



## FDK December Calendar 2024

### Reminders: Winter Break Calendar.

23	24	25	26	27
30	31	1	2	3

Blue- Dec 23<sup>rd</sup>, 30<sup>th</sup>, Jan 2<sup>nd</sup> 3<sup>rd</sup> Full Pay Program at Terry Tan

Green – Dec 24<sup>th</sup> and 31<sup>st</sup> Terry Tan Closes at 2 pm

Red- Dec 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup> and Jan 1<sup>st</sup> – Terry Tan Closed.

**Please remember our Full Day Schedule includes morning snack, lunch and afternoon snack. Water Bottles are ok to still bring.**

### Important dates:

December is Universal Human Rights Month

3<sup>rd</sup> – International Day of Persons with Disabilities

21<sup>nd</sup> – Solstice

24<sup>th</sup> – Christmas Eve: Closed at 2pm

24<sup>th</sup> – Jan 2<sup>nd</sup> – Hanukkah

25<sup>th</sup> – Christmas– Centre Closed

26<sup>th</sup> – Boxing Day– Centre Closed

26<sup>th</sup> – Jan 1<sup>st</sup> Kwanzaa

27<sup>th</sup> – Centre Closed

31<sup>st</sup> – New Year Eve: Closed at 2pm

### This Month:

This month we will be practicing mindfulness with different breathing techniques to help regulate our bodies. Each day we will take a few minutes and do a different type of breathing technique. Ask the educators for examples to use at home.

### Example of rainbow breathing

[https://www.youtube.com/watch?v=vX16\\_0bLaoQ](https://www.youtube.com/watch?v=vX16_0bLaoQ)

### Ideas to do at home:

It's that time of year you might find yourself with a few extra boxes. Before you recycle them, give the boxes to your child. You can also add different items, such as markers, paper, glue, scissors etc. Play with boxes is a great way to develop imagination, creative, problem solving and physical skills.



**Image:** Left marble maze made out of a cardboard box and paper rolls. Right a rocket ship and robot made out of cardboard boxes.

### Ideas to Keep Healthy and Active Outside with Your Family:

#### Skating at Nathan Phillip Square

Address: 100 Queen St W, Toronto.

Hours: 10 am to 9:45pm

Skate Rental: Available

<https://nathanphillipsquareskaterentals.com/>

#### Skating at Celebration Square

Address: City Centre Dr, Mississauga.

Holiday/Weekend Hours: 10am to 10pm

Week Day Hours: 4pm to 10pm

Skate Rental: Available

<https://mississaugaskaterentals.com/index.html>

#### Tobogganing at Centennial Park

Address: 165 Centennial Park Blvd.

Toronto

Hours: 7am to 11pm

#### Tobogganing GTA link

<https://www.toronto.ca/explore-enjoy/parks-recreation/program-activities/ice-snow-activities/tobogganing/>