I wish anyone else who did the same a big happy birthday! I was fortunate to spend a large portion of the day outside in the sunshine and fresh air, taking walks and sitting on my patio.

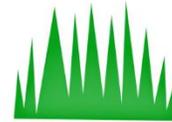
What has been helping me stay positive and busy is to follow a routine by setting time aside for different activities! Keeping a routine can be difficult right now while being at home, but can help us cope with these stressful times by knowing what comes next and by including the important things that make us feel good.

Every day I go on a walk and pay attention to everything around me - the weather, the animals, the flowers, the sky. I have included a Nature Walk Scavenger Hunt sheet to try out. It would be fun to look out for those things on the list and count how many you see. Each day brings different beautiful sights, especially being in Spring with new flowers blooming all the time. I enjoy talking to my family about what I see on my walks, especially the number of dogs and birds I encounter!

## Nature Walk Scavenger Hunt

Let's go on a nature walk!

While you're walking, see if you can find the objects on this page.  
For an extra challenge, write the name of each object in the box below.



[www.khankids.org](http://www.khankids.org)

Khan Academy Kids

<https://khankids.zendesk.com/hc/en-us/articles/360041004572-Printable-Activities-for-Parents-and-Teachers>

Stay safe everyone!  
Aleksa

*“Never Ignore A Possible”*

## A Message from Anne - Hearts in the Window

I hope this newsletter finds you all well and safe! As most of you know, I am a hugger so staying at home and physical distancing are hard for me. I miss human contact so much, especially cuddling my granddaughters.

To show my gratitude to the frontline heroes taking care of us all, I have created a window full of hearts and put blue ribbon on my porch railing.

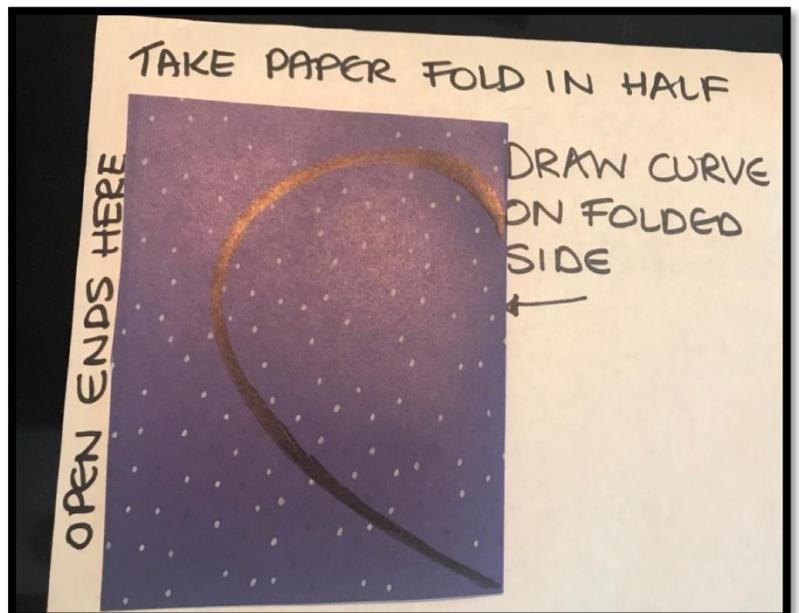


It's very easy to make hearts out of bright coloured paper and stick them onto the inside of a window. Fold a piece of paper in half and draw a curved line on the folded side. Cut along the line. Unfold and you have a heart!

Why not make lots of all different sizes? You can paint them or use crayons, add glitter or pompoms. Have fun and remember you all have a piece of my heart!

Stay safe, my friends!

Anne



*"Never Ignore A Possible"*

## A Message from Doreen

The first blossoms of Spring always make me happy! They tell us that Winter is ending and the new life of Spring is coming to reward us. Looking at these 2 photos of fruit blossoms from different parts of the World, we see that they are not so different. This can remind us that the people who are looking at them in different parts of the World see them with similar eyes and are rewarded, too! We are all neighbours, no matter where we live. We are all going through similar things together. Even though we may be on opposite sides of the global World, we can both feel confused, sad, anxious and a little impatient? Knowing that we can both see the same beautiful flowers can also remind us to feel calm, happy, trusting and hopeful together.



**These fruit blossoms are from Munich, Germany.**



**These fruit blossoms are from Victoria, British Columbia, Canada.**

I know we can't be near to our neighbours right now but that doesn't mean we are on our own. We are seeing and feeling the same things. Once the physical distancing has been lifted, think of all the stories we'll be able to share with each other! Look around yourselves and take in all the senses of Spring; the smells, the colours, the changes! In the moment remember the story, write or tell it often, then you can share it with us all when we get back together! Stay Safe and Have Fun!

