

# Kentville PLAYS KIT



Family Kit #1

PARKS &  
RECREATION

Kentville



## **Kentville Plays Kit Liability Waiver**



The use of recreation equipment and materials, like any recreational activity, has inherent risks.

For example, the risks of using this equipment include, but may not be limited to:

- Feelings of excitement and fun
- Increased physical & mental health, fitness, and physical literacy
- Sounds of excitement and fun
- Bruises and abrasions to the legs, arms and/or hands
- Getting hit by a motor vehicle
- Head, neck, and/or spinal injury
- Death and/or dismemberment

I hereby understand and acknowledge that the use of The Kentville Plays Kit may expose me to many inherent risks, including accidents, injury, illness, or even death. I assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, equipment failure, the effects and all other such risks being known and appreciated by me.

I understand that all instructions, laws, and rules for safe participation must be followed and that the **SOLE RESPONSIBILITY FOR ME AND MY FAMILIES PERSONAL SAFETY REMAINS WITH ME**, including our physical and emotional preparation and fitness to participate.

With my and my families participation with the Kentville Plays Kit, I agree, for myself and anyone entitled to act on my behalf, to **HOLD HARMLESS, WAIVE AND RELEASE** the Town of Kentville, its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands or claims of any kind arising out of my participation in Town of Kentville use of equipment.



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# Welcome to your Rec Kit!

These items have been selected to help you connect with yourself and your community through activities you can explore and enjoy for life.

Each kit will come with a guide for using your items and finding the resources that are available to you in your community. Each set of instructions can be added to this binder. As your kit grows, you'll be able to use and reuse items from previous kits and find new ways to use what you already have in your home.

The first and most important item in this kit is your family journaling scrapbook.

Each delivery, we will provide you with prompts and questions that will get you thinking about what you most enjoy doing, and how that can help you get through your toughest days. We encourage you to write down how you feel before and after each activity, so you can keep identifying things you like and don't like. Then you'll be able to let us know so we can make each kit better and better. You might be surprised at how much you enjoy an activity you didn't think you were interested in.

It's also totally okay if you don't enjoy every activity that you try or that's included in your kit! Trying different types of activities helps us figure out what we are and aren't interested in. The more you try (and fail!) the better you'll be able to understand and explain to others what you enjoy doing. Try and come up with different ways to use the materials provided! Make your kit your own!

If you have any questions about your kit you can contact the Kentville Recreation team at [recintern@kentville.ca](mailto:recintern@kentville.ca)

## **In this week's kit you'll find:**

- Scrapbook Binder
- Pen and pencils
- Crafting cord
- Chalk
- Dice
- Beads
- String
- Scissors
- A sponge
- Crayons
- Glue
- Cards
- Frisbee
- Garbage bag
- Gloves

## **Activities include:**

- Journaling
- Crafting
- Erase Your Trace
- Knot tying
- Nature Loom
- Weaving
- Coloring
- Yoga
- Card games
- Fitdeck
- Frisbee golf

# Erase Your Trace

Throughout this kit, you are encouraged to go outside, connect with nature, and move your body. The next page provides you with some guidelines on how to enjoy nature without harming it and how to **Leave No Trace**.

We challenge you not only to minimize your own impact on the environment, but to make a real difference by participating in the Nova Scotia One Bag Challenge. Whether you're just looking for a reason to get outdoors, or if you're already outside participating in one of your many Kentville Plays Kit activities, take the garbage bag and gloves provided along with you and try do your part but picking up any trash you find on your way!

You can share your results with the **Nova Scotia ONE Garbage Bag Challenge** group on Facebook by taking a photo and uploading it for folks across the province to see!

This is an easy way to make your community a better place, and to get active!

After you've filled your bag think about how you feel.

**By being mindful of your surroundings and taking one plastic bag with you, you've:**

- Helped your community
- Helped the environment
- Connected with nature
- Connected with others
- Gotten active

**That's pretty awesome!!**



# THE LEAVE NO TRACE SEVEN PRINCIPLES

1

## PLAN AHEAD AND PREPARE

Know the regulations and special concerns for the area you'll visit. Prepare for extreme weather, hazards, and emergencies. Schedule your trip to avoid times of high use. Visit in small groups when possible. Consider splitting larger groups into smaller groups. Repackage food to minimize waste. Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.



## TRAVEL AND CAMP ON DURABLE SURFACES

Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow. Protect riparian areas by camping at least 200 feet from lakes and streams. Good campsites are found, not made. Altering a site is not necessary. In popular areas: Concentrate use on existing trails and campsites. Walk single file in the middle of the trail, even when wet or muddy. Keep campsites small. Focus activity in areas where vegetation is absent. In pristine areas: Disperse use to prevent the creation of campsites and trails. Avoid places where impacts are just beginning.

2



3

## DISPOSE OF WASTE PROPERLY

Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter. Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished. Pack out toilet paper and hygiene products. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.



## LEAVE WHAT YOU FIND

Preserve the past: examine, but do not touch cultural or historic structures and artifacts. Leave rocks, plants and other natural objects as you find them. Avoid introducing or transporting non-native species. Do not build structures, furniture, or dig trenches.

4



5

## MINIMIZE CAMPFIRE IMPACTS

Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light. Where fires are permitted, use established fire rings, fire pans, or mound fires. Keep fires small. Only use sticks from the ground that can be broken by hand. Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.



## RESPECT WILDLIFE

Observe wildlife from a distance. Do not follow or approach them. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. Protect wildlife and your food by storing rations and trash securely. Control pets at all times, or leave them at home. Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

6



7

## BE CONSIDERATE OF OTHER VISITORS

Respect other visitors and protect the quality of their experience. Be courteous. Yield to other users on the trail. Step to the downhill side of the trail when encountering pack stock. Take breaks and camp away from trails and other visitors. Let nature's sounds prevail. Avoid loud voices and noises.



# Your Family Scrapbook

This will be the most important item in your kit. Scrapbooking can be a fun alternative to your family photo album. You can get creative, adding not just photos, but stories, drawings and other items that are special to you. Right now, families are spending a lot of time together. We hope that your kit helps you make that time as meaningful as possible, and that this book acts as a place for you to record and reflect on your family experiences together.

Here are several activities that can get you started journaling as a family. Don't feel like you have to do them all at once! Pick one on a rainy day when you're feeling bored.

You can use any of the materials in your kit for your journal scrapbook. You'll have crayons, glue, beads and crafting cord provided, but try and get creative with things in your home and outdoors!

## Family Portrait

Draw your family home together in your scrapbook. Then have each member of your family draw a self-portrait on another piece of paper. Once everyone is finished, cut out your self portraits and paste them onto your drawing of your home. This will be the first thing you see when you open your book. Write a welcome page or bio about your family home.



## Self Portraits

After your family profile is complete, have each member of your home repeat their self portrait and do up a personal bio for themselves on the following pages. Have a page or two dedicated to each person. Feel free to do one up for any pets or family that can't be with you right now. Talk about your role in your family, what you like doing, what you're known for. If you aren't sure what you'd like to write, try finishing the following sentences and making a biographical poem!

I am \_\_\_\_\_

I love \_\_\_\_\_

I like \_\_\_\_\_

I want \_\_\_\_\_

I feel \_\_\_\_\_

I am \_\_\_\_\_

## Reflections

At the end of each day (or week if that's more realistic), sit down as a family and reflect on what you did, how you felt. Here are some prompts to help you facilitate a family discussion. Write or draw about it in your book!

*What was your favorite part of your day/week?*

*What was your least favorite part of your day/week?*

*What are things that could have made your day better? What could **you** have done to make your day better?*

*What's something you did that you're proud of?*

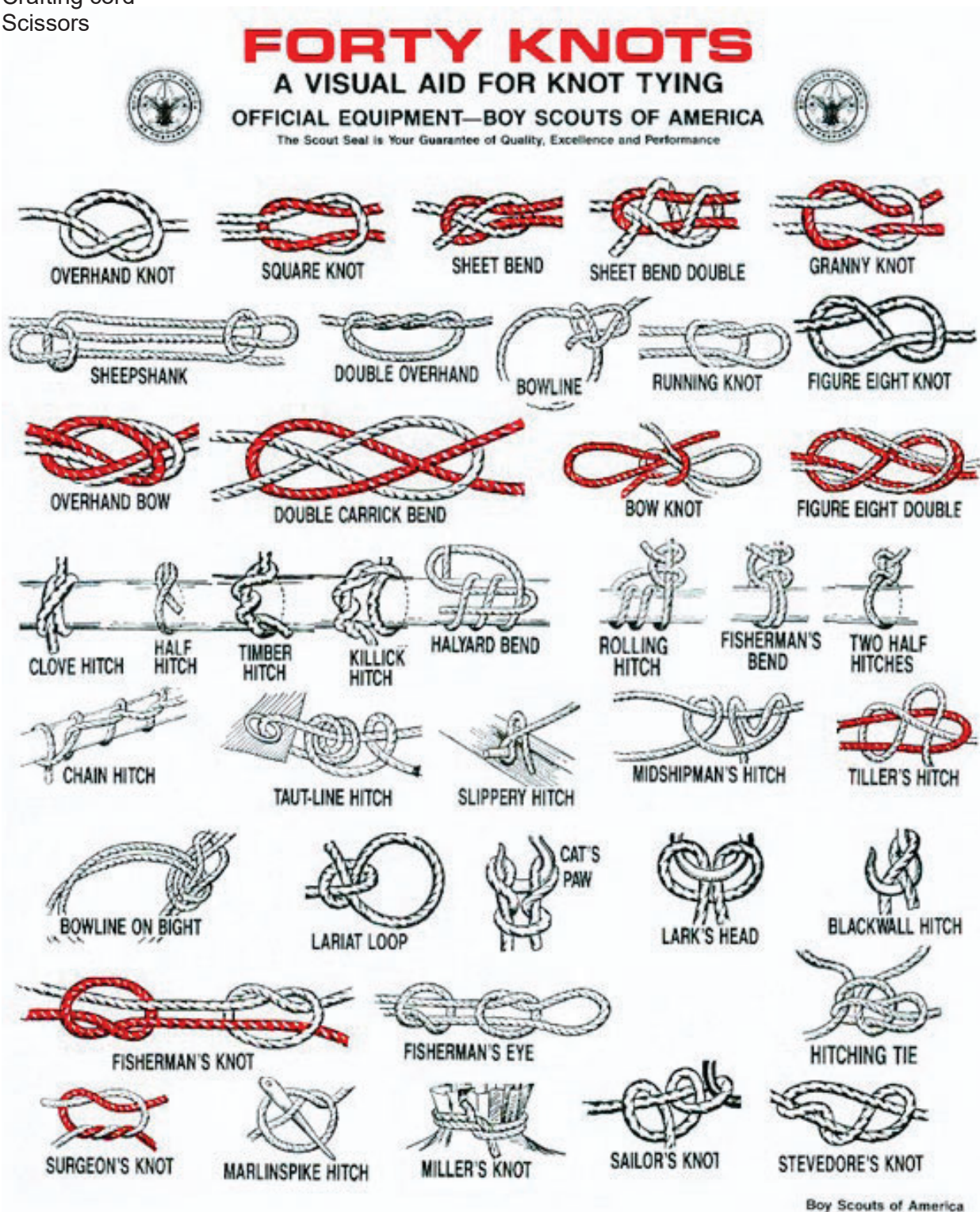
*What's something you miss from school or work that surprises you?*

# Knot tying

Knot tying is a simple activity that can come in handy whether you're decorating your house, putting on a necktie, or going rock climbing! It's a super versatile activity and will help us out with our next project, macramé. Here are a few knots to get you started. You can find more at [101knots.com](http://101knots.com) or [animatedknots.com](http://animatedknots.com).

