

## Programs Resource Guide - May 2024

### **May is Mental Health Awareness Month**

May is Mental Health Awareness Month in Canada. It is a time for fostering understanding, promoting resilience, and raising awareness importance of mental well-being for all Canadians.

*\*Please reference May's Program Resource Guide from 2023 for more information.*

How can we support well-being in our classrooms?



### **Educational Materials and Activities**

- Implement age appropriate books, and interactive activities to teach children about emotions, empathy and coping skills.
- Listen and respect children's feelings. It's OK for children to feel sad, angry, embarrassed.
- Encourage children to talk about their feelings. Validate their emotions and save space for their feelings.
- Incorporate mindfulness exercises and relaxation techniques into daily routines.

### **In difficult situations, help children solve problems:**

- Teach your child how to when they feel upset. This could be deep breathing, doing something calming (such as a quiet activity they enjoy), taking some time alone, or going for a walk.
- Talk about possible solutions ideas to improve a situation and how to make it happen. Try not to take over.

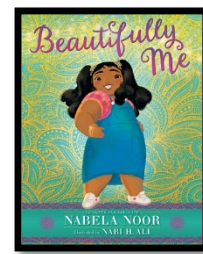
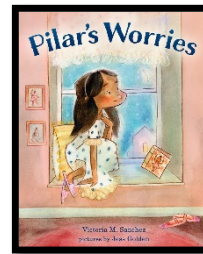
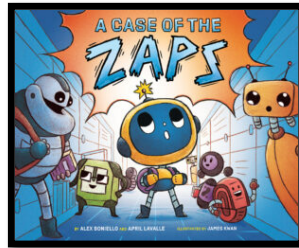
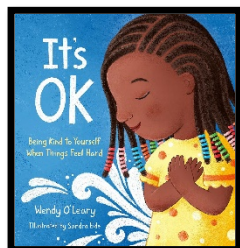
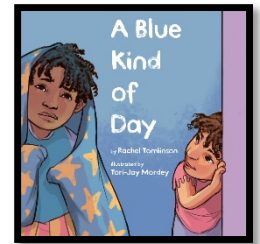
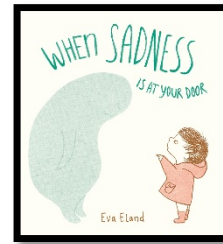
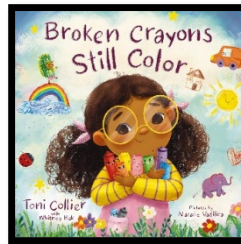
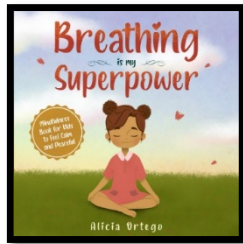
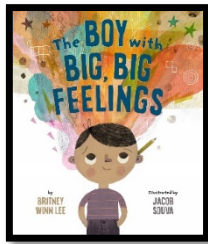
### **Create a safe, positive environment that promotes the well-being of all the children.**

- Cozy Corners
- Emotional Identity Cards/Pictures
- Pictures of the children in the program, Documentation of the children in the program

### **Help build children's self-esteem**

- Show lots of love acceptance.
- Encourage them when they well. Recognize their efforts as well as what they achieve.
- Authentically and genuinely to know the children in your program, ask questions about their activities and interests.
- Support children by strong, caring relationships with them.
- Help children set realistic goals.

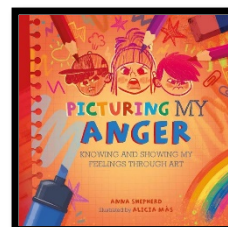
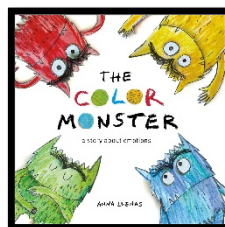
## Books to support Mental Health in our Programs



## Creative Expression

Creative expression through art offers many therapeutic benefits. Some of the benefits may include increased self-awareness & communication skills, stress relief, development of healthy coping skills, and improved self-esteem, among others

