Cooking Channel

Spend some time in the kitchen with your children exploring with recipes. Cooking is a fun practical experience that also includes many essential skills such as reading, following directions, and measuring. Cooking can also help children develop fine motor skills, eye hand coordination, and even early concepts of math and science.
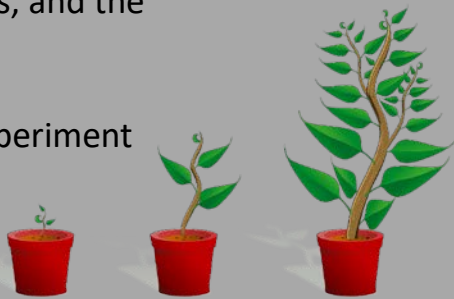
Try these delicious recipes with your children:
Smoothie, Fruit Kebab, Dirt Cup

What's on TV?

Link of the week:
Make your own shadow puppet show! Click here for instructions on how to make your own shadow puppets. Choose a method that is consistent with your child's skill level and abilities.

Sports Channel

Building and participating in an obstacle course is a great way to build strength, coordination and balance and to learn problem-solving skills. Click here for ideas on how to make your own obstacle course at home!

Build your favorite athlete by completing this fun fine motor activity to develop cutting, pasting and drawing skills. As you go along, discuss the body parts with your child and add as many details as you like (ex. helmet, hockey stick, skates, etc.). Click here for activity. If your child is learning how to draw a person, click here for a template.

Nature Channel

Children are naturally curious about the world around them! Watching nature shows and documentaries can be a fun way to spark their interest about plants, animals, and the environment.

Click here for a fun flower experiment to do with your child.

Movie Channel

Movies are a fun way to work on language skills! Watch a movie with your child and notice what their favourite scenes are. Then, use figurines, stuffed toys, or make characters and props out of playdoh to reenact those events.

For example, in the movie Frozen, Elsa and Olaf find themselves sliding fast down a bumpy mountain. In another scene, Olaf smells a flower and has a big sneeze! Play with your child and ask questions to connect characters with events. Expand on what they say using words like *and*, *so* and *because*. Click here for information on the connection between play and language.