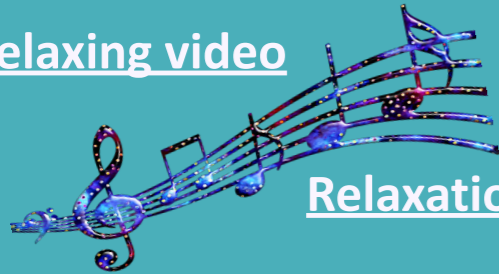


## Personal Care and Well Being

### Relaxation

Students can put some relaxing music on and practice breathing in and out calmly, either laying down or sitting with legs crossed.

#### Relaxing video



#### Relaxation Breathing Visual



### Recipe of the Week!!

Try this light and refreshing snack that is easy to make! Make your own hummus from scratch and enjoy it with your favourite vegetables or pita chips! [Click here for the recipe!](#)



### Photo Album

Looking through pictures and creating a photo album is a great way to talk about those closest to your child. Check [this tip sheet](#) before starting the project.



### Communication

Click [here](#) to get the template for creating a personalized photo album. Use [this format](#) if your child can elaborate to talk more about these members.

Use the [Vocabulary Sheet](#) for writing ideas.

### Wearing a Mask

### Home & Community Life

As our communities gradually open up, there will be noticeable changes in people's appearance. Read this [social story](#) from PAutism.org to help your child understand the importance of wearing a mask in public as well as how to care for it.



### Outdoor Shadow Drawing

### Leisure

This fun activity encourages your child to spend time outside in the sun!

#### Materials:

Paper  
Small toys (animals/ transportation vehicles)  
Pencil  
Sun hat!

Make sure that the items are placed on the paper in the sun so that it casts a shadow onto the paper. Guide your child to trace the shadow!



**Option B:**  
Your child can build a tower with blocks/Lego and trace its shadow

**Please note:** There are two choices of the activities being offered. Please look over both and choose the level that is most appropriate for your child. Multiple competencies/life areas may be covered in each activity.