<https://youtu.be/ToCk7Cg640I>



Transient Art

Mandala Art

Blow Art

Painting Art

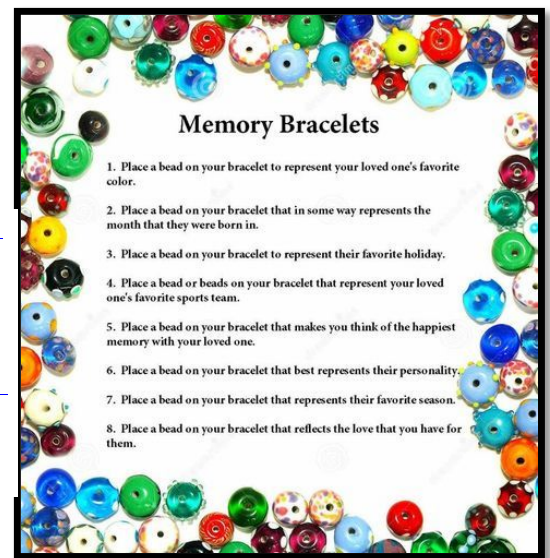


Additional Resources:

<https://www.thepathway2success.com/daily-emotions-check-in-ideas-for-students/>

<https://www.socialemotionalworkshop.com/feelings-check-in/>

<https://childmind.org/article/best-childrens-books-about-mental-health/>



## **Mother's Day – May 12**

What is Mother's Day?

Mother's Day is a special day dedicated to honouring mothers and motherhood. It's a time to appreciate and celebrate the love, care, and devotions that mothers make for their children and families. Instead of focusing solely on mothers, educators can celebrate families as a whole. Encourage children to talk about the special people in their lives.

*\*Please reference May's Program Resource Guide from 2023 for more information.*

### **How can we Celebrate Mother's Day in our Programs?**

Invite children to make a special home-made or home-grown gift for their special family member. Artistic creations are a great way to showcase their love through visual representation. Provide art materials such as paints, crayons, clay or recycled materials for children to create artwork dedicated to their mothers. Children can paint portraits of their mothers, sculpt clay figures, or create collages depicting moments spent together.

When introducing creative expression activities. Encourage children to think about their loved one. Provide prompts to help inspire them such as "What does Mommy love", "What do you and Mommy like to do?", "What do you think is a colour they like?" "What makes Mommy special to you?" and "Where do you and mommy like to go together?" Encourage the children to think of memorable moments.



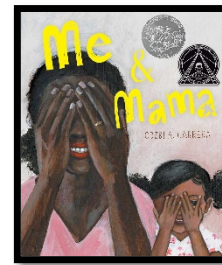
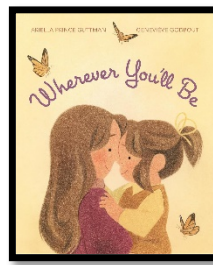
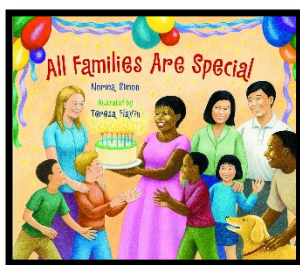
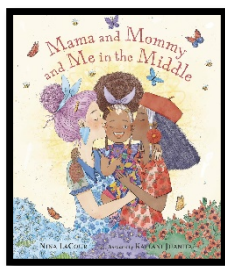
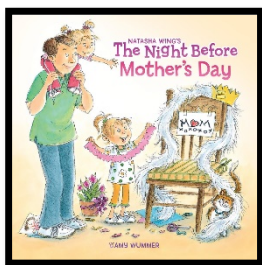
Invite children to paint and decorate a flower pot encourage children to add soil and plant their flower seeds. Teach them about the significance of nurturing and caring for plants. Children get to watch the flower sprout before gifting.



Invite children to create a mixed media block of their loved one or the child with their loved one. Provide children with various art materials to use for their creative expression.



## Books to support Mother's Day in our Programs



<https://fairydustteaching.com/2016/05/mothers-day-gift/>

<https://artfulparent.com/15-handmade-mothers-day-gift-ideas/>

## World Bee Day – May 20

What is world Bee Day?

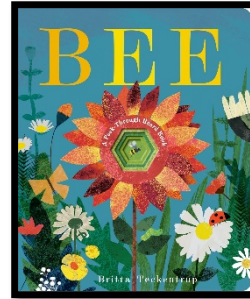
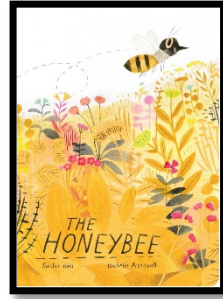
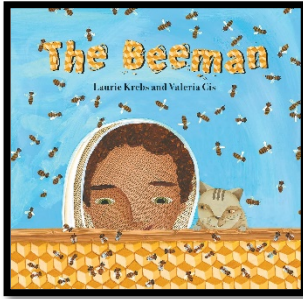
World Bee Day is an observance dedicated to raising awareness about the critical role bees and other pollinators play in sustaining ecosystems and agriculture. Bees are vital for pollinating many of the crops that we rely on for food, making them crucial for global food security. This day serves as a reminder of the threats facing bee populations, such as habitat loss, pesticide use and climate change and encourage action to protect and conserve bees and their habitats.

