

Week 2 Idea:

Screens – there are lots of recommendations for allowable screen times BUT remember these are not normal times! If you need permission to use screens more this is your ticket. So go ahead and use screens for any of the following...

- Use it for learning: math apps like prodigy, watch bbc planet earth or blue planet for older kids, visit <https://kids.nationalgeographic.com/> for videos and games for younger kids, reading programs on scholastic <https://classroommagazines.scholastic.com/support/learnathome.html> Also check out the City Library page to borrow online material and participate in their online programs <http://www.lethlib.ca/>
- Use it for music: listen to music on Spotify, google how to learn to play a song on an instrument
- Use it for art: <https://www.artforkidshub.com/>
- Use it for physical activity: Just dance, go noodle, cosmic kids yoga (note when they do mindfulness we take this time as talking to God time ☺) <https://childhood101.com/brain-breaks-7-youtube-channels-to-get-kids-moving-grooving/>
- Use it for sanity: use games or movies to give yourself a break or to work from home; check out the article below
- Use it to connect: use social media facetime, skype, zoom etc. to connect with extended family or friends
- Use it for enjoyment: Have fun playing a group video game or watching a movie together as a family

Screen Time Tips

- Set at time when screens are used and when they are not – see the tip from week 1 on setting a schedule ☺
- Use screens in public places like the living room or kitchen
- Know Online Safety: <https://canadasafetycouncil.org/online-safety-rules-kids/>
- Use kid friendly sites or apps like
YouTube kids app
Google Kids: <https://www.safesearchkids.com/google-kids/#.XnzPLYVMGEc>

Netflix and Quiet Time Article

https://www.mylifetree.com/netflix-quiet-time/?utm_source=internal_lifetree_kids&utm_medium=email&utm_campaign=ltk_newsletter_20200219&contact_eid=6dd54e7b-50ce-44ac-bc99-2727ed1f1d50&emaccount=lifetree&_bta_tid=38840886885476382047241604821344730113288795143025640755772900831222024303928542