What you'll need:

- Crafting cord
- Scissors



# Nature Loom

Looms were traditionally used to make clothing, but we're going to build our own with nature! There are many different shapes and sizes you can make to structure your loom. You can start by making one as a family, and contributing to it each day with something you've made yourself, or found in nature.

**Step 1:** Go for a walk in your neighbourhood, a nearby park or just explore your backyard. Have everyone find a set of sticks approximately the same size.

**Step 2:** Lay your sticks out in a square shape and secure each corner with glue. Let glue dry. Tie the sticks together at each corner by wrapping the twine one way diagonally, then again the other way. Finish each corner by tying a knot in the back.



**Step 3:** Choose an end to start at and attach the twine with a knot. Begin wrapping the twine across the frame, going back and forth in a criss-cross pattern (also looping around each side once during each pass) until you get to the other end. Secure the end of the twine to the end of the frame.

Practice together as a group. You can make one family loom or combine your individual ones into one piece that you can each contribute to everyday. Once you've made your loom, you can start weaving!



## Weave Away!

Each day, weave something into your loom. Have every family member find something to contribute that represents their day. It can be something you made doing arts and crafts, a flower you found on your walk, a design you braided, anything!

You can also hang your larger loom outside, with materials to let your neighbours participate in your creation! Just leave a note for them and a few materials beside your loom for people to add to it.



**As a family, discuss which part of these activities you liked best.**

Did you enjoy finding sticks?

Were you picky in making sure you found one that was the perfect shape and size?

Who liked building the loom?

Who likes adding to it?

**This is something you can keep adding to, to connect with each other as a family.**



# Fitness

Making sure your body is strong, flexible and mobile is important all throughout life. Working out can seem intimidating at times, and even kind of boring if you're doing it by yourself. Try and find ways to do your workouts outside to get the most out of them. You'll be amazed at how much more you can enjoy the same activity by doing it out in nature instead of cooped up in your house. With that said, these exercises are totally doable indoors on a rainy day too!

Sit down as a family and set a goal or two to start moving your body! Try and do this once a week, with each family member setting an individual goal for themselves and one goal to achieve together. Getting started is half the battle. Maybe your goal is to do each activity every day, or maybe you just want to try each one over the course of a week, that's awesome! Do whatever feels manageable and motivational for you. Track your progress or record the fun you're having in your family scrapbook!

**Here's an example of goals you could make in your journal and how you can keep track of them!**

My goal is to improve my fitness by using my fitdeck and going for a walk 5 days this week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	x		x	x	x	

Make comments on how you're feeling each day. Maybe you're getting too sore and need to stretch out with one of your yoga workouts. Maybe it was super rainy and that ruined your plans. Don't feel like missing your target means you've failed, it just means maybe you need to try something different and mix it up, or maybe your body is telling you that you need rest. Maybe you need to focus on another activity that uses your hands or gets you thinking so that you can stay fresh for your next workout. Find YOUR fitness routine, whether it's running around a soccer field, walking your dog or a funky dance routine with your friends. Movement is medicine!

## A Note on Body Positivity

Living an active and healthy lifestyle is important regardless of your unique and individual fitness goals. The activities in this kit are meant to offer you a starting point to develop an understanding of your own interests around physical activity. Being active doesn't always mean doing what you're doing as fast as possible. It can be easy to get down on ourselves when we're not progressing as quickly as we'd like. Start by getting to know your body and getting in the habit of thanking it (in your head or on paper) for how much it does for you each day. Have fun, and be kind to yourself!

Parents, this goes for you too! Being an active role model for your children is great, but we can sometimes get caught up in our own idea of what activities are best for us. Don't forget to give your children the chance to identify how they like being active. Suggesting ways for your kids to be active is helpful, but be sure to let them explore their own interests as well!

## Fit Deck

Ever think of a deck of cards as being a workout tool? This deck of cards can be used for fun with others, or as a fitness deck to get a full body workout in no time at all.

**Draw a card and complete the task associated with the suit/number:**

♣ = pushups    ♥ = squats    ♠ = crunches    ♦ = jumping jacks

Shuffle up your deck, draw a card, and do the corresponding number of that suit's exercise.

**Example:** If you drew a 2 of clubs, you'd do 2 pushups!

Note: Jack, Queen, King, Ace = 10

The exercises shared with you were selected because they strengthen different parts of your body.

**Sit-ups** work that core core core! As you move through or build your exercise capacity, you'll find that a strong core is mentioned in almost everything you do. It makes sense, right?

The core of something keeps it from crumbling, and making sure yours is strong will help you in everything from sitting in class, going for a light run and any other sport or activity you find yourself taking part in.

1. Lie down on your back.
2. Bend your legs and stabilize your lower body.
3. Cross your hands to opposite shoulders, or place them behind your ears without pulling on your neck.
4. Lift your upper body from the ground. Exhale as you rise.
5. Return to your starting point. Inhaling as you lower back down.

Keep your back straight as you move up and down as shown in the pictures to the right. This is what strengthens your core!



**Jumping Jacks** will get your heart rate up! It's important to make sure you're including activities that focus on keeping your heart healthy. This will make getting up that pesky hill (or set of stairs) much easier in daily life by improving your energy levels and will go a long way as you look to advance in sports or your own physical activity goals.

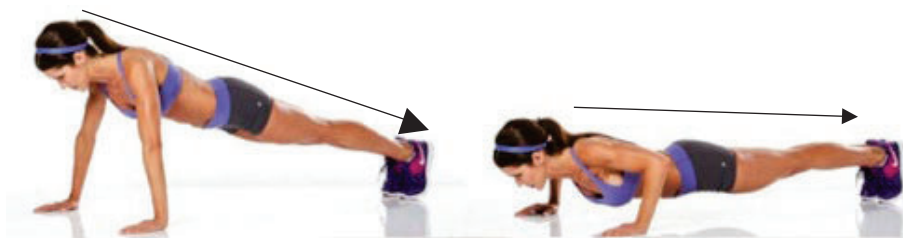
1. Stand upright with your legs together, arms at your sides.
2. Bend your knees slightly, and jump into the air.
3. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
4. Jump back to starting position.
5. Repeat.

This exercise involves more impact on your joints as you jump so it's even *more* important to make sure you have good posture and are keeping your back straight and core tight.



**Pushups** are an awesome way to build upper body strength. The three major areas they build strength in are your **chest (pecs)**, **shoulders** and **triceps**, but by engaging your core and using proper form you can build those **ab muscles** and strengthen your **lower back** too!

1. Get down on all fours, placing your hands slightly wider than your shoulders.
2. Straighten your arms and legs.
3. Lower your body until your chest nearly touches the floor.
4. Pause, then push yourself back up.
5. Repeat.



Although these instructions seem simple, it's very important to make sure your **core** stays tight and your back stays straight. Think about pulling your bellybutton in. You should be able to draw a straight line from your neck to your tailbone like the woman pictured. If you're collapsing your core, **it's much better to do a modified pushup on your knees** or against a bench or wall like the man on the right. Focus on being able to keep your back straight and core tight. Otherwise you may injure your back.



**Squats** are great for working your lower body, including your hips, legs, glutes, abs, shoulders, and back. There are also many variations that allow you to focus more specific areas. Strengthening these muscles can help make sure your joints and ligaments are safe from injury when playing sports or doing more aerobic or high impact workouts.

1. Stand up straight, with your chest up and feet shoulder width apart. Your knee should be slightly bent in your starting position.
2. Engage that core! Notice a pattern?
3. Start to squat by bending at the knees, pushing back your butt
4. Move slowly until your knees and toes are parallel. Don't go any lower than parallel to the floor!
5. On the way back up, keep moving slowly, make sure you don't lock your knees in once you get to the top! There should always be a little bit of bend. You can see this in the examples on the right.

Keep your core and upper body engaged. As you progress, you can make it more challenging by grabbing a weight of some sort. Hold onto a book or even your pet! Just make sure you're still doing it correctly.

Each day try and draw 10 cards. After your workout you can track it in your journal! It can be as simple as writing or drawing what cards you picked and how tired or energized you felt afterwards. If you're someone that likes having a friend to exercise with, pair up over zoom or get outside and have a socially distant work out with your neighbour. Set yourselves a routine so you can look forward to it together and keep each other accountable and motivated!

*Starting position*



If you have other exercises you'd like to assign to each card, go for it! We'll be providing some new ones in your kits. At the end of each week take a look at your results so far. Have you noticed a difference in your ability to complete different numbers or exercises?

