

# The Southwood Source



IF YOUR CHILD IS ABSENT  
OR LATE PLEASE SUBMIT  
ABSENCE ON EDSBY OR  
CALL: 519-969-3470.

## Southwood Staff

**2022-2023**

**JK/SK - C. Djelebian**

**ECE - C. Woschenski**

**JK/SK - S. Tessier**

**ECE - A. Meloche**

**JK/SK - A. Barraco**

**Grade 1 - C. Coulter**

**Grade 1/2 - A. Mamo**

**Grade 2 - S. Forget**

**Grade 2/3 - D. Hunt-Robinson**

**Grade 3 - H. El-Khachen**

**Grade 3/4 - M. Pfaff**

**Grade 4 - S. Black & A. Carosella**

**Grade 4/5 - M. Dragicevic**

**Grade 5 - T. Mio**

**Grade 6 - J. Dunlop**

**Grade 6 - K. Trudell**

**Grade 7 - A. Worrall**

**Grade 7/8 - L. Landry**

**Grade 8 - D. Chisholm**

**Grade 8 - M. Cichon**

**RISE/PREP - K. Camlis-Leroux**

**LST - D. Edgar**

**GAINS 1 - F. Ala**

**GAINS 2 - J. Tait**

**GAINS 3 - S. Lysay**

**Library/Prep coverage - V. MacDonald**

**French - J. Meszaros**

**French - T. Laurendeau**

**DSW - D. Branch**

**DSW - T. Mickle**

**EA - A. Carter**

**EA - A. Renaud**

**EA - L. Murray**

**EA - K. Entwistle**

**EA - M. Mejia**

**EA - F. Sami**

**EA - J. Crosswell**

**EA - M. Thompson**

**EA - T. Marentette**

**CYW - J. Glover**

**Custodian - M. Merucci**

**Custodian - M. Roy**

**Secretary - J. Millar**

**Clerk - C. Holley-Lord**

**Vice Principal - T. Dugan**

**Principal - M. Lowes**

## FROM THE DESK OF THE PRINCIPAL AND VICE PRINCIPAL ...

Dear Southwood Families,

Time flies when we are having fun! Welcome to June at Southwood Public School! It is so nice to have the sunny, warm days back again. Please be sure to spend some time with your family outside to enjoy the beautiful weather! We ask for parents/guardians' assistance with having their children well-rested, healthy, and ready to learn for this last month of school. We thank you for your support in assisting your children in their learning this school year.

We would like to extend our gratitude and best wishes to Mrs. DeHetre for leading our school while Mrs. Lowes was away these past few months. Her energy and beautiful smile will be missed as she will be returning to Queen Victoria Public School. Thank you for all you have done for us Mrs. DeHetre!

June is a very busy month here at Southwood with teachers wrapping up units of study and putting transition plans into place. There are many exciting things happening within the school. Students are working hard to complete all final assignments and assessments. Our grade three and six classes are participating in EQAO. There are a lot of student-centered activities taking place throughout the school such as Welcome to Kindergarten Day, band and choir clubs, and track and field training - which students are fully enjoying! We have several fun events to look forward to this month including the year-end assembly, our "Power of Thought" Parent-engagement night, Kindergarten picnic, Primary Fun Day, Grade 8 Graduation, GAINS picnic and individual end-of-year classroom celebrations.

We would like to remind everyone that Friday, June 9th is a P.D. Day, therefore, there will be no school for students. The last day of school for students this year is Wednesday, June 28th. Report cards will also be going home on June 28th.

If your child is absent please call the attendance line at 519-969-3470, or send us a message on Edsby. The front doors are locked during the instructional day. If you are picking up or dropping off your child during the instructional day you will need to buzz into the office. Please access your Edsby account, follow us on Twitter, and/or visit our school website regularly for information updates. As always, please feel free to email, message on Edsby, or call the school if you have questions, concerns, suggestions, or compliments.

Best of luck to our Grade 8 Graduates! You have made us extremely proud! We will miss you but we know you will continue to succeed in your new schools! Congratulations!

Your Partners in Education,

Mrs. Lowes

Principal

Mrs. Dugan

Vice Principal

## School Bell Times

Supervision Begins - 8:00 AM

Instructional Time Begins - 8:15 AM

1st Nutrition Break - 9:55 to 10:35

2nd Nutrition Break - 12:15 to 12:55

Dismissal: 2:35 PM

Scan this  
QR code to  
access our  
website!



