



FREE SUMMER FUN

*from the Ucluelet Recreation
Department*



RECREATION ON THE WEST COAST

We've created a weekly newsletter with fun ways to keep your children active, healthy, and entertained this summer.

VIRTUAL BOOK CLUB

The Vancouver Island Regional Library has three different book clubs you and your children can be a part of this summer!

Share Shelf for Families and Children - Check out their Facebook page to learn more about stories the entire family can enjoy!

Take a Break (Lighthearted/Informative) - A lighthearted book club focused on fiction and informative titles.

Book & Beyond (Community Action) - A book club focused on Community Action. After each title, a challenge or task is proposed for members to take part in to help better understand or address topics covered in the book.

Visit: virl.bc.ca for more information.

"You're braver than you believe and stronger than you seem, and smarter than you think. - A.A. Milne"

SUNNY DAY ACTIVITY

Marble Toe Race

What you'll need: 2 x bowls, marbles (or small pebbles), water in each bowl (optional)

- Fill each bowl with water and add the marbles or rocks inside
- Ask your child to only use their toes to get the marbles out
- First to get all the marbles out of the bowl wins

FUN FOOD CREATIONS FOR KIDS

Silly Apple Bites

What you'll need:

- Green apples cut in quarters with a hole for the mouth
- Peanut butter inside the mouth
- sliced strawberries for the tongue
- sunflower seeds for teeth
- chocolate chips for eyes



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MENTAL HEALTH ACTIVITIES FOR KIDS

What's the temperature?

What you'll need: Paper, crayons or markers

- Draw feelings and emotions on pieces of paper and have your child choose an emotion for the activity
- On a separate piece of paper - have them draw a thermometer
- Write the feeling/emotion your child chose at the top of the paper
- Talk about the different intensities of the feeling - 1 being the lowest and 5 being the highest (1 being not angry at all and 5 being furious)
- Describe a situation and ask them to rate how that makes them feel on the thermometer
- This exercise is great when your child feels intensely about something specific

KIDS ARTS AND CRAFTS

Potato Stamps

What you'll need: potatoes, food colouring, cookie cutter for shape

- Grab a potato and cut in half
- Press your cookie cutter into the flat end of the potato
- Proceed to cut into the potato about 1/4 of an inch down until you feel the knife touch the cookie cutter.
- Cut the rest of the potato (best if an adult helps)
- Remove the cookie cutter and begin stamping by using food colouring as an ink pad