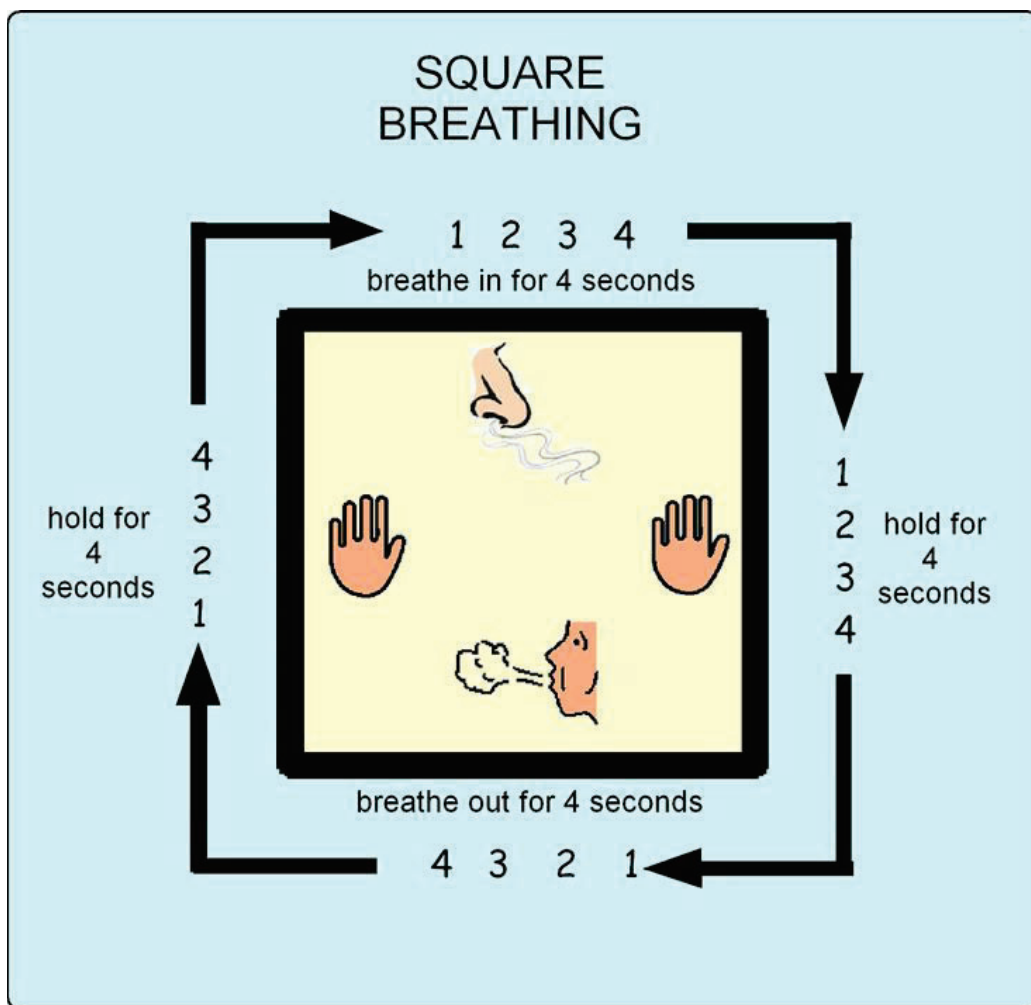
# Yoga

Yoga offers so many benefits. If you prefer slower, focused activities that strengthen and enhance flexibility, yoga is great for a lower-intensity workout focused on mindfulness and breathing patterns. For people who like a more extreme workout, yoga will keep you strong and safe from injury, offering an active way for you to rest and recover. It's a good idea to get your family used to stretching at a young age.

## Mindfulness

Yoga is often associated with mindfulness, but mindfulness can be practiced anytime and anyplace. We can practice mindfulness by focusing on the present, taking things one thing at a time, and paying attention to yourself and your surroundings. This helps us take a step back from the things that are stressing us out. Sometimes when we're stressed, it can feel like we're trapped inside a bubble. Taking a moment to practice mindfulness can give us another perspective that makes life seem a little less overwhelming.

This mindfulness exercise can be used to focus attention to your breathing and to calm your body. Use it throughout your yoga practice and in everyday life when you need a moment to reset.



## For Caregivers

Transition slowly between the poses below.

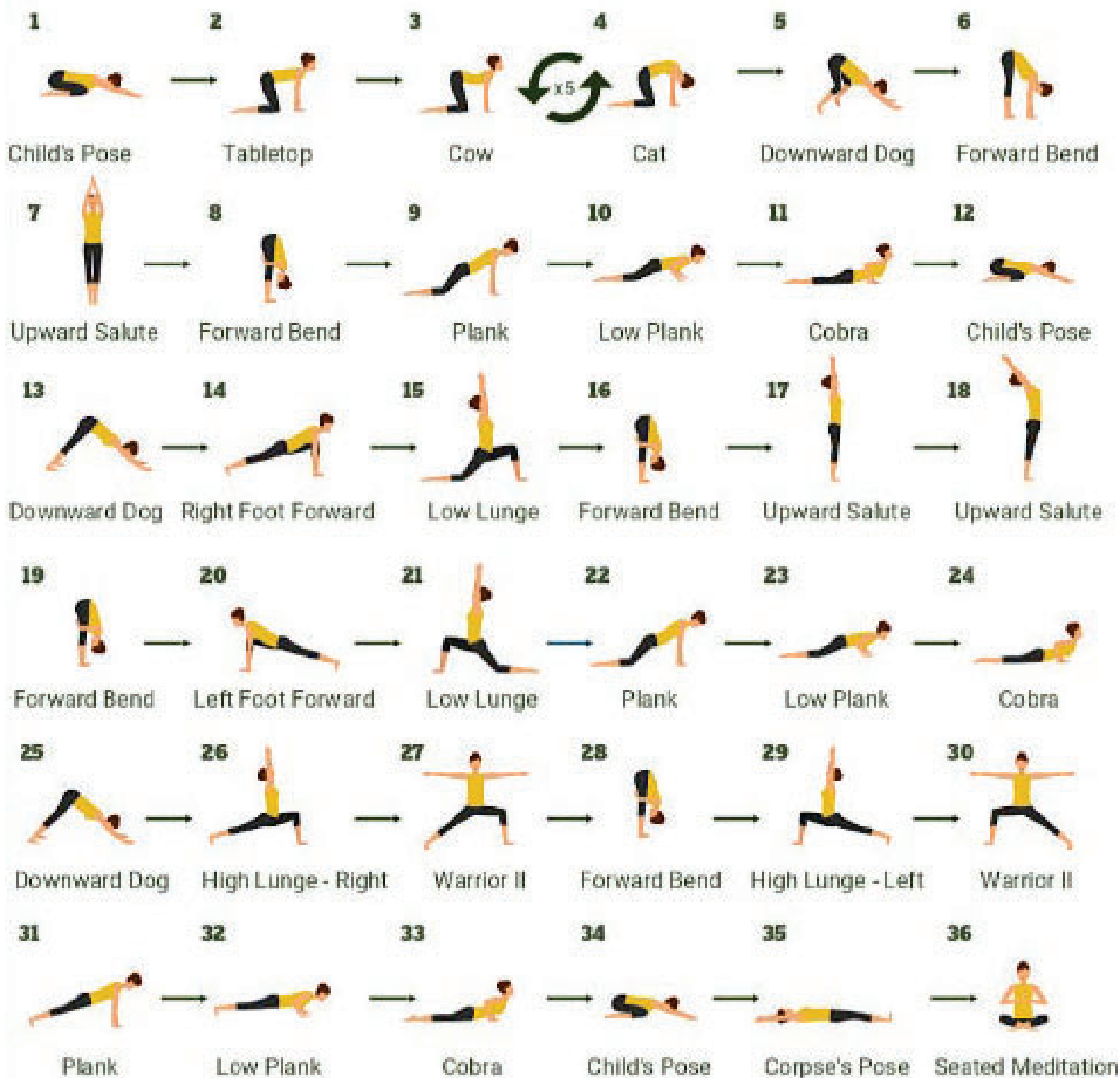
Focus on your breathing, taking air **in through your nose** and **out through your mouth**.

Try and inhale over 5 seconds, feeling your chest and lungs inflate.

Breathe out as long as it takes for your lungs to empty again.

Hold each pose between 10 and 30 seconds, using your breath as a measure.

When transitioning between poses, move slowly to the next pose while you breathe **out**.



If you find yourself getting distracted, hold the pose you're in and reconnect to your breathing, holding it for 5 inhales and exhales before you move on in your practice.

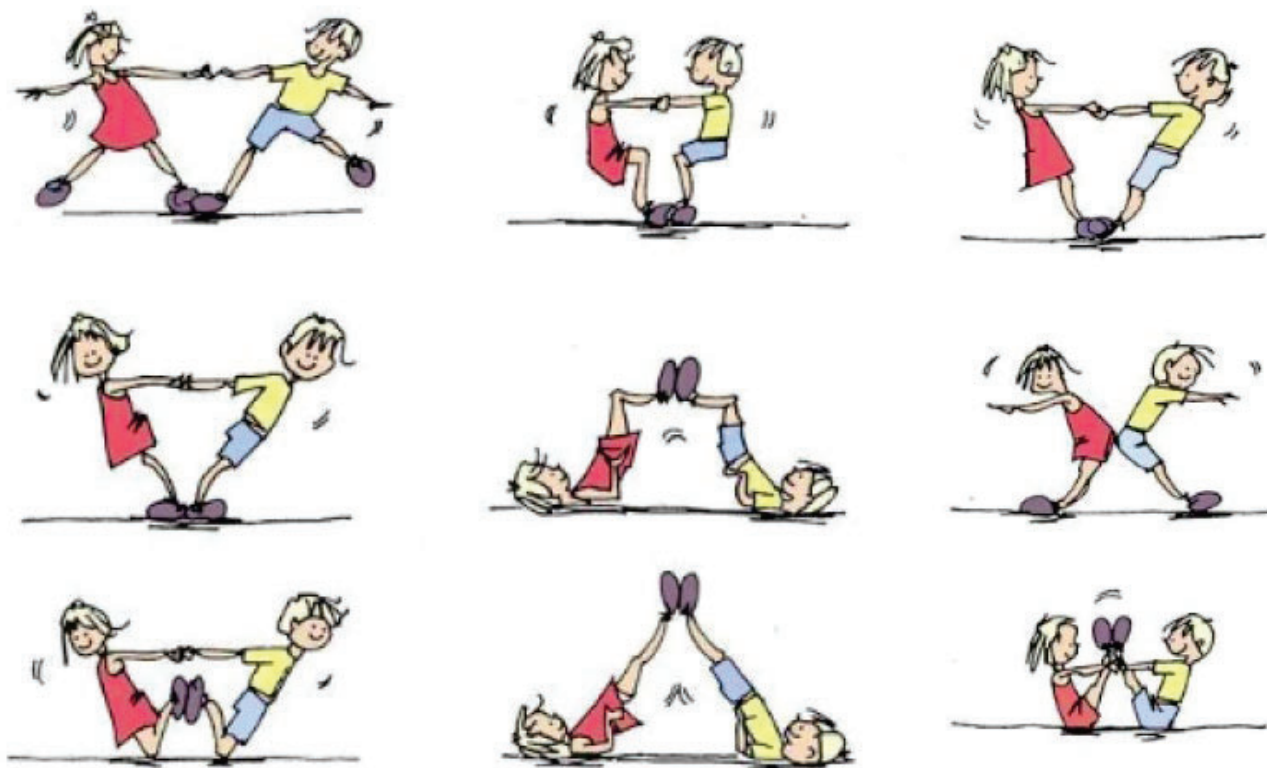
## For the Whole Family!