**Promoting Spirit, Strength,  
Success and Kindness!**



## TRACK DAY @ SOUTHWOOD

Our Southwood Track and Field Day was a great success! Students and staff kept busy running, jumping, and throwing all day! Congratulations to all students who participated!

Thank you to the parent and guardian volunteers for cheering us on and helping out at the events! It is always so great to see you back at school supporting our students!

Appreciations go out to the Massey Leadership Team for helping us throughout the day!

Finally, a big thanks to staff for volunteering to coach the track team. The BIGGEST thanks goes to Mr. Trudell for organizing everything! Good luck to all the students who are moving on to the Regional track meet at Riverside High School on Thursday, June 8th!



Follow us on Twitter @SPSSabres



# Summer Chess Challenge

Friday, June 16th | 4:00-7:30 PM

**Organizers:** Massey Chess Club and Windsor Chess Enrichment Program

**Location:** Vincent Massey Secondary School

**Format:** 5 games

**Sections:** Grades JK-5, 6-8

**Entrance Fee:** \$20

All proceeds go to UNICEF's Ukraine Emergency Fund

**Prizes:** Trophies to top 3 in each division

**Food:** Dinner sponsored and provided by Oven 360

**Register:** [bit.ly/masseysummer](https://bit.ly/masseysummer)

All participants must complete the form by **June 14th**

Contact [windsorchessep@gmail.com](mailto:windsorchessep@gmail.com) for more details

Sign Up



Do you know a child who will be 4 yrs old by Dec 31st, 2023?

welcome to kindergarten



Register them for Southwood's Kindergarten program by completing the online registration form. Then contact our amazing secretary, Ms. Millar to submit all necessary documentation and complete the registration process.



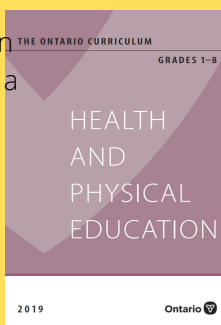
Go to: [Register with GECDSB](#)

## Curriculum

The Ontario Ministry of Education has requested that the Human Development expectations from the 2019 Grades 1-8: Health and Physical Education curriculum be taught to students. This education starts with children learning about themselves, their feelings, their bodies and about showing respect for themselves and others in a reliable and accurate way. This learning is most effective when parents/guardians and schools work together. Parents/guardians help their children form values about relationships and their behaviours.

To support these discussions, we are letting parents/guardians know when this unit will be covered in your child's class. Your child's teacher will send home a letter 20 days prior to the lessons.

Additional information and resources are available for parents/guardians to support the learning of the curriculum at [Health and Physical Education \(gov.on.ca\)](https://www.healthandphysicaleducation.gov.on.ca).





## VOLUNTEERS NEEDED!

Southwood School Advisory Council is seeking Bingo volunteers to represent and support our school and students! Bingo Volunteers provide a positive customer service experience to Bingo patrons. Monetary funds generated from the Bingos provide our students with additional resources such as:



- Buses for Field trips & Athletic Events
- Supplementing field trip costs
- Guest speakers & presentations
- Kindergarten events
- Grade 8 Graduation
- Classroom events
- Technology & Music instruments
- Extracurricular activities (i.e., Chess tournaments)
- School uniforms
- and more!



**SCAN ME**

### Here's how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp: <https://signup.com/go/FGfUpYS>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! It's Easy - you will NOT need to register an account or keep a password on SignUp.

**Note: SignUp does not share your email address with anyone.**

**Contact Mrs. Virginia MacDonald to volunteer! Email: [virgina.macdonald@publicboard.ca](mailto:virgina.macdonald@publicboard.ca)**

## School Advisory Council

We would like to send a heartfelt and very special thanks for the long and dedicated commitment of **Lisa Dewhurst** on the Southwood School Advisory Council. For many years, Lisa has been an asset to our school community, putting in countless hours to support our school. Thank you for all you do!

Be at the heart of your child's learning.

We would like to take this opportunity to invite parents and guardians who are interested in being a part of making Southwood a great place for our students, to join the school council.



The School Advisory Council helps to provide our students with new experiences, fresh resources, community growth, and to represent the families for some decisions at school. More information about how to join the school council for the upcoming 2023-2024 school year will be coming September.

