

Hello everyone, let me start by sharing with you how happy I am to be writing this first newsletter in hope that during this difficult time we can connect even from a distance. I want you all to know that I think about you every day and remember your children's smiling faces. I have always felt very lucky to have a small community of families at Riverview Park Strong Start that are there to help and support each other. During this difficult times we can't be together physically but can certainly support each other even if it is via a newsletter.

Please say "Hello to your children from Ms Mireya" so they know I am thinking of them and how much I miss them ❤️

## Recipes

Try this fun and friendly activity. Set out bowls of their favourite ingredients and let them have fun-there is no recipe to follow, so anything goes! Remind them to wash their hands first. Then provide each child with a spoon to scoop some of each ingredients into their own bowl.

Here are some options that work well...use what is handy!

Cheerios, goldfish crackers, raisins, chocolate chips, shreddies, banana chips, dried cranberries, granola, pretzels, m&m's, popcorn, coconut flakes.



These are some of the rocks I have painted with my mom.

Can you show me some of the rocks you have painted?

## Family Fitness: Stretch Together

After you get some heart-pumping cardio fitness with an online workout video or a quick walk around the block, stretch it out with these fun, kid-friendly poses. Exercise is a great way to beat boredom, reduce stress and improve mood.

- 1. Sunshine on the rock.** Find a partner. One of you can be the "rock." Kneel down, rest your torso on the ground with your forehead on the floor. Your partner can sit on the rock, then gently lie back and spread out like rays of sunshine. Hold for 10 seconds, then switch places.
- 2. Tree family.** Stand upright on one foot, and rest the sole of the other foot on your inner thigh or calf (just not your knee). Have your partner(s) assume the same position. Then, hold hands in the air. Breathe deeply and balance for as long as you can.
- 3. Row the boat.** Sit facing your partner, and align your feet so the soles of your feet are against each other. Hold hands, and gently pull your partner towards you so they can stretch while you lean back. Take turns rowing back and forth.

## Fun Art Activity

*When you go out for walks around your neighborhood why not collect some rocks, take them home to paint them/write some inspirational messages and the next time you go out again leave them for others to find along the way.*

*Take a photo of your work and share with Ms Mireya.*

Thank you to all the families that came out to see the car parade on Friday. You are amazing! I loved seeing your colourful signs and smiling faces. That truly meant the world to me. Thank you to Charlotte's mom for sharing this photo.



## Parent Resources

The city of Port Coquitlam has a website called wellness Wednesday.

Take a look at the link below for some fun activities you can do with your family.

<https://www.portcoquitlam.ca/recreation/children-youth-services/wellness-wednesday-video-series/>