How can we support World Bee Day in our programs?

Educating children about the importance of bees and other pollinators can be fun and educational! Provide children with books about bees, gardens, and the nature of outdoors. Invite the children at gathering time to read engaging and informative books and allow time for open discussions around bees. Invite children to share what they know about bees and teach children about the many types of bees and their roles. Learn with the children, explore how bees feed, how bees make honey, learn about bees wax. (12months+) Invite children for a honey tasting activity for morning or afternoon snack. If possible, start a small garden or plant flowers. This allows children first hand experience on how bees interact with plants and understand the connection between bees and food. Invite children to create a Bee Hotel or a Nesting Space.



Books to support World Bee Day in our programs.



Additional resources:

<https://childsplayabc.wordpress.com/2022/05/20/world-bee-day-activities/>

<https://www.youtube.com/watch?v=aW2CjyF0ZsM>

### **World Day for Cultural Diversity for Dialogue and Development – May 21<sup>st</sup>**

What is World Day for Cultural Diversity for Dialogue and Development?

World Day for Cultural Diversity for Dialogue and Development celebrates the importance of cultural diversity and dialogue in encouraging peace, sustainable development, and social harmony in Canada and around the world. Our country is home to a wide array of cultures, traditions, and languages, each adding to the vibrancy of our society. The observance highlights not only the richness of the world's cultures, but also the essential role of intercultural dialogue.

How can we celebrate World Day for Cultural Diversity for Dialogue and Development?

Promote Diversity

Speak Inclusively

Offer a Range of Resources

Reading about other cultures exposes children to different backgrounds, traditions, and ways of life. This awareness promotes empathy and respect toward people from different backgrounds and can help children develop an appreciation for diversity. Children can challenge stereotypes and prejudices by reading books about other children who don't *look* like them and are from other countries. This exposure allows them to see past initial differences and find similarities. Books create captivating narratives that can transport a child into the lives of others, sparking their imagination. Literature from other cultures shares different languages and storytelling techniques. Learning about new dialects can positively influence a child when they meet people from diverse backgrounds.



## Books to support World Day for Cultural Diversity for Dialogue and Development



Invite children to listen to the story “Skin like Mine” and offer the book for children to explore independently. Set up a creative table with faces in a variety of skin tones and multi media art materials for children to create self-portraits. Encourage inclusive conversations between children and invite children to share about their cultural heritage or celebrations.



## **National AccessAbility Week May 26<sup>th</sup> to June 1<sup>st</sup>**

National AccessAbility Week is an opportunity to mark the important contributions of Canadians with disabilities and to highlight how Canadians are identifying, removing, and preventing barriers to inclusion and accessibility.

## **Global Accessibility Day – May 14, 2024**

What is Global Accessibility Day?

The goal and intention of Global Accessibility Day is to raise awareness about digital accessibility and promote inclusive practices. Accessibility removes barriers.

*\*Please reference May's Program Resource Guide from 2023 for more information. Available on the Employee Portal.*

## **Red Shirt Day – May 29<sup>th</sup>**

**What is Red Shirt Day?**

Red Shirt Day of Action for AccessAbility and Inclusion is a day when people across Canada come together and wear red to create a visible display of solidarity: to show their support for disabled people and their families, celebrate the achievements of disabled Canadians, and to pledge their commitment to help create a fully accessible and inclusive society.

*\*Please reference May's Program Resource Guide from 2023 for more information.*

## **Supporting Accessibility in our Programs**

Early childhood inclusion embodies the values, policies, and practices that support the right of every child and his or her family, regardless of ability, to participate in a broad range of activities and contexts as full members of families, communities, and society. The desired results of inclusive experiences for children with and without disabilities and their families include a sense of belonging and community, positive social relationships and friendships, and development and learning to reach their full potential. The defining features of inclusion that can be used to identify high quality early childhood programs and services are access, participation, and supports.

### **What is meant by Access, Participation, and Supports?**

**Access** – means providing a wide range of activities and environments for every child by removing physical barriers and offering multiple ways to promote learning and development.

**Participation** – means using a range of instructional approaches to promote engagement in play and learning activities, and a sense of belonging for every child.

**Supports** – refer to broader aspects of the system such as professional development, incentives for inclusion, and opportunities for communication and collaboration among families and professionals to assure high quality inclusion.

Books to support Accessibility Day in our programs