Have your kids practice the Square Breathing activity from earlier before challenging them to try these poses. Try to incorporate the same breathing during each pose. Hold each pose for 10 seconds, or 2-3 breaths.

### ***Yin Yoga Poses***



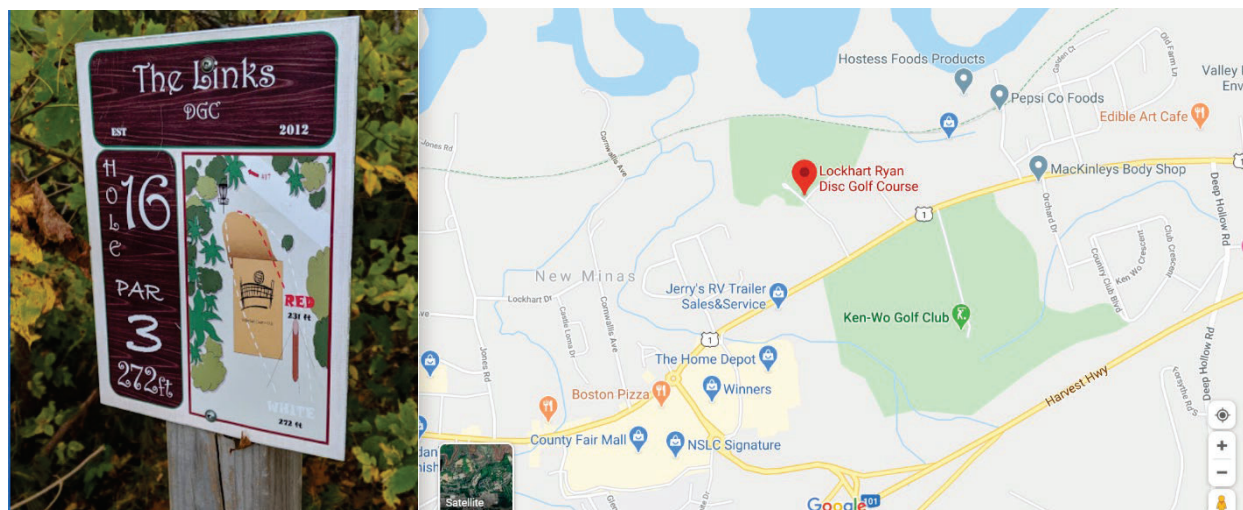
### ***Partner Poses***



# Frisbee Golf

Aside from your typical family game of catch or ultimate frisbee, you can use your frisbee to play Frisbee Golf, aka Disc Golf. This is something you can do on your own, or from a distance with others. If you're in New Minas, you can check out the Lockhart Ryan Disc Golf Course for free! Otherwise, you'll most likely be creating your own course or picking targets to challenge yourself and friends.

*The Links at Lockhart Ryan Disc Golf Course  
9443 Commercial St, New Minas, NS B4N 3G3*



## Frisbee or Disc Golf

Disc golf is played a lot like traditional golf. Instead of a ball and clubs, players use a disc or frisbee instead. The sport was invented in the 1970's, and shares with normal golf the goal of completing each hole in the fewest number of strokes or throws. A golf disc is thrown from a tee area to a target which is the "hole". The hole can be one of a number of disc golf targets; the most common is called a Disc Catcher, an elevated metal basket. As a player throws down the fairway, they must make their next shot from the spot where the previous throw has landed. The trees and other natural landmarks located in and around the fairways make the game more challenging with obstacles for the disc golfer. Lastly the putt lands in the basket or chains and the hole is completed. Disc golf has its fair share of joys and frustrations that come with playing the game, but the more you practice, the more fun you'll have!

*Disc Catcher Basket and Cage*

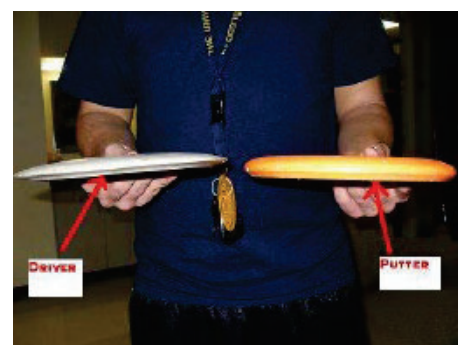


## Choosing a Disc

The best disc for a beginner would be a mid-range disc or a slow driver. The drivers are the discs that have the pointier edges because they will cut through the air easier. The mid-range discs and putters have thick edges because they are not made to fly very far but straight. You have been provided with a disc to start out, but feel free to explore other options as you become more confident!

## Lost Discs

Write your name and phone number on the back side of the disc with a permanent marker so if you misplace it someone can return it!



## The Backhand Throw

Although there are several different ways to throw a frisbee, the easiest way to start for beginners is with the backhand throw. Here are some instructions on how to throw a frisbee backhanded.

### Positioning Yourself and The Frisbee

When throwing a frisbee, it's best to use your dominant hand. We will refer to the dominant side as the right side; if your left hand is dominant insert 'left' where it says 'right'.

Grab the frisbee with your right hand and place your thumb on the top of the frisbee and the other four fingers on the bottom. The "bowl" of the frisbee should be facing down when your arm is parallel to the ground and your thumb is facing the sky.

Pick a target/destination for your frisbee to be thrown.

Stand with your feet shoulder-width apart and turn the toe of your left foot out slightly (no more than 45 degrees from your other foot) and move it back half a step. With your right foot, take a medium sized step forward keeping your right leg facing your target. Your feet will be slightly more than a step apart and your weight should be slightly more on your left foot.

Curl your right arm into your chest while holding the frisbee level. Depending on how long your arms are, the frisbee will be approximately halfway up your rib cage and in the middle of your body or a little more to the left side of your rib cage. This position should not apply too much pressure on your joints. Your wrist can curl slightly, but if it's too curled it may become painful after a while.



### Throwing the Frisbee: Motion and Release

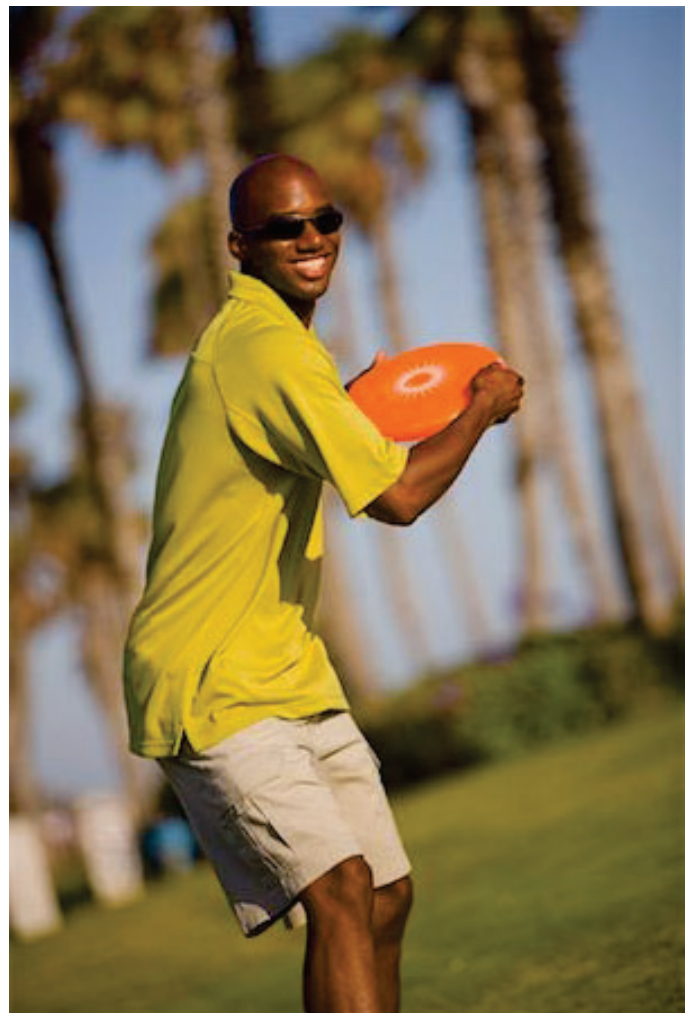
In one smooth, fluid motion, uncurl your arm, releasing the frisbee so that your right arm points directly at your target as you look straight down your arm. Another tip when aiming is to point your elbow at your target.

As you are uncurling your arm, shift your weight to your right foot so that when you release the frisbee the majority of your weight is resting on your right foot.

Keep the frisbee as level as possible. Jerky, uneven movements (including the release) will create a large amount of wobble in the frisbee as it flies. Notice the positioning of the woman's feet, and elbow in the picture below. This is a great and level throw!

As you grow accustomed to throwing a frisbee you may try taking a step with your right foot. This may be done by picking up your right foot as you curl your arm into your chest and stepping forward toward your target as you release the frisbee. This can give you a more powerful throw as you progress through the basic motions.

Those are the basics of throwing a frisbee. Now get outside and start throwing with your family!



# Chalk Challenges

You can use your chalk for SO many different things! It's an awesome tool not only for any artistic patterns you can come up with, but also as a way to get you and your family moving together. Here are just some of the countless ways you can use your chalk. See what other ones you can come up with and have yourselves a Chalk Challenge Olympics!

## Sidewalk Twister

A fun spin on an old classic! Get outside and get twisted. This activity lets you test your strength, flexibility, and coordination, through some fun competition. You can have family members challenge each other by calling out left/right hand/foot to each color, use your dice and assign different values or make your own rules!

**Here's a set of rules you can start with:**

1 – 6 = **left**

7 – 12 = **right**

Odd number = **hand**

Even number = **foot**

1 – 3 = **green**

4 – 6 = **yellow**

7 – 9 = **blue**

10 – 12 = **red**

**Example:** if you rolled a 7, you'd call **right hand blue**. Alternatively, you can roll the dice three times to determine left/right, hand/foot and your color.