## Scent-Free Southwood & GECDSB

**SCENT  
FREE  
ZONE**

Help us keep the air we share  
healthy and fragrance-free

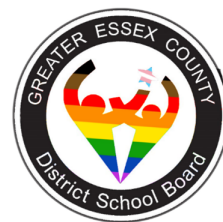
Please be informed that our school is a fragrance/scent aware environment. There are staff members and/or students who could suffer serious adverse reactions and health effects when exposed to even a small amount of fragrance or scents. We are requesting that the community support us in our efforts to promote a scent-aware environment by refraining from wearing fragrances or scented products to school when visiting the school, even if your visit will be short. Thank you in advance for your cooperation and for becoming part of our solution to providing a scent-free and safe environment for all.



# June is



# PRIDE MONTH



For the full month of June, each GECD SB school, as well as the Board office and other Board sites, will fly the **Intersex-Inclusive Progressive Pride flag**.

Designed by Daniel Quasar in 2018, the Progress Pride flag places an emphasis on inclusion and progression. This flag features a five-coloured chevron, black and brown stripes to represent people of colour, and baby blue, pink and white to represent the trans flag. The Intersex-Inclusive Progressive Pride has an inclusion of intersex people and includes a purple circle over a yellow triangle.



Schools are places of learning and microcosms of society. School climate is definitively linked to how well students learn and how they interact with their peers. Research tells us that 2SLGBTQIA+ students report being harassed at school – both verbally and physically – at twice the rate of other students. We all have an important role to play in helping to create braver spaces and building a sense of belonging for all students. We know that when students feel safe and supported, they have greater success. Working together, we are committed to creating healthy, positive spaces for all.

### Resources for Parents:

Since everyone’s family is UNIQUE, there are many resources to support your 2SLGBTQIA+ child.

PFLAG: <https://pflagcanada.ca/>

Rainbow Health Ontario:

<https://www.rainbowhealthontario.ca/service-provider-directory/lgbtq-parenting-network/>

LGBTQ Parenting Network: <https://lgbtqpn.ca>

EGALE (Coming Out): <https://egale.ca/awareness/what-to-do-when-your-child-comes-out-to-you/>

The Canadian Centre for Gender and Sexual Diversity: <https://ccgsd-ccdgs.org/>

Youth Wellness Hubs Ontario:

<https://www.youthhubs.ca/en/sites/windsor-essex/>

School Crossing Guard Appreciation Week is June 5th – 9th, 2023 ... Be sure to thank your Crossing Guard for all they do!



**Ontario Traffic Council**  
[www.otc.org](http://www.otc.org)



**School Crossing Guard Appreciation Week**

**June 5<sup>th</sup> - 9<sup>th</sup>**

Thank you to all our school crossing guards for helping keep our community safe!

When you see them, give a friendly wave to show your appreciation!



# June 2023

| Sunday                           | Monday | Tuesday   | Wednesday   | Thursday   | Friday                            | Saturday |
|----------------------------------|--------|---|---|--|-----------------------------------|----------|
|                                  |        |   |   | Pizza Day <sup>1</sup><br>EQAO<br>grade 3  | 2<br>EQAO<br>grade 3              | 3        |
| 4                                | 5      | Harvest Fresh<br>welcome to kindergarten<br>8:45am to 9:30am<br>in LIBRARY!<br>EQAO grade 6 | Yogurt Day <sup>7</sup><br>EQAO<br>grade 6                                | Pizza Day <sup>8</sup><br>Regional Track Meet  | No School P.A. Day <sup>9</sup>   | 10       |
| 11                               | 12     | Harvest Fresh<br>Loonie for License Day!<br>POWER OF THOUGHT Family Night                   | Yogurt Day <sup>14</sup><br>District Track Meet                           | Pizza Day <sup>15</sup><br>Oh Ship Gr. 8s to Niagara Falls<br>IT'S A GRADUATION TRIP | 16                                | 17       |
| HAPPY FATHER'S DAY <sup>18</sup> | 19     | Harvest Fresh <sup>20</sup>   | Yogurt Day <sup>21</sup><br>National Indigenous Peoples Day <sup>21</sup> | Pizza Day <sup>22</sup><br>2023 GRADUATE<br>Grade 8 Graduation                       | Kindergarten Picnic <sup>23</sup> | 24       |
| 25                               | 26     | 27  | HAPPY LAST DAY of SCHOOL <sup>28</sup><br>Report Cards go home            | 29   | 30                                |          |

## June is National Indigenous History Month

June is National Indigenous History Month in Canada, an opportunity to learn about the unique cultures, traditions and experiences of First Nations, Inuit and Métis. It's a time to honour the stories, achievements and resilience of Indigenous Peoples, who have lived on this land since time immemorial. We encourage all Canadians to take time to learn more about Indigenous Peoples and to explore our collective past. Knowing and acknowledging the past and its ongoing impacts is the first step towards healing and reconciliation.

