



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.

BUILD YOUR BEST DAY

Participaction has launched 24 hr movement guidelines and wants to get your family moving! Build your best day by sweating, stepping, sleeping, and sitting.

Children less than 1 year - 30 minutes of movement daily, 14 - 17 hours of sleep, should not be restrained for more than an hour, no screen time at all.

Children 1 - 2 years - 180 minutes of movement, 11 - 14 hours of sleep, should not be restrained for more than 1 hour, no more than an hour of screen time.

Preschoolers 3 - 4 - 180 minutes of activity, 13 hours of sleep, less than an hour of screen time.

Youth 5 - 17 - minimum of 60 mins of activity, 9 - 11 hours of sleep, no more than 2 hours of recreational screen time

Adults 18 - 64 - 150 minutes of vigorous or moderate exercise, muscle and bone strengthening twice a week.

For more information on how to get you or our family moving, visit:

<https://www.participaction.com/en-ca>

[**https://ucluelet.ca/community/parks-recreation/activity-guide-registration**](https://ucluelet.ca/community/parks-recreation/activity-guide-registration)

SUNNY DAY ACTIVITY

Dandelion Flower Crowns

What you'll need: Dandelions

- Pick a dandelion and create a small incision in the stem
- proceed to pick another dandelion and thread it through the incision
- continue until you've created a circular pattern big enough to fit your head



FUN FOOD CREATIONS FOR KIDS

Fruit Kebabs

What you'll need: Any fruit of your choice, Wooden skewers, Cookie cutter (optional)

- Cut your fruit into slices or halves (or use a cookie cutter for fun shapes)
- Individually put your fruit onto the stick
- Let your children gobble it up

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KIDS MENTAL HEALTH ACTIVITY

Organizing Pause

What you'll need: An area of the house that needs organizing, bins, labels, and garbage bags

- Choose a time with your child that works for the two of you to organized
- identify what needs organizing (closet, toys, clothes) and have a conversation around why it's important
- This activity might be a good opportunity to talk about feelings and emotions around getting the task done
- Find a way to celebrate when you've finished
- Ask how they feel once the task is complete and create dialogue around why they're experiencing these feelings

KIDS ARTS AND CRAFTS

Sand Paper Printed T-shirts

What you'll need: Sand paper, wax crayons, an old white T-shirt, iron, parchment paper or paper towel

- Have your child colour a picture directly onto the sand paper (be sure the crayon is on thick)
- Be sure your child is aware the image will appear backwards once on the T-shirt
- Place the image face down on the T-shirt and lay the parchment or paper towel on the backside of the image to protect against the heat
- Proceed to iron the image onto the shirt for approximately 30 seconds (use cotton setting on iron)
- To remove excess wax - continue to iron the shirt with a paper towel in between the image and the shirt
- Toss in the dryer for 20 minutes to set