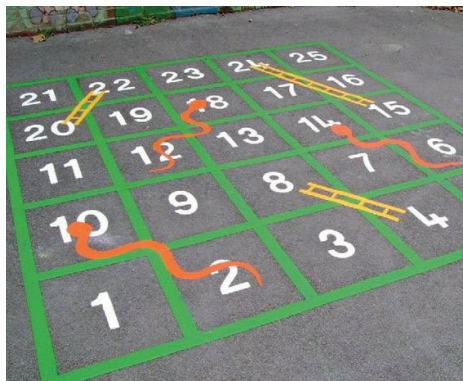


## Chalk bullseye

Time for target practice! Draw yourselves a bullseye and assign values to each circle. Make the values you choose ones that your kids will be comfortable practicing their addition. That's right, we're throwing in a math lesson! As far as throwing goes, you can find rocks to throw into the target, use your dice from earlier or, if it's a hot day, grab your sponge and bucket of water to toss in the rings. Be sure to mark where the throw line is. Come up with new angles and distances to challenge each other to throw from! If you want, make it into a game of horse, where everyone has to hit the same target.

After everyone throws, have each participant tally their own scores. At the end, add them all up to see who wins!



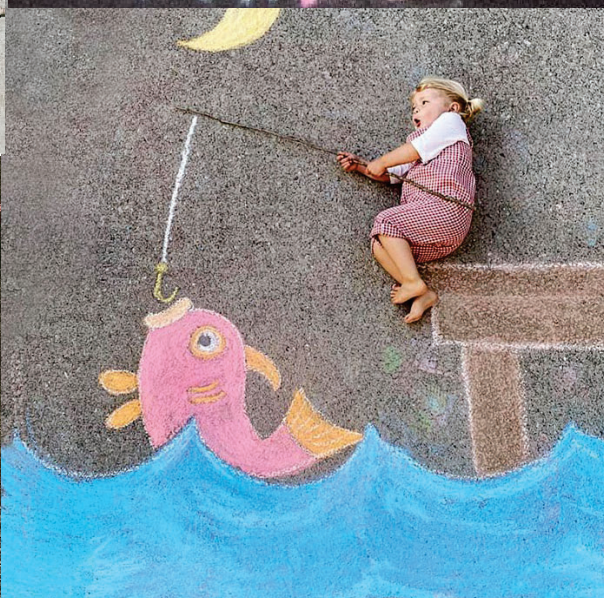


## Snakes & Ladders

Make your own snakes and ladders board! You can use markers for each player, or you can walk the course yourself! Roll the dice to see who goes first. If you land at the bottom of a ladder, move up to the other end. If you land at the top of a snake, you'll slide back down. The winner is whoever gets to the final square first!

## Set your scene!

This is a fun one! Draw a scene or place you love, then jump right into it! You could be slaying a dragon, chilling at the beach, or even in outer space. Take pictures that you'll have of your family forever. You can place them in your scrapbook!



## More Chalk Challenges!

### Hopscotch

Have you ever had a piece of chalk and **not** played hoscotch? I don't think so! Have fun creating elaborate courses and jumping through them. Hopscotch makes you practice your balance and fundamental movement skills like jumping. Try drawing them on sidewalks nearby for folks in your neighbourhood to jump through on their journey!



### Play Tic-tac-toe!



**What else can you think of? Try and come up with 5 new games or ways to use your chalk!**



# Card Games

## Solitaire (1 person)

The objective of Solitaire is to organize a shuffled deck of cards into 4 stacks (one for each suit) in ascending order (Ace to King).

In Solitaire, there are 4 types of piles: The Tableau, The Stock, The Talon, and The Foundations.

**The Tableau** consists of 7 piles. The first pile has 1 card. The second pile has 2 cards. The third pile has 3 cards and so on until there are 7 piles. Only the top card in each pile is faced up.

**The Stock** is simply the remaining cards after building the Tableau.

**The Talon** is a pile of 3 cards from the Stock. In the Talon, only the top card is faced up.

**The Foundations** consist of 4 stacks of cards (one for each suit) in ascending order (Ace to King). At the beginning of the game, The Foundations is empty.

### How to Play

Within the Tableau, faced up cards are transferred in descending order (King to Ace) and in alternating color. The player may transfer the top card or stack of faced up cards to any of the piles in an attempt to create the sequence of descending value and alternating color. An empty spot in the Tableau may be filled with a king. If the player cannot move any cards within the Tableau, 3 cards are selected from the top of the Stock pile to form the Talon. If the first card in the Talon cannot be played, 3 more cards are selected from the Stock. When and if the Stock runs out, the Talon is reshuffled to form a new Stock and the process continues.

While the player is sequencing the Tableau, the player is also trying to build up the Foundations stacks. The top card from the Talon or the Tableau stacks may be transferred to the Foundations. When all cards have been transferred in ascending order (Ace to King) to the Foundations, the game is won. If no more moves can be made and the Foundations is incomplete, the game is lost.

## Go Fish

**Requires:** 2-6 players, standard deck of cards (no Jokers)

If there are three or more players, each player is dealt five cards. If there are only two players, deal 7 cards to each. The remaining cards are placed in a pile between all the players.

Starting with the player to the left of the dealer, each player takes a turn asking another player if they have a specific card rank (e.g. "Phoebe, do you have any nines?" or "Joe, do you have any Queens?"). If asked for a rank he has in his hand, a player must hand over all of the cards of that rank. The asker then gets to take another turn. If a player has no cards of the requested rank, he responds, "Go fish." The asker then draws a card from the pile. If he happens to draw the card he was requesting, the asker shows the card to the group as proof and takes another turn.

### How do you win?

Players try to form sets of four-of-a-kind. When they do, the four cards are immediately placed on the table face up. Play continues until all books have been made. Winner is the player who makes the most books.

If you're feeling creative, instead of stacking the leftover cards in a pile, spread the cards into a make-believe fish pond and act out the fishing part.



## Concentration

**Requires:** 2+ people (the more the merrier!), one deck of cards, jokers removed.

### Game play

Make sure the deck is well shuffled before laying out the cards, facedown, in four rows of 13 cards. Each player takes turns flipping two cards face-up — if they are of the same number and color (e.g., 9♠ and 9♣, or Q♥ and Q♦), then that player wins the pair and gets another turn. If the cards are not of the same number and color, they are turned back facedown, and it becomes the next player's turn to pick two cards. The game continues until players have picked up all the pairs; the winner is the player with the most pairs.

**Objective:** Turn over more pairs of matching cards than your opponent.

### Mix it up

**Any Color:** Good for young children. Any number pairings are a match, regardless of color.

**Zebra:** Pairs match with opposite colors (J♦ would match with J♣ or J♠, but not J♥)

**Two Decks:** For a much longer game, lay them out in 8 rows of 13 cards. Pairs must be same number and same suit (10♣ with 10♣).

**Fancy:** The card layout can be in any formation the dealer may choose — circle, triangle, or pyramid

**Spaghetti:** Cards are strewn about randomly on the floor in no shape or pattern, making the card locations tougher to remember.

## Crazy Eights

**Requires:** 2 to 5 players can play with one deck (shuffle in a second deck for more players), no jokers

### Game play

Deal 8 cards to each player.

Place the remaining cards facedown in the center of the table. Turn the top card face-up next to the stack. The player to the dealer's left will then play a card that matches either the rank or suit of the face-up card. For example, if the face-up card is 4♥, then the player can play any 4 or any heart. If a player cannot play on the face-up card, then he draws facedown cards from the stockpile until he finds a playable card. Whenever the stockpile runs out, the top card is removed from the face-up pile and the cards are reshuffled.

All 8s are wild and players can use them when they don't have another card to play or at other strategic times. The person who plays the 8 calls out what suit they want it to represent and the next player must play a card of that suit. If the Q♠ is played, the following player picks up 5. If a 2 is played, the next player picks up 2 cards, if they lay another 2 (or multiples) the next player picks up the accumulative number (2, 4, 6, 8).

**Objective:** The first player who runs out of cards wins the game.

### Make it more fun

Spice it up with your own rules. Make 4s reverse the order of play. Or have Kings skip the next player. Make it sillier by having 7s mean the players have to touch their nose. Let your imaginations run wild.

**Grab a pen and paper and write everyone's names down for Crazy Eight Countdown.**

**Once a player gets rid of all their cards deal 7 cards. 8s are now normal, and 7s are crazy. repeat with 5, 4, 3, 2 and 1. The first player to get rid of all their cards at each number wins!**



# Coloring

Coloring is a great activity for your entire family, but the benefits kids and adults get from coloring may be slightly different. Here are some reasons to encourage your kids to color, from **kidsvillage.com**.

## Coloring for Kids

### **Helps Develop Hand-Strength**

One of the biggest reasons coloring is important at this age is because it helps develop hand strength. As adults, we've been writing, typing, and doing fine motor skills for decades which means we take our hand strength for granted. Toddlers and preschoolers, however, are just beginning to build those muscles.

Hand strength is important for all hand-related fine motor skills, especially handwriting. Writing takes strength and dexterity, and coloring helps exercise these muscles. Hand strength will also support your child's proper pencil grip.

### **Offers Practice for Pencil Grip**

A crayon is likely one of the first writing instruments your child will hold. By practicing with crayons, your child is fine-tuning their proper pencil grip. Pencil grip is part hand strength and part practice. Coloring allows for both! Most improper hand grips are caused when a child develops poor grip habits before their hands are strong enough to support the proper grip.

### **Stimulates Creativity**

Giving a child the opportunity to color helps stimulate the creative centers in their mind. Colors, shapes, interpretations, and imagined stories are all present when a child is coloring. Even if your child draws the same picture over and over, they're still engaging the creative centers in the brain that process colors and shapes.

