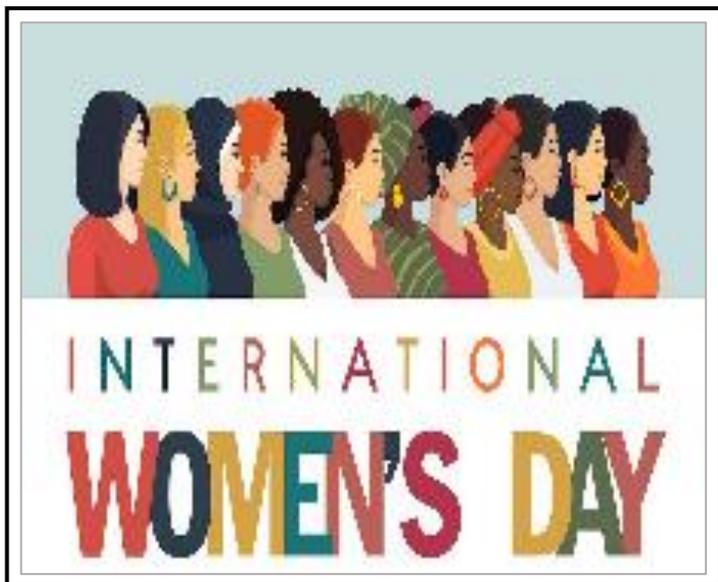


March 2026



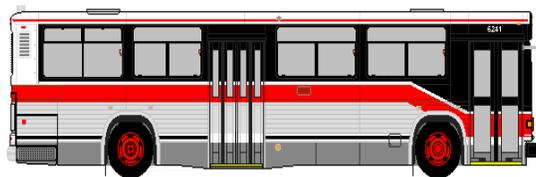
The Wheels on the Bus

The wheels on the bus go round and round,
round and round, round and round
The wheels on the bus go round and round.
All through the town

The doors on the bus go open and shut, Open and
shut, open and shut.
The doors on the bus go open and shut.
All through the town

(You can add the money, driver, people, babies,
horn, motor, wipers, etc.)

The wheels on the bus go round and round, round
and round, round and round
The wheels on the bus go round and round.
All through the town



Self-Care Starter Kit



Looking after yourself is an important part of living a happy and healthy life. Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and well-being.

In this Self-Care Starter Kit, we describe why self-care matters, why it's important to take time to look after yourself, and how you can build a self-care plan to improve your quality of life.

Life is busy. There are always tasks to do at home, work is busy and can be stressful, your children need your time and energy, and your calendar is jammed. In an effort to keep your schedule under control, sometimes you skip meals, miss your class at the gym, or cancel plans with friends.

When life gets busy, self-care is the first thing we sacrifice. People often think that taking time for themselves in the middle of busy times seems indulgent, but looking after your well-being will help you be productive and care for others.

Self-care is not selfish.

Self-care helps to prevent burnout. Excessive or prolonged stress can lead to a state of emotional, mental, and physical exhaustion, often referred to as burnout. Burnout reduces productivity, zaps your energy, and can lead to physical or mental concerns. By incorporating self-care activities into your regular routine, like going for a walk or socializing with friends, you give your body and mind time to rest, reset, and rejuvenate, so you can avoid or reduce the symptoms of burnout.

Self-care helps relationships. Self-care helps you to maintain a healthy relationship with yourself and others. Doing things that make you feel physically and mentally good boosts your confidence and self-esteem. When you feel good, you are happier and better able to maintain positive relationships with family, friends, and co-workers. By practicing self-care, you also demonstrate to the people around you that you know how to set healthy, functional boundaries, which sets a great example and also helps to align their expectations of you.