For thousands of years, Indigenous languages have named everything that lives and all that connects us. They tell us about nature and its elements, they teach us culture and its voices.

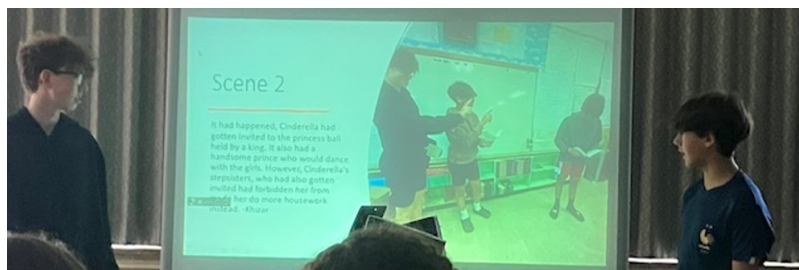
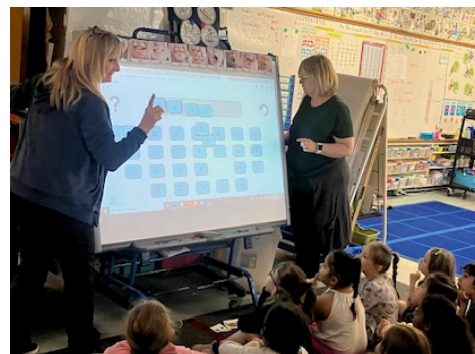
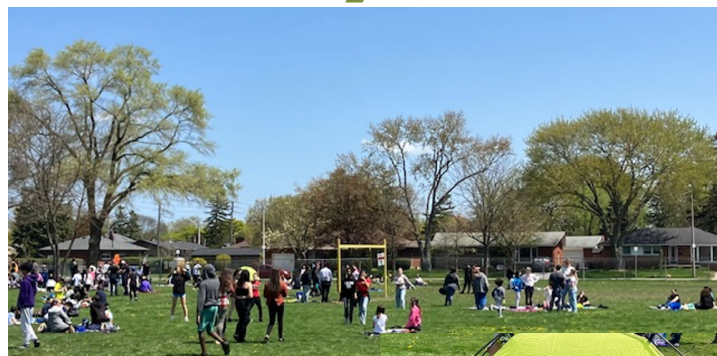
In cooperation with Indigenous organizations, the Government of Canada chose June 21, the summer solstice as National Indigenous Peoples Day. This is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures and outstanding contributions of First Nations, Inuit and Métis peoples. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or near this day due to the significance of the summer solstice as the longest day of the year.



Thank you Mr. Lynn (GECD SB Consultant) for choosing Southwood to create the GECD SB's Asian Heritage Month Video!  
Click here to see our video:  
[GECD SB/Southwood Asian Heritage Month Video](#)



# Litterless Lunch Family Picnic



Students join us for a movie when you bring your parent/guardian!



# The POWER OF THOUGHT

HELP YOUR CHILD GROW

*Emotionally!*

**JOIN US FOR A FREE FAMILY ENGAGEMENT NIGHT!**

Win a \$50 gift card!  
Popcorn & refreshments will be available for purchase!

Southwood School Advisory Council invites all Parents, Guardians & Families

June 13th, 2023

6:00pm to 7:30pm

@ Southwood Public School

## *Interactive Presentation*

What do children need to be emotionally well? How does "The Power of Thought" work? The focus of this presentation is on family and children's emotional well-being and learning to move into a proactive mindset.

### *Lynn McLaughlin*

Lynn (M.Ed., B.Ed., B.A.) served as a Superintendent of Education, Principal, Vice Principal, Teacher and Educational Consultant. She is an award-winning and best-selling author who is committed to children's mental health.