### **Encourages Self-Expression**

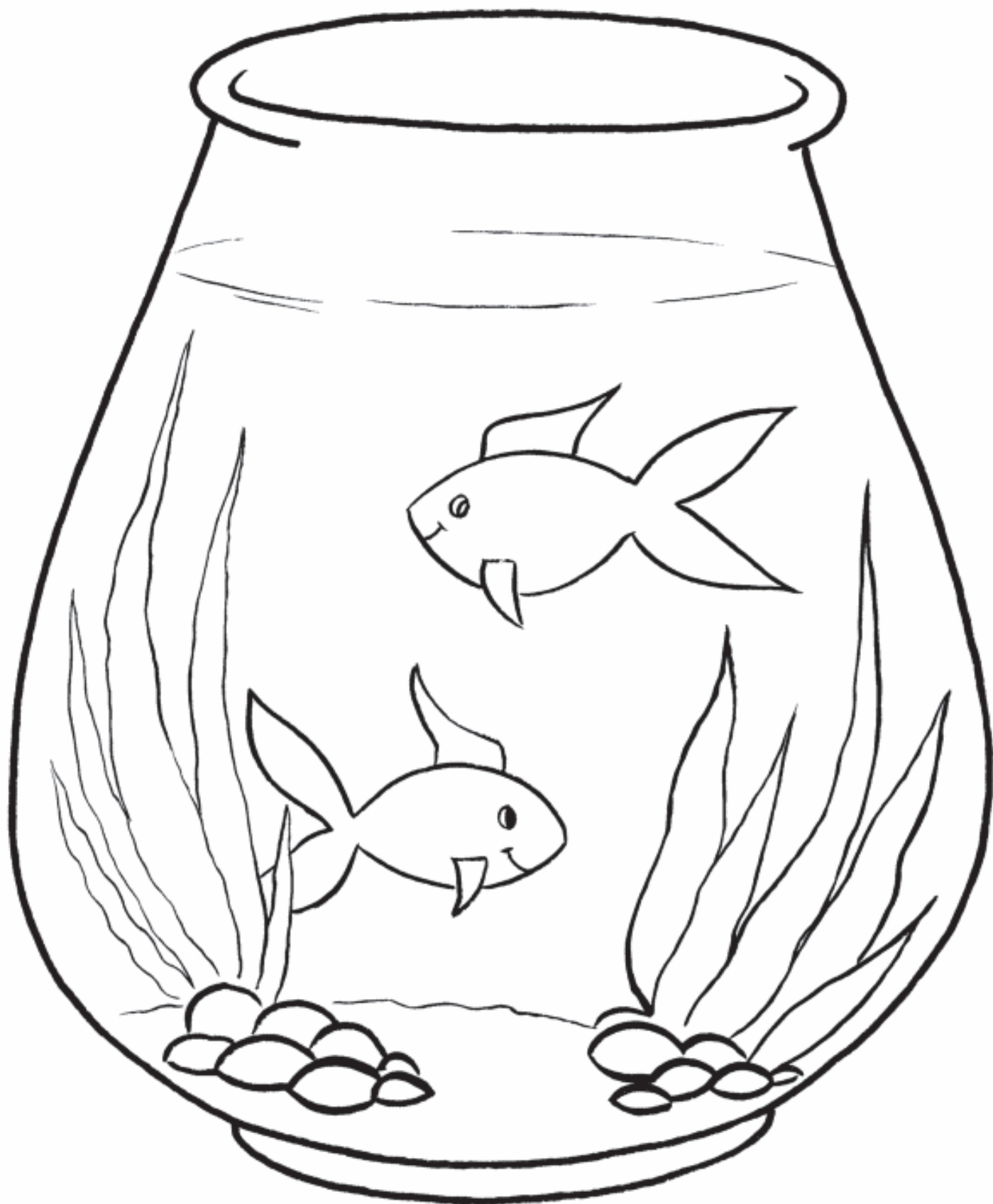
When children have the opportunity to color, they engage their independence and self-expression. What colors should they choose? What should they draw? What will it look like? Will it be big or small? Will it have lots of colors or just one color? Will the faces be smiling or frowning? Chances are, the answers to their questions are either consciously or subconsciously expressing themselves or their emotions. Drawing is a chance for your child to work through his or her emotions and to express themselves in a safe environment. Children may not always have the words to say exactly how their feeling, but coloring will let your child express himself without needing the vocabulary to do so.

### **Improves Fine Motor Coordination**

In early childhood, children are still developing the fine motor coordination skills that will eventually support their daily activities. Typing, writing, cooking, household chores, turning pages of a book, using tools, doing their hair — pretty much everything requires motor skills. When your child colors, he or she is developing their fine motor coordination. Other coloring-related activities that help develop fine motor coordination include dot-to-dot pictures, tracing, coloring inside the lines of coloring pages, playing tic-tac-toe, and copying a picture onto a blank sheet of paper.