Self-care makes you more effective. When you take time for yourself, and give your body the food, rest, and activity it needs, you will actually have more energy to meet the demands of daily life. Much like refueling the engine of your car, self-care activities refuel your body and mind. Bringing more balance to your daily routine will help you be more productive and more resilient to stressors.

homewoodhealth.com

Puppets

Materials:

- Paper bags
- Construction paper
- Wool, ribbon, fake fur, felt, etc
- Crayons, markers, paint
- Googly eyes
- Anything else you would like to add
- Scissors and glue

Directions:

1. Decide what kind of puppet you would like to make:
 - Person, animal, monster, creature, etc
2. Cut out face, body, clothes
3. Glue on to paper bag
4. Add eyes, wool for hair, etc.



Fiesta Chicken Enchiladas

Ingredients:

- 1 tbsp oil
- 1 onion and red pepper, chopped
- 1 clove garlic, minced
- 1 lb(450 g) boneless skinless chicken breasts, cooked, shredded
- ¾ cup salsa, divided
- 125 g(1/2 of 250-g pkg.) Cream Cheese Spread, cubed
- 1 tbsp chopped fresh cilantro
- 1 tsp ground cumin
- ½ cup Cracker Barrel Shredded Light Tex Mex Cheese, divided
- 8 small flour tortillas



Instructions:

1. Heat oven to 350°F.
2. Heat oil in large skillet on medium-high heat. Add onions, peppers and garlic; cook and stir 2 min. Add chicken, 1/4 cup salsa, cream cheese spread, cilantro and cumin; mix well. Cook 10 min. or until heated through, stirring occasionally. Stir in 1/4 cup shredded cheese.
3. Spoon about 1/3 cup chicken mixture down centre of each tortilla; roll up. Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray; top with remaining salsa and shredded cheese.
4. Bake 15 to 20 min. or until heated through.



**DON'T
WORRY
JUST
BE
HAPPY**

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Child and Family Centre
ON y va
Centre pour l'enfant et la famille

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Comfort Play & Teach



Mathematics

Children learn concepts like measurement, shape, location, counting, comparing, ordering, adding and taking away in many ways. When you hear them count aloud to ten, use words like 'first', 'last', 'over', 'under', 'bigger' or 'smaller', or see them build with blocks or use shapes in drawings, they are showing their understanding of mathematics. Here are some ideas for turning learning about mathematics into Comfort, Play & Teach time.



Comfort

- Children feel a sense of satisfaction and competence as their math and number skills increase, and as they learn to problem-solve. Help them practice these skills in familiar and comfortable ways, such as cooking, filling measuring cups at the water table, or stacking and counting blocks. The learning environment can provide many opportunities for exploring math.
- Think of ways to personalize math experiences. By creating a birthday board, children can track how old they are, see the number symbols for their birth date, and count how many friends celebrate a birthday each month. Providing a wall measure enables children to observe their own growth over time. They will love seeing how many inches they have grown since their last birthday!

Play

- Children need to touch and manipulate concrete objects in order to learn to think in abstract ways. Things that they experience each day can be used to practice math skills – toys, food, nature items. Objects can be grouped according to similarities (i.e. colour, shape, kind). They can be sequenced in order from smallest to largest. Children can practice skills like counting and matching.
- Include math experiences throughout the curriculum. Do finger plays to reinforce counting through rhyme, or read picture books that introduce number concepts. Teach measurement by making play dough. Encourage exploration of geometry and 3D shapes in the block area. Patterns emerge while creating a collage. Make calculators, toy cash registers and pretend money regular props in the drama centre. The possibilities for learning math through play are endless!

Teach

- Children need to explore math in many ways to understand it. Provide them with objects to manipulate, and open-ended activities with more than one right answer. Interact with the children, and ask questions that encourage their problem-solving and reasoning. Encourage them to interact with each other, so that they share and build their understanding together.
- Math experiences enable children to develop skills like identifying, classifying, observing, counting, calculating, measuring, predicting, problem-solving, ordering and matching. Adults can support children's understanding of the processes involved in developing these skills, so they are more able to communicate and to apply these understandings once they enter school.



Visit www.IMHPromotion.ca for more great activities and resources.
Created by the experts through Invest in Kids and hosted by Phoenix Centre for Children and Families and IEMHP



Your feedback is very important to us!

Please feel free to share ideas, resources and/or concerns with:

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