### *Amber Raymond*

Amber (M.S.W., B.S.W., B.A.) specializes in self-awareness and self-development. She is an advocate for non-conventional, evidence-based coping strategies. She is passionate about child mental health, life-long self-care practices, self-exploration, self-love and well-being.



Students will be supervised and can enjoy a free movie!

Popcorn & refreshments will be available for sale!

School Advisory Council  
Presents...



**FREE  
MOVIE NIGHT**

**ALL STUDENTS  
WELCOME!**

Popcorn &  
refreshments  
will be for  
sale!

**WIN!**  
**\$50**  
Devonshire Mall  
gift card

**Sabres! Please join us for a movie night on Tuesday, June 13th from  
6:00pm to 7:30pm !**

**Students must be accompanied by a parent/guardian who is  
attending the Interactive "Power of Thought" presentation.**

Please complete this portion of the form and return to your child's teacher by Monday,  
June 12,th to reserve a spot and to be entered in the draw. This is a family event so  
please ensure you are in attendance with your child(ren).

Student Name: \_\_\_\_\_ Grade/Teacher: \_\_\_\_\_

Phone number: \_\_\_\_\_

Number of adults attending on June 13th from 6:00pm to 7:30pm: \_\_\_\_\_

Number of Southwood students JK to 8 attending the FREE Movie: \_\_\_\_\_

Name of child(ren) (19 months to age 3) reserving a spot for childcare: \_\_\_\_\_

**Parents must remain onsite during the event!**



# Do you have a spare room? Become a Host Family in WINDSOR

MLI HOMESTAY is seeking enthusiastic and caring families to host international students

## in WINDSOR

This provides an incredible experience for families to explore new cultures, learn about global issues and travel the world without leaving the comforts of your home.

**We are welcoming students for short and longer term studies.**

**Compensation is provided to assist with expenses - TAX FREE.**

To learn more, please contact Rippy.  
rchhabra@mlihomestay.com  
647-205-3281

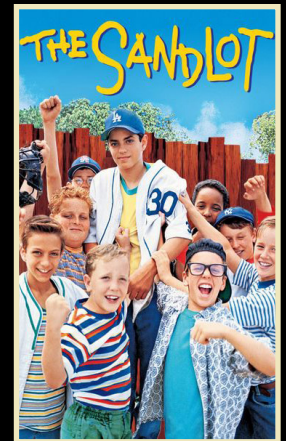
**WWW.MLIHOMESTAY.COM**





# WIFF

## UNDER THE STARS



**FREE OUTDOOR COMMUNITY SCREENINGS  
CIVIC PLAZA AT WINDSOR CITY HALL SQUARE**

**FRIDAY, JUNE 9 - SUNDAY, JUNE 11 DOWNTOWN, WINDSOR  
VISIT [WINDSORFILMFESTIVAL.COM](http://WINDSORFILMFESTIVAL.COM) FOR FULL SCHEDULE**

**SUPPORTED BY**



FUNDED BY





# Seeds to grow **MENTAL HEALTH**

# Working with Our Emotions

FOR PARENTS/GUARDIANS VOLUME 3

## EMOTIONS & SKILLS

In our [second newsletter](#), we introduced the STOPP skill to help deal with our emotions or behaviours during an emotional emergency.

*An emotional emergency is when something tough happens in your life. Your thoughts cause your body to react to what you are feeling. Your emotions or behaviours might get out of control and you may not react the way you normally would.*

### THE STOPP SKILL IS THE MOST IMPORTANT SKILL AND SHOULD ALWAYS BE USED FIRST.



The STOPP skill puts space between our emotions and our actions. This gives us time to decide how we want to respond to a situation, so we don't react to our emotions.



This newsletter will highlight three new skills that can be used to support us like a lifejacket during rough waters. The first skill is like STOPP, and it can help reduce stress. It can be used to shift our focus when our emotions or "FIZZ" is high. The second skill will help us think differently about a situation and change our emotional response. The third skill gives us a sense of direction and helps to guide us through life.

© Michelle Ayres & Carol Vivyan.  
The Decider Skills Manual 2019.

In our next newsletter, we will talk about other skills that help us to manage and balance our emotions. As well as skills that can improve our communication skills.

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[wechu.org](http://wechu.org)



# RIGHT NOW

# 54321

**RIGHT NOW IS A SKILL WHICH USES 54321 TO LOOK OUTSIDE OF OURSELVES TO REDUCE STRESS.**

When our emotions are running high, or we are feeling “THE FIZZ”, we may need to use a skill that will help us in the moment. Using the **RIGHT NOW** skill helps to shift the focus away from our difficult thoughts or feelings by using our senses.

