

## Programs Resource Guide - July 2024

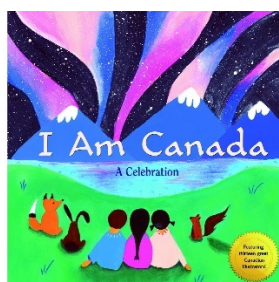
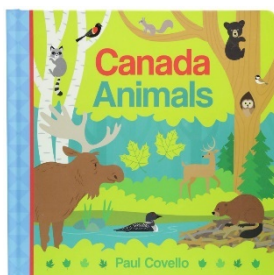
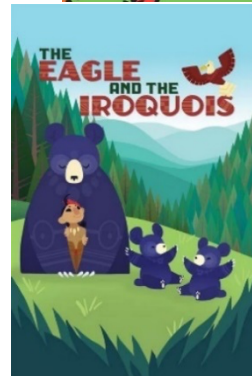
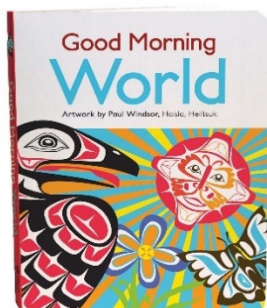
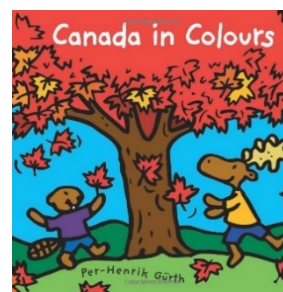
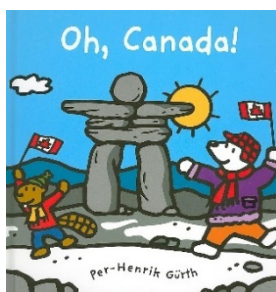
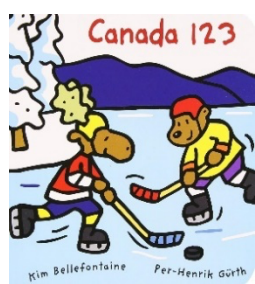
### Canada Day – July 1st

It is celebrated on July 1st of each year and marks the birth of a nation. On this day, the three separate colonies of the United Canadas, Nova Scotia, and New Brunswick were united into a single dominion within the British Empire called Canada.

It is a day to reflect on what it means to be Canadian, to share what makes us proud and to celebrate in our own way.

At Umbrella we can show our pride and respect for Canada through embracing our multiculturalism and acknowledging Indigenous communities, celebrate Canada's natural beauty and cultural heritage, and foster a sense of belonging among children and families.

Books to Support Canada Day:



Canada Day is a wonderful opportunity to engage in loose parts play with children. Here are some creative ideas to celebrate the occasion ...

1. Creating Character Portraits: Use loose parts like wooden items, beads, and outdoor items (sticks, leaves, flowers, pinecones) to build character portraits. Children can invent their own characters, give them names, and even create backstories. This activity fosters storytelling and early literacy skills.
2. Creating Maps: Encourage children to create treasure maps using loose parts. They can include features like mountains (stones), forests (sticks), and magical settings. This activity is engaging and sparks imaginations.
3. Creating Flags: Encourage children to create a flag, using creative materials and loose parts without gluing or attaching the items. Encourage them to use items from nature like the Canadian Flag uses the Maple leaf.
4. Sensory Play: Using loose parts for a sensory experience helps children understand the world around them. Using their senses to explore the materials will celebrate the vast nature across our beautiful country. Consider items like pinecones, acorns, tree bark, leaves or flowers.



Ask the children questions and engage in conversations as they explore the loose parts. Which items do they feel represent Canada? Why do they feel these items represent Canada? Is it a personal connection between themselves and the items or do they feel it represents their community?

### **World Population Day: July 11th**

World Population Day aims to increase people's awareness on various population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights. It emphasizes the importance of gender equality in addressing demographic challenges, climate change, and conflict.

The day encourages collaboration and smart choices to protect our shared home.

The UN calculates that there are more than 7 billion living humans on Earth, yet 200 years ago we numbered less than 1 billion. Recent estimates suggest that 6.5 percent of all people ever born are alive right now. This is the most conspicuous fact about world population growth: for thousands of years, population grew only slowly, but in recent centuries it has jumped dramatically. Between 1900 and 2000 the increase in world population was three times greater than the entire previous history of humanity— an increase from 1.5 to 6.1 billion in just 100 years.



#### Activities:

1. **Nature Scavenger Hunt:** Take kids outdoors and encourage them to find natural objects like leaves, rocks, or flowers. This activity helps them observe their surroundings and develop spatial awareness.
2. **Build an Obstacle Course:** Create an obstacle course that represents a road map of the World. Use additional items to add to the course over each run, to make it increasingly difficult to navigate. This will replicate the increase in population and the difficulties it presents in our day to day lives.
3. **The Floor is Lava:** This childhood favorite is an awesome way to work on spatial awareness skills. Similar to an obstacle course, create pathways for your child to follow that avoid certain areas so they have to practice maneuvering around large and small items.
4. **Road Maps:** Create a road map course using mural paper, or blocks, or train tracks. Give each child one vehicle to begin (this can be an actual toy car or you can use loose parts). Have them navigate the map with just the one object. On their next turn have them use multiple vehicles/ objects.

The classroom environment is designed to encourage exploration. Children are encouraged to experiment with a variety of materials available to them. This play-based approach encourages children to learn through hands on experiences supported by knowledgeable educators.



Books to support Community and the Earth:



### International Friendship Day: July 30<sup>th</sup>

The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.

Building empathy and awareness of our differences as well as our similarities creates bonds. Empathy is the ability to understand or sense the feelings of others (people, animals).

Empathy has emotional and cognitive components:

- Emotional empathy is the ability to experience another person's emotional state.
- Cognitive empathy is the ability to imagine another's person's emotional experience.

At Umbrella we are committed to supporting children as they develop relationships with each other. Educators are responsive to children's needs, and are alert to opportunities to support children as they develop ways of resolving conflict. We help children to develop self-awareness and constructive problem solving and decision making skills through clarification of feelings, encouragement and modelling.

## Activities:

1. Create a group art experience. Allow the children to add to a collective piece of art. Using different mediums all on one canvas or piece of mural paper.
2. Friendship letters. Put everyone's name in a hat and have each child pull one name. They can then write a letter to that person about what they have in common or what they like about that person that they do not have in common. For the younger ages, help the children identify similarities between themselves and others in the class. Create a board of kindness and add actions the children do for each other under their name. Talk about the board and instill words of kindness throughout daily routines.
3. Friendship bracelets. Using common art materials, beads, string, yarn, tape, feathers, loom elastics to create bracelets for the whole group.
4. Friendship Quilt: Give each child a construction paper square to decorate using crayons or other art materials. Be sure they add their names to the squares they create. When the squares are finished punch holes in all four corners using the hole punch. Sew the squares together with yarn to create the friendship quilt. Or you can use tape to bring attach all the squares. Display the quilt for everyone to enjoy.



## Books to inspire Friendships, Empathy and Kindness:



