

July 2021

"Play is the highest of research."

- Albert Einstein



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Canada Day	2 Make bubbles with soap and water. Use different sized bubble wands.	3
4	5	6 Fill a bin with rocks, dirt, leaves and other materials. Close your eyes and use your other senses to feel.	7	8	9	10
11	12 Collect natural materials to make a craft.	13	14	15 Use food items around the house to create a unique painting.	16	17
18	19 Use buckets, water balloons or sponges and have a water fight outside.	20	21	22	23 Practice yoga poses for strength and relaxation.	24
25	26	27 Explore a nearby hiking trail.	28	29 Dress up and put on a play.	30	31

Activity Colour Log: Blue = Community

Green = Indigenous & The Land

Purple = Well-being