When you're feeling THE FIZZ, try the **RIGHT NOW** skill by doing this:

---

**5** Things I can see right now, or imagine I can see right now.

---

**4** Things I can hear right now, or imagine I can hear right now.

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**3** Things I can touch right now, or imagine I can touch right now.

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**2** Things I can smell right now, or imagine I can smell right now.

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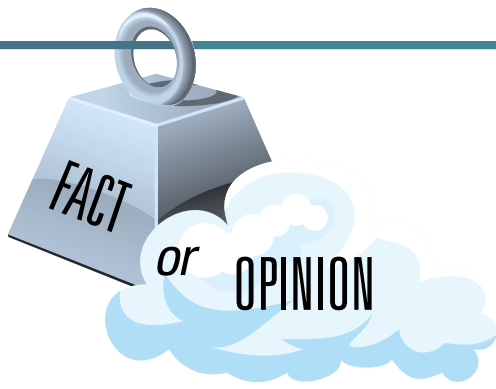
**1** Take 1 slow, deep breath (in through your nose and out through your mouth). Then, focus on your breathing.

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Use what works for you! Think of things you really enjoy. Try looking around or thinking of things with different colours (i.e., 5 red things, 4 yellow things, etc.). Some people like to think of sports teams (i.e., 5 hockey teams, 4 football teams, etc.). Always remember to end with taking that one slow, deep breath.

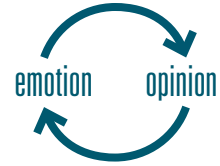
Practice using this skill, so that it comes easy to you when your “FIZZ” is high. Change doesn't happen right away, you have to work on it!



**THE FACT OR OPINION SKILL helps us to think differently and change our emotional response.**

When we feel stressed, we can have strong opinions and emotions. Our strong emotions reinforce our opinions. Our opinions then increase our emotions, which can lead to a strong reaction. This powerful reaction can cause us to have negative results. Opinions can lead to emotion and emotion can lead to opinions.

If we are having a strong emotional response to a situation, it can be helpful to ask ourselves “Is this a FACT or an OPINION?”



| What is a Fact?   | What is an Opinion?   |
|---|---|
| Evidence-based (evidence supports the truth).<br>Facts can be proven. | Based on personal beliefs or judgement.                             |
| No arguments (can't really argue it).                                 | It can be argued or debated.  |
| Driven by rational thought (head).                                    | Driven by emotion (heart).<br>Can express how someone thinks/feels. |
| Would stand up in a court of law.                                     | It can change.  |

For example, if a friend walked past us without saying hello, we might think, “they are ignoring me,” “Wow they are being rude,” “why are they mad at me”. Thinking this way may make you react in a way that is not positive. The only fact here is that your friend walked past you. Everything else was an opinion. When we realize that many of our thoughts are opinions rather than facts, we may not get so upset by them. Instead, we can make informed and calm decisions about what are the best actions to take.

**If it is a FACT**

We can make choices about what we can or cannot do.

**If it is an OPINION**

We can recognize that our opinion is based on emotion. We can remove the emotion (opinion) and look at the facts. This is what we do *know* about the situation.

If we ask ourselves “is that fact or opinion” – we can remove most of the emotion (opinions) and go back to the facts. This can help us to be less stressed, more in control, and able to make better decisions.

When you find yourself getting emotional or feeling “THE FIZZ”, remember to ask yourself, am I reacting to a **FACT or an OPINION?**

# VALUES



*Values are the things that really matter to us.*

*They are the ideas and beliefs that we hold as special.*

*They help guide us through life.*

*Goals can be used to make plans that help us live up to our values.*

**Our values are like our internal compass.** When we choose to do something that conflicts with our values, our internal compass will tell us something is wrong by increasing our “FIZZ”. This might make us feel uncomfortable. We may start to feel the physical symptoms of our stressful emotions. This could be an increase in our heart rate, sweating, or a nervous feeling in our stomach.

It can be hard for children to identify their values, especially those in the younger grades. By helping children identify their “Values”, it will help to lead them in the right direction during a stressful time.

See page 6 for an activity to help children identify their values.