**The next few pages offer some coloring templates for your kids!**









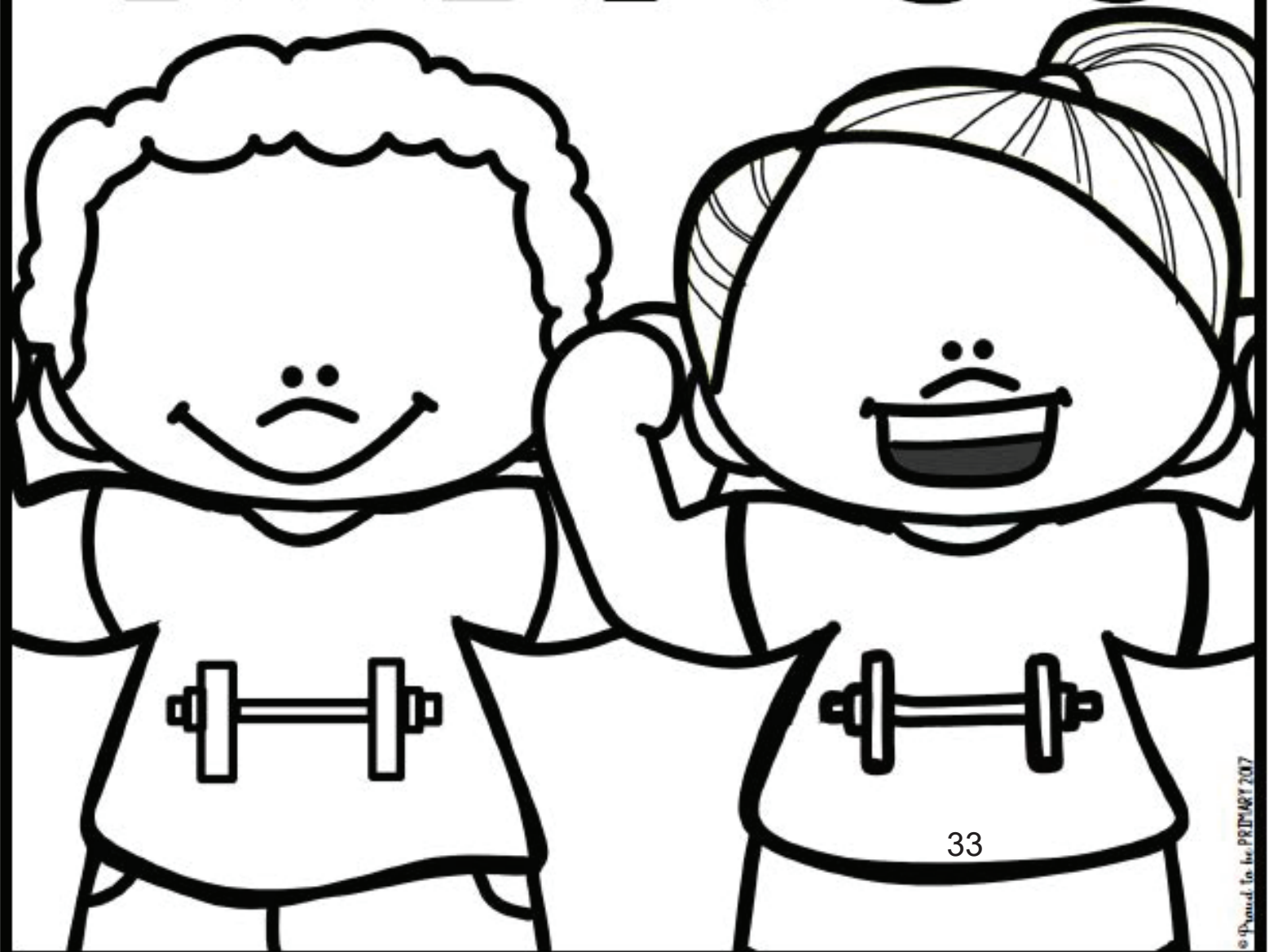




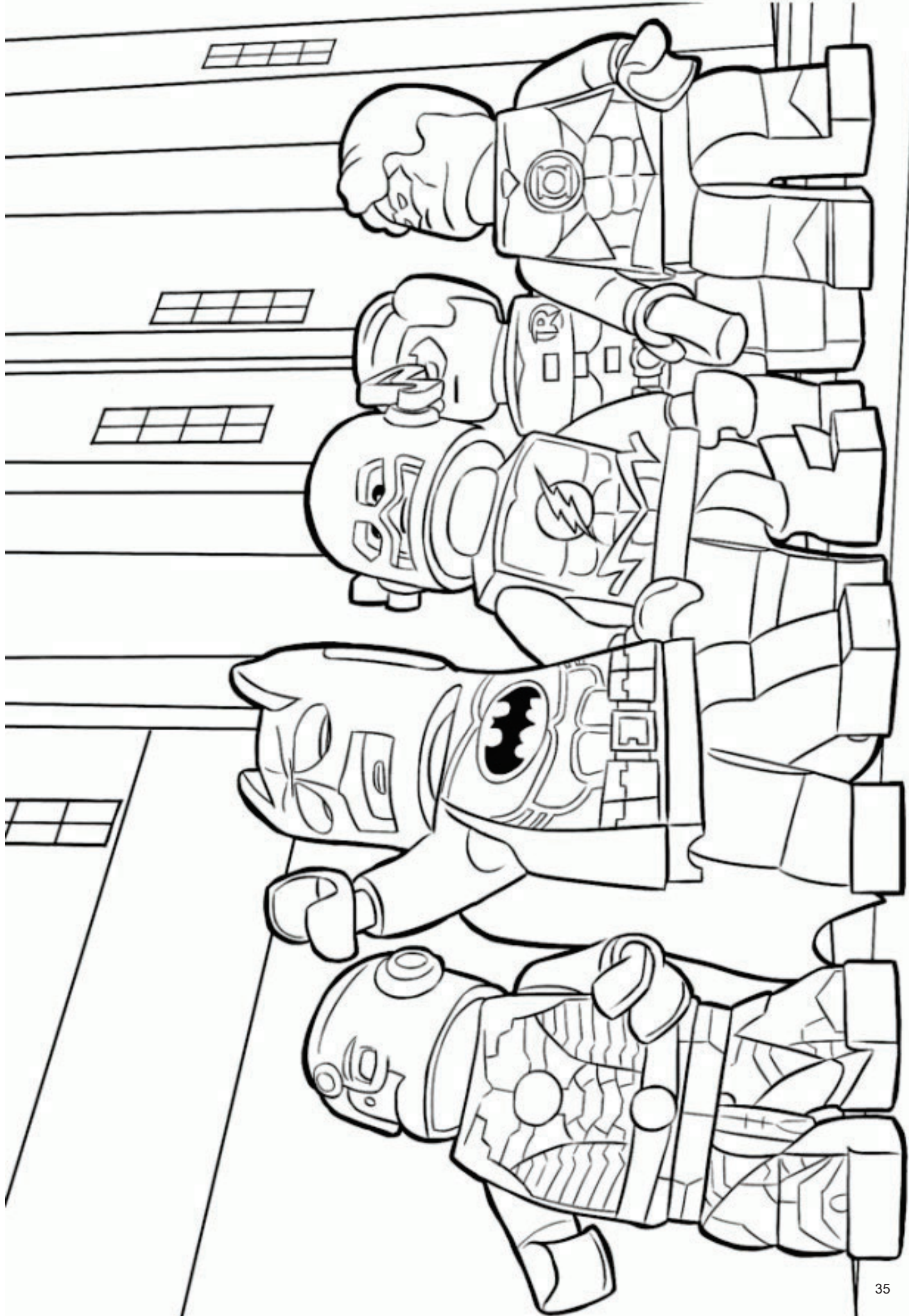
I AM  
ON THE  
RIGHT  
TRACK



I CAN DO  
HARD  
THINGS















## Coloring for Adults

Kids might be an easy sell, but what good is coloring for adults? Here are some reasons you should embrace coloring from **beaumont.org**.

### **Reduce Stress & Anxiety**

Coloring has the ability to relax the fear center of your brain, the amygdala. It induces the same state as meditating by reducing the thoughts of a restless mind. This generates mindfulness and quietness, which allows your mind to get some rest after a long day at work.

### **Improve Motor Skills & Vision**

Coloring goes beyond being a fun activity for relaxation. It requires the two hemispheres of the brain to communicate. While logic helps us stay inside the lines, choosing colors generates a creative thought process.

### **Improve Sleep**

We know we get a better night's sleep when avoiding engaging with electronics at night, because exposure to the emitted light reduces your levels of the sleep hormone, melatonin. Coloring is a relaxing and electronic-free bedtime ritual that won't disturb your level of melatonin.

### **Improve Focus**

This one is important for kids too! Coloring is also a great focus-building exercise. Focus is an important skill for children to learn, not only for their academic careers but for their professional careers as well. Focus is what helps us see through any task from start to finish. You'll notice as your child's focus develops that his or her drawings become more intricate, taking more time to complete.

Coloring requires you to focus, but not so much that it's stressful. It opens up your frontal lobe, which controls organizing and problem solving, and allows you to put everything else aside and live in the moment, generating focus.

You don't have to be an expert artist to color! If you're looking for an uplifting way to unwind after a stressful day at work, coloring will surely do the trick. Pick something that you like and color it however you like!

**Convinced yet? The next few pages offer some coloring templates for YOU (but feel free to swap with your kids). Now get coloring!**

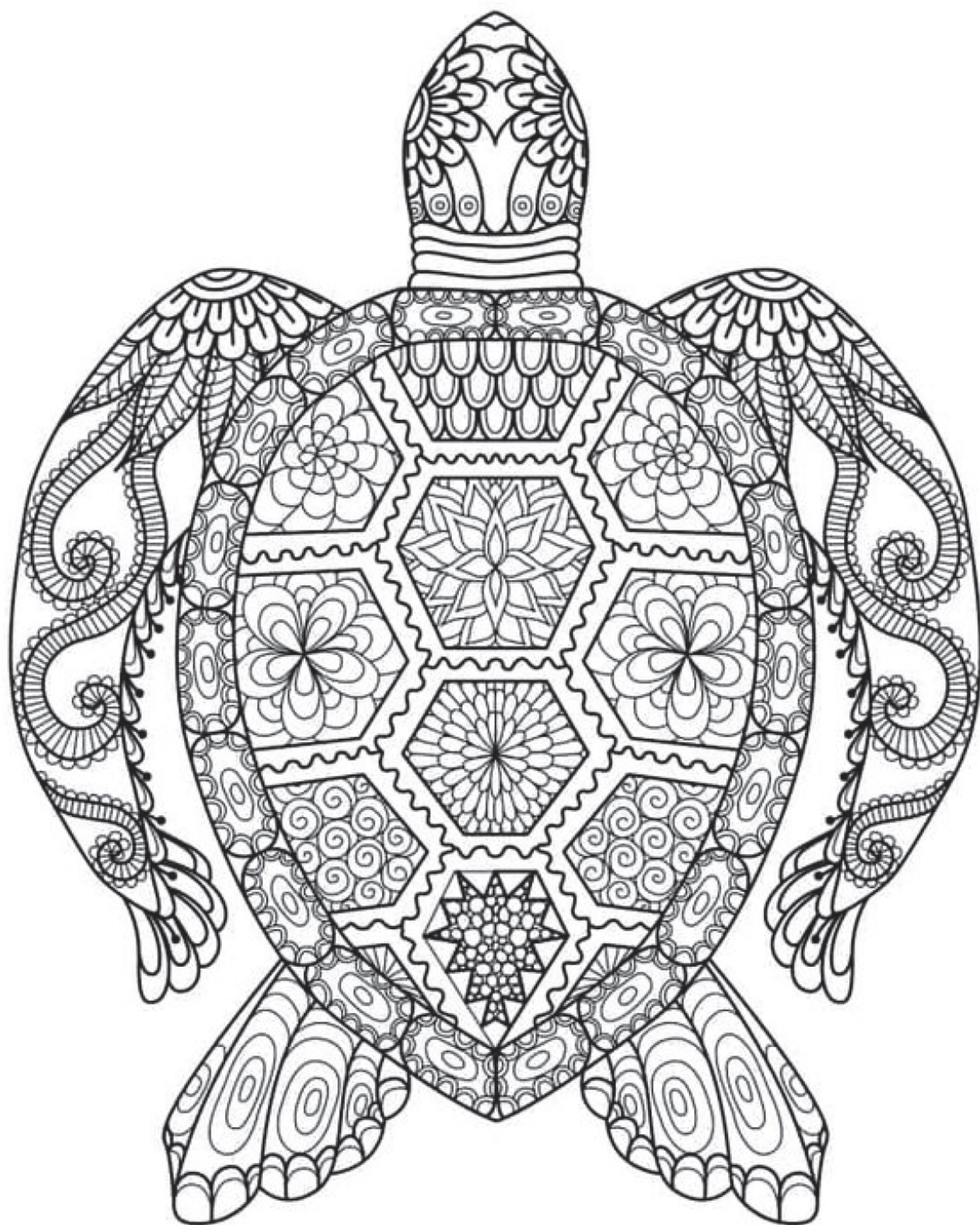




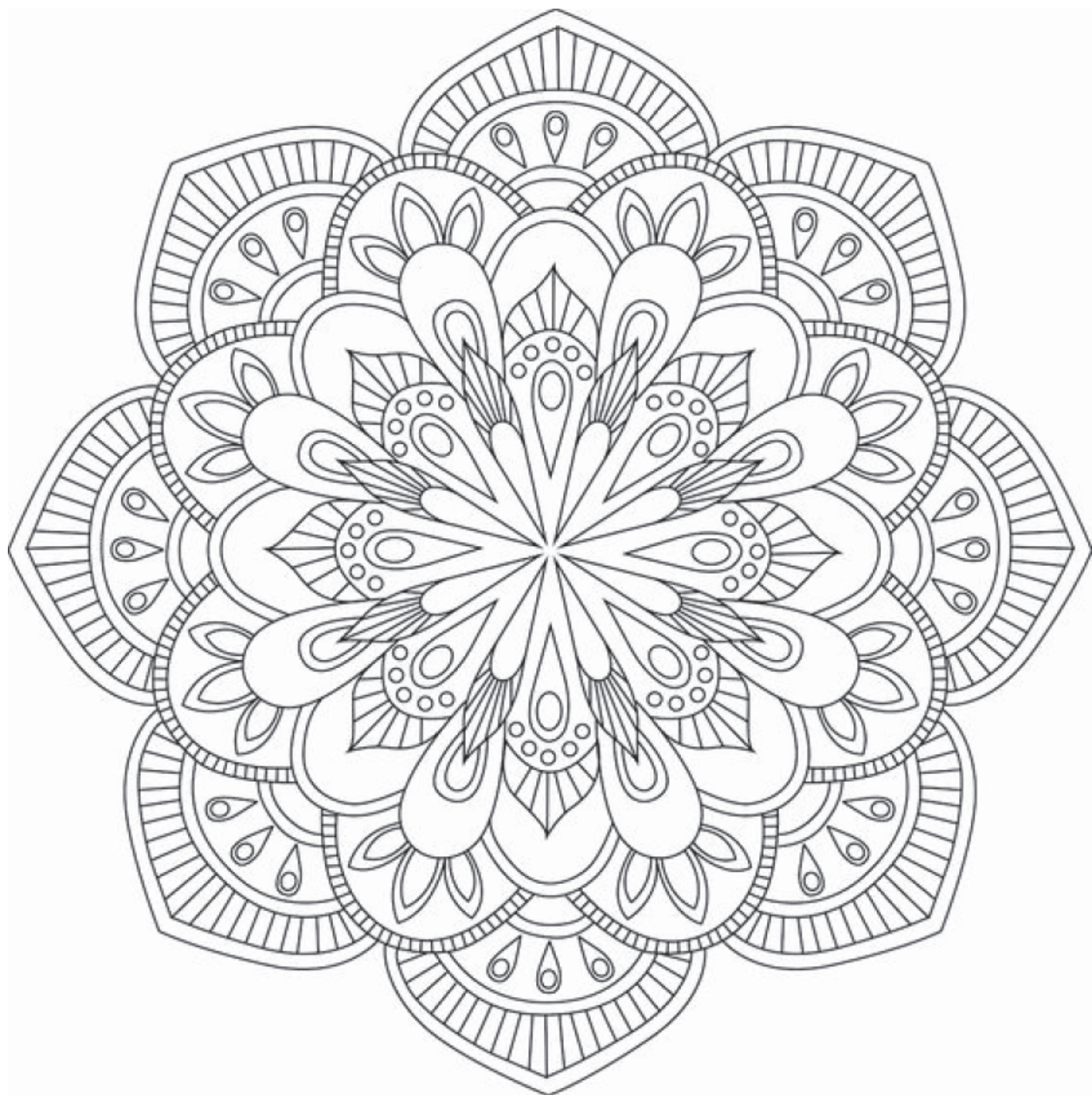


















# Community Resources

The following pages include very resources and contact information for you to access. Reach out to your designated Parks & Recreation Department below if you have any questions!



