

May 13, 2020

Dear Families,

As always, we hope everyone is doing well and that you are giving yourself time to adjust to all the changes coming at us.

It seems we have moved from hot, sunny days to Spring showers. While we sometimes find it easier to get outside when the weather is nice, being outdoors and developing a relationship with nature is beneficial to all areas of growth and development. Studies have shown exposure to outdoor play can improve self-regulation, as well as physical and emotional wellbeing. Simple activities such as a walk around the block, a rainy-day scavenger hunt or puddle jumping can encourage creativity, risk taking and problem-solving skills.

Here's a link to just some of the activities that you can do outside:

<https://www.cbc.ca/parents/play/view/outdoor-rainy-day-activities>

Now, most every activity that you can do inside, can be brought outdoors, but let's acknowledge that sometimes getting yourself and the kids ready for what might only be 5 minutes of outside time, doesn't feel worth it. Attached is our second "Let's Play!" document with activities that can be done inside or out. But most importantly, we want you to know that it's okay...



Whether you get outside or are staying indoors, we are all doing our best! Please remember that we are here if you need to connect!

Warmest wishes,

The StrongStart Team: [Alison](#), [Brienne](#), [Diana](#), [Julie](#), Jun and [Nicole](#)