



Uniting "Wee" Communities Across Ontario

TOGETHER WEE CAN "COME TOGETHER" 2021

Foundation 2: Well-Being (April-June)

To support our program focused on Well-Being we have supplied all our homes with a pack of Affirmation Cards. Affirmations (short positive statements) help promote a child's emotional wellbeing, reduce anxiety, and enhance their self-esteem and confidence. These cards will help the children get in a positive mindset daily!

May: Safe Kids Week - "Play Safe"

At Wee Watch, children's safety is our number one priority. It is important to not only provide a safe environment and ensure the safety of the children each day, but to educate them so that as they grow, they are equipped with the knowledge and skills to stay safe in different settings. When children have a good understanding of the safety measures that have been put in place at home and in childcare, they feel secure and safe which is important for their mental well-being.

This month we will focus on four areas of safety: sun, pedestrian, playground, and food.

June: Be the Calm

Relaxation is a skill that promotes health and well-being for people of all ages- including kids! There are many health benefits to practicing relaxation. It reduces feelings of worry and anxiety, increases blood flow to muscles, improves concentration, reduces feelings of anger and frustration, and boosts self-esteem.

We will be learning and practicing relaxation techniques; meditation, breathing, yoga and listening to calming music. We finish off the week with a mini wellness retreat, which includes a Facebook Live with special guest Michelle from Little Yogis. Michelle will guide us through a short meditation or yoga session, tune in on Facebook Friday June 18 at 11am.

