Dear Counselling Corner:

We are thinking about summer plans, and am looking for calm, art, educational and fun activities which we can do at home. Do you have any suggestions? Thanks so much!

Searching for Calm

Dear Calm:
Good for you for keeping things simple. Living a simpler life, helps us to remove the 'clutter' from our lives and helps us to identify what our goals and priorities are. Simplicity can also help us to focus our time and energy on things which matter most to us and give us an opportunity to pursue our interests and dreams. I believe that determining what really matters to us is especially important during these times.

Check out this great website which outlines ten activities for showing kids how they can enjoy the benefits of making art outdoors with natural materials in simple ways. These activities promote creativity and a sense of calm as well as connecting kids to the outdoors: https://heartmindonline.org/resources/nature-art-10-activities-for-creativity-and-calm?utm_source=%3E+Dalai+Lama+Center+Subscribers&utm_campaign=d8005b0cf7-EMAIL_CAMPAIGN_2017_03_21_COPY_01&utm_medium=email&utm_term=0_82bc946c0d-d8005b0cf7-97280365

Here is another website with some great summer activity ideas for kids: https://www.itsalwaysautumn.com/101-summer-fun-ideas-kids-can-home.html

I am a passionate gardener and have always grown gardens with my daughters. You may wish to try this! Gardening is low cost and can use a small space. It gets kids outside, is a great educational experience, gives them a sense of responsibility and can be a lot of fun. Here are some great websites to get you started:
https://learn.eartheasy.com/guides/gardening-with-children/
https://www.planetnatural.com/gardening-kids/

The Counselling Corner is intended to offer some helpful ideas, encouragement and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at hchang@sd43.bc.ca.

Harriette Chang
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