




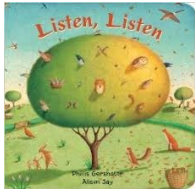
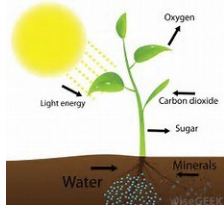



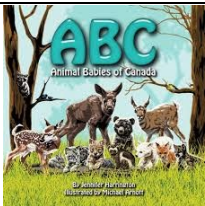


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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Plant seeds in a container together. This activity promotes science, math, observation skills and responsibility.	2 	3 Visit your public library to borrow books and magazines about gardens. 	4 Visit your public library for children's books about Canada.	5 <i>Literacy Nature Walk</i> Jones Creek Trails 1270 Thousand Islands Parkway Mallorytown 10:00-11:30 a.m. Dress for weather & bring a snack.	6 <i>Literacy Nature Walk</i> Mac Johnson Wildlife Area, Debrugge Road, Tincap 10:00-11:30 a.m. Dress for weather & bring a snack.	
7 Spending 1 hour in nature can improve memory and attention span by 20 %. 	8 Gardening relaxes, energizes & reduces the stress hormone called cortisol. Go dig! →	9 	10 A child's body develops and grows by playing outside in nature. They become stronger, have better balance and are more coordinated.	11 What colours can you find in nature? Look high and low to find the colours of a rainbow (red, orange, yellow, green, purple and blue).	12 Is your potted seeds growing yet? 	13 Visit the <i>OEYC Play &amp; Learn</i> program at the Brockville Public Library from 9:30-11:30 a.m. It is available every Saturday until June.	
14 Enjoy nature by noticing the sounds around you. Nature promotes relaxation. Read this book to give you ideas. →	15 	16 The green colour found in leaves helps plants get energy from the sun. Plants use energy from the sun to create oxygen.	17 	18 Talk to your child about how things work. This builds their listening skills, vocabulary and knowledge from a young age.	19 For a healthy brain and physical development limit time for babies in car seats, strollers, carriers and play pens. Learn more: →	20 <a href="http://www.healthunit.org/children/">http://www.healthunit.org/children/</a> and <a href="http://www.cheo.on.ca/en/Plagiocephaly-brachycephaly">http://www.cheo.on.ca/en/Plagiocephaly-brachycephaly</a>	
21 Measure your plants growth. 	22 Enjoy a cozy area under a tree with books and activities on a blanket. →	23 	24 Sing <i>O Canada</i> to your child to teach them the anthem. 	25 Talk about the colours of the Canadian flag and the shapes that make the flag.	26 <i>Literacy Nature Walk</i> Mallorytown Landing Visitor Centre, 1121 Thousand Islands Parkway 10:00-11:30 a.m. Dress for weather & bring a snack.	27 Meet a friend at the park to play together. Take a ball to share. Ball promotes fine and gross motor, balance and coordination.	
28 Read books to babies right from birth. Read the same book each day. Repetition is what babies brains need to help with development.	29 	30 Play scavenger hunt together. Hide toys around the yard. Find nature items while you are searching for the toys.	31 Take crayons and paper outside to make art of nature rubbings. Use leaves, rocks and bark.	"Children connected with nature are happier, healthier and learning. Getting outside and playing reduces screen time." Studies show that playing outdoors enhances literacy skills; reading, writing, listening, speaking and playing. To learn more visit: <a href="http://www.healthylg.org/outdoor_recreation.html">http://www.healthylg.org/outdoor_recreation.html</a>			