

Hello strong start families,  
I hope you enjoyed the first newsletter I sent out. It has been a huge learning curve adjusting to online strong start, and hope to improve on content, each time. Please let me know if you have tried the Garden activity that I posted last time. If so, I would love to see photos of how it is going, or "growing" 🥰. Extensions to the carrots, try a half of a raw potato, or lettuce stalk, following the same directions. Below, is my **self portrait**, including my name, with items from outside and around my house. **Please create your own self portrait** and send it to me. Try making some letters in your name too!

Click on link below and watch Ms. Cindy  
Sing a song! 😊  
Please sing along with me.  
I hope you enjoy it!

<https://safeYouTube.net/w/87sE>



#### How to make binoculars:

##### What you need:

- 2 toilet paper rolls or paper towel roll cut in half.
- Paper (any kind) to cover rolls
- I used magazine page
- Once covered with paper, glue or staple
- Rolls together .
- Use wool or string to make a carry strap

#### Take your binoculars on a nature walk

- Look for as many colors of the rainbow 🌈 , in nature.
- Name what you see.
- How many colors can you find?

#### **Parent Resources**

West Coast Families Parent Resources – a lot of resources -  
<https://www.westcoastfamily.org/covid-19-parenting-resources>  
Wellness Wednesday Videos for Kids (City of Port Coquitlam) -  
<https://www.portcoquitlam.ca/recreation/children-youth-services/wellness-wednesday-video-series/>

#### **Make your own Chalk Paint**

##### What you need

- Cornstarch , water, water colour or tempera paint, and a muffin tin or plastic bowls. (Food colouring may stain)
- Mix 2/3 cup water, with 1/2 cup cornstarch.
- Separate mixture into bowls or muffin tin well, and then add a different colour to each well, or bowl.
- Use a paint brush to paint on cement.
- Create your own Sensory path or (obstacle course)