# TO DO AT HOME

Working on activities at home to practice the **Right Now**, **Fact or Opinion**, and **Values** skills can make it easier for your child to use these skills when faced with a stressful time.

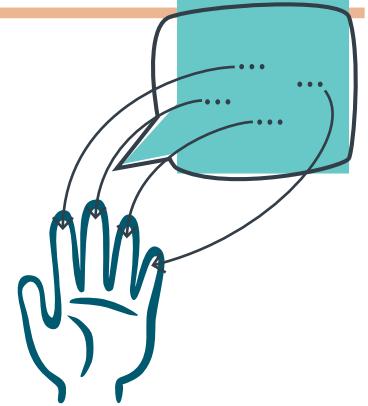
**Below are some examples of activities you can do with your child**

## RIGHT NOW ACTIVITIES

### FOUR FINGER AFFIRMATION (from [School Mental Health Ontario](#))

Ask your child to choose four words that make them feel calm and confident.

- It might be a sentence or just four words.
- Examples: "I am loved today," "I believe in me," "Breathe, listen, smile, love," "I can handle this."
- Tell them that each word they pick will match a finger on their hand.
- Have them say the words (affirmations) aloud or in their head and connect each finger with their thumb.
- Tell your child they can repeat this as many times as they like, aloud or to themselves.



### KIDS HELP PHONE [Tension Release Exercise](#)

An exercise that helps relax your body from head to toe.

### MAKE A CALMING JAR



The jar can be used as a tool that helps children to use their breathing to calm their minds. Children swirl their jar while looking at it and focusing on their breathing. It helps to change their attention from the thoughts they are having or the feelings in their body. At first the glitter will swirl around very quickly (like our strong thoughts or feelings). Then it will start to slow down and becomes calm.

#### How to make a calming jar

- Fill a clean, empty jar or see-through container with:
  - Water
  - Coloured glitter (or whatever you think will look best in the jar)
  - A couple drops of food colouring (optional)
- Seal tightly.
- Shake the jar and your child can watch as the glitter swirls around. Have them breath deeply in and out as they watch the glitter sink to bottom of the jar.

An activity like this one, called Snowstorm in a bag can be found on the [SMHO](#) website.

## RIGHT NOW ACTIVITIES *continued*

### BREATHING ACTIVITIES

Deep breaths can help us feel calm when we are worried, upset, or angry.

#### Hot chocolate breaths

- Pretend to be holding a mug filled your favourite hot drink.
- Take a big breath in through your nose, like you are trying to smell the drink.
- Then take a nice slow breath out through your mouth, like you are trying to cool the drink down.

Repeat as many times as you like.

The [SMHO](#) website also has a **Deep Belly Breathing** activity.

### MOVEMENT




- When are emotions, or “FIZZ”, is high, it can be helpful to change what we are looking at or seeing. Try going for a walk or stand at the door or window. What can you see? What can you hear? What can you smell? Can you feel the wind/rain/sun on you?
- Exercise is a great tool to use to help get rid of stress and make us feel happy and energized. Dancing is a great activity to get our bodies moving. Have your child pick their favourite song or make a playlist to put on when emotions are high and dance it out. Try doing stretches or yoga. Here are some [videos](#) to get you started.

## FACT OR OPINION ACTIVITY

### DESCRIBE THE PICTURE OR OBJECT

People can have different opinions about the same event or situation. For example, ask yourself or your child, what words would you use to describe this picture. Now think about the words you thought of... are they facts or opinions?

|  | Facts        | Opinions   |
|--|--------------|------------|
|  | Clown        | Funny      |
|  | Painted face | Weird hair |
|  | Colourful    | Scary      |
|  | Smiling      | Happy      |

**Find something around your house to use to do this activity with your child.** You can use a chair, a book, a toy. Think of ways to describe the object then talk about if the words used are facts or opinions. Talk to your child about how it's helpful to look at what is a fact or an opinion when they are feeling their emotions or in a hard situation.

## VALUES ACTIVITY

### FAMILY VALUES

Discuss with your child what the family Values are. After talking about the family values, have your child choose 3 values that are important to them. An older child may be able to come up with family values on their own. Have your child draw a picture showing your family values.

Examples of Family Values

- Respect
- Love
- Cleanliness
- Sensitivity
- Hardworking
- Responsibility
- Honesty
- Being Fair

Make a Family Values chart with a list of values. You and you child can look at it when they need a reminder!