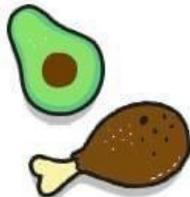
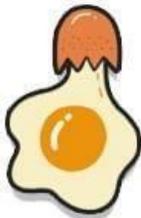
Doreen

*“Never Ignore A Possible”*

# Keep Learning

## 16 Everyday Activities That Count as Learning

1. Cooking & Baking



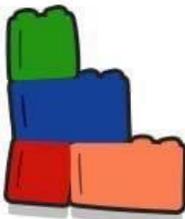
2. Meal Planning

3. Budgeting



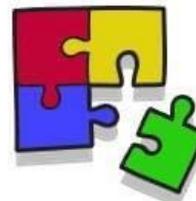
4. Checking the Weather Forecast

5. Building with LEGO



6. Playing Card Games

7. Playing Board Games



8. Doing Puzzles

9. Imaginative Play



10. Listening to Music

11. Reading



12. Coloring, Drawing, Painting

13. Listening to Podcasts or Audiobooks



14. Writing Letters or Emails

15. Taking a Walk



16. Cleaning & Doing Chores

WE ARE TEACHERS

*“Never Ignore A Possible”*

# FREE EDUCATIONAL WEBSITES FOR KIDS

For Links Visit FromABCsToACTs.com

- |                          |                          |
|--------------------------|--------------------------|
| PBS Kids                 | Youngzine                |
| Make Me Genius           | Fuel the Brain           |
| Starfall                 | Mr. Nussbaum             |
| The Magic School Bus     | Exploratorium            |
| Cool Math                | Turtle Diary             |
| Highlights Kids          | e-Learning for Kids      |
| ABCya                    | Sesame Street            |
| National Geographic Kids | Fun Fonix                |
| The KIDZ Page            | Seussville               |
| Funbrain                 | Tvokids                  |
| NGAkids Art Zone         | The Story Starter        |
| BBC History for Kids     | NASA Kids' Club          |
| Storyline Online         | Crypto Club              |
| Steve Spangler Science   | Earthquakes for Kids     |
| Mission US               | Smithsonian Learning Lab |
| The Happy Scientist      | Study Jams               |
| Khan Academy             | Grid Club                |
| Cells Alive              | Magic Tree House         |
| KidsReads                | DOGO News                |
| Google Earth             | Science Bob              |

## MANAGING CORONA VIRUS (COVID-19) ANXIETY

- For You**
- Avoid excessive exposure to media coverage
  - Connect through calls/text/internet
  - Add extra time for daily stress relief
  - Practice self-care
  - Focus on your mental health

BlessingManifesting

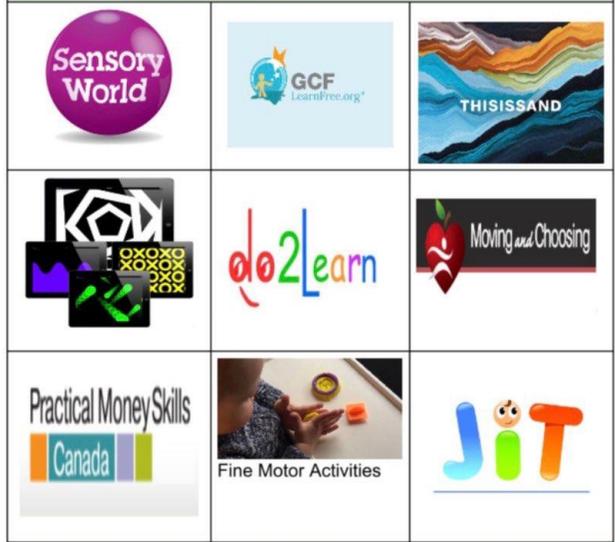
- For Kids!!!**
- Reassure them that they're safe
  - Let them talk about their worries
  - Share your own coping skills
  - Limit their news exposure
  - Create a routine & structure

- For Quarantine/Isolation**
- Keep in contact with your loved ones via social media, texts, and phone calls
  - Create a daily self-care routine
  - Keep yourself busy: games, books, movies
  - Focus on new relaxation techniques



## Daily Living Resources

### Daily Living Websites:



## Mathematics Resources

### Math Websites:

Click on the images below to access math websites.



### And a few more:

History Scavenger Hunt

<https://www.historymuseum.ca/learn/activities/go-on-a-history-scavenger-hunt/>

Baking Bread

<https://www.jocooks.com/recipes/no-knead-bread/>

You'll also find a few music videos on the digital version of our Newsletter!

*"Never Ignore A Possible"*

# Goodbye April

You were a month like nothing  
we've every experienced.

# Welcome May!

Please be a good month  
and bring smiles, joy, good  
health and happiness to all  
my family and friends.