**DO YOU  
HAVE ANY  
PARKS AND  
RECREATION  
RELATED  
QUESTIONS?**

**We are here to help!  
Reach out to a Parks and Recreation  
Department near you!**



Town of Kentville  
902-679-2539  
[recreation@kentville.ca](mailto:recreation@kentville.ca)

Canning and District  
902-300-4140  
[director@canningrecreation.com](mailto:director@canningrecreation.com)

Village of New Minas  
902-681-6577  
[johna@newminas.com](mailto:johna@newminas.com)

Port Williams  
902-698-9086  
[pwrecreation@ns](mailto:pwrecreation@ns)

Municipality of Kings  
902-690-6190  
[recreation@countyofkings.ca](mailto:recreation@countyofkings.ca)

# NEIGHBOURS HELPING NEIGHBOURS IN THE ANNAPOLIS VALLEY



The ongoing COVID-19 pandemic is affecting many in our Annapolis Valley community. Many need help and also many are willing to help.

Are you self isolating and have some practical needs?  
Do you need groceries or medical supplies delivered to your home?  
Are you out of work and out of money?  
OR  
Are you able to help us meet some of these needs?

If you answered yes to any of these questions, please visit  
<https://helps.openarms.ca>

This website is intended to connect those who need help with people who can help.

# MENTAL HEALTH RESOURCES

## Where to Get Support in Nova Scotia during COVID-19



### 1 MENTAL HEALTH MOBILE CRISIS TEAM 902-429-8167 or 1-888-429-8167 (Toll Free)

The Mental Health Mobile Crisis Team provides crisis support for children, youth and adults experiencing a mental health crisis by phone 24/7 anywhere in Nova Scotia and a Mobile Response from 1 pm to 1am to most Halifax area communities.



### 2 KIDS HELP PHONE 1-800-668-6868 or text CONNECT to 686868

Kids Help Phone is always there for you. No matter what you want to talk about. No judgment, totally private. 24/7. Live Chat is currently open daily from 1 am to 8 am to provide more timely access to support through their other services.



### 3 MENTAL HEALTH AND ADDICTIONS INTAKE SERVICE 1-855-922-1122

If you need help with a mental health and addictions concern, Nova Scotia Mental Health and Addictions team can help. They're available to take your call Monday to Friday, 8:30 am to 4 pm. The line is voicemail-only evenings, weekends and holidays.



### 4 CMHA NOVA SCOTIA 1-877-466-6606 (Toll Free)

CMHA NS continues to provide non-clinical mental health psycho-social support throughout COVID-19. They are committed to keeping communities and clients safe and their services supportive and welcoming. Visit [novascotia.cmha.ca](http://novascotia.cmha.ca).



### 5 HEALTHY MINDS PATIENT NAVIGATOR 902-404-3504

Healthy Minds Cooperative is an innovative mental health cooperative providing a variety of peer-based services to people with lived experience of mental health issues and their families. HMC is available 9-5 Monday-Friday by phone and email.



### 6 STRONGEST FAMILIES I-CAN ANXIETY PROGRAM 1-866-470-7111 (Toll Free)

This program educates and teaches adults 18+ skills to overcome their anxiety, excessive worry, and learn how to cope with major life stressors. Participants are provided with access to a secure website, programming, and weekly phone support. Visit [strongestfamilies.com](http://strongestfamilies.com).



### 7 211 NOVA SCOTIA

211 Nova Scotia is a free helpline that connects you with community groups, social services and government programs in your area 24/7. Support is available in over 150 languages. Call or visit [ns.211.ca](http://ns.211.ca)

# Equipment Loan Program

We have the following items available for borrowing:

- Washer Toss Games
- Boche Ball set
- Croquet set
- Scooters
- Skateboards
- Soccer Balls
- Skipping ropes
- Indoor Shuffleboard
- Horseshoe set
- Yoga mats
- Hula Hoops
- Binoculars
- Pylon
- Scoop ball
- Sidewalk chalk
- Frisbee
- Volleyballs
- Helmets
- Walking poles
- Yardzee
- Lawn Dominoes



A Parks and Rec representative will be dropping off reserved borrowed equipment to doorsteps on Tuesday afternoons. Items will be picked back up the following Monday morning. All items will be cleaned and sanitized in between uses.

If interested in borrowing any of the items above, please call Ashley at 902-679-2539 or email at [recreation@kentville.ca](mailto:recreation@kentville.ca).

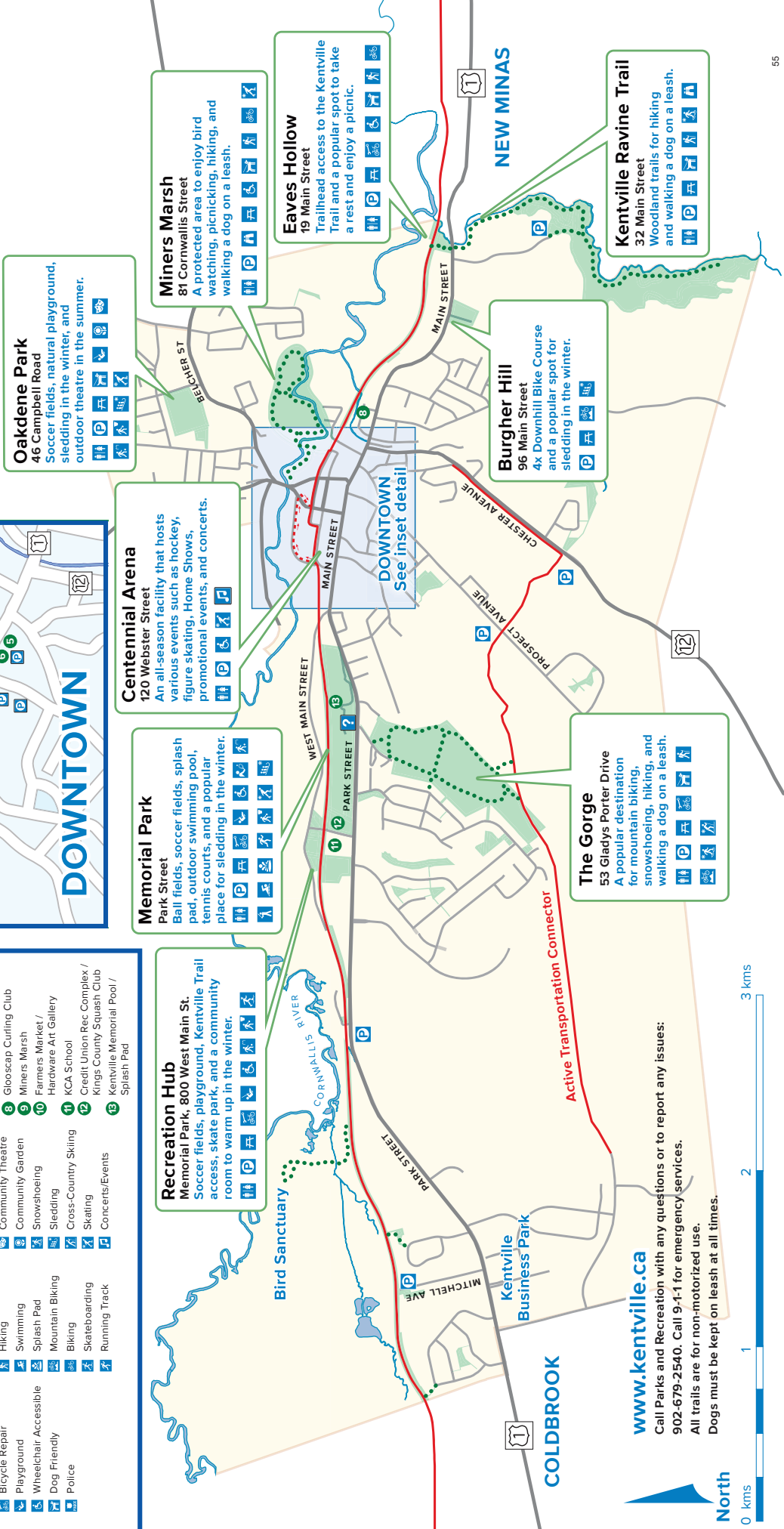
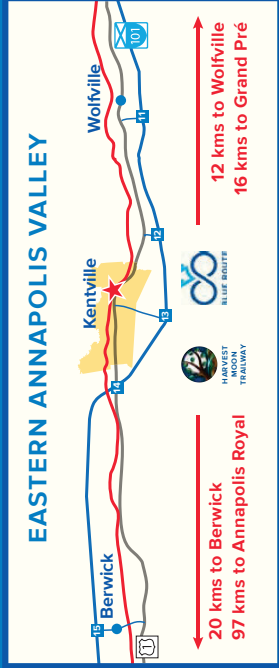
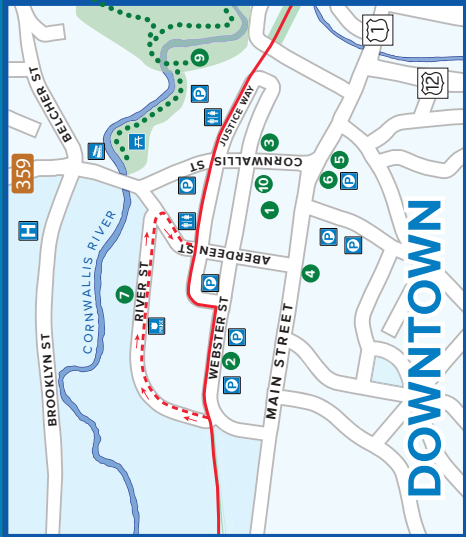
*\*Drop offs must be within Town of Kentville limits. A drivers license master number will be required at booking.*

# Kentville Parks, Trails & Destinations

- Routes for walking, biking & hiking  
Bike Route Eastbound through Downtown
- Recreational Trails
- Washrooms
  - All Day Parking
  - Picnic Park
  - Bicycle Repair
  - Playground
  - Wheelchair Accessible
  - Dog Friendly
  - Police
  - Soccer
  - Tennis
  - Baseball
  - Hiking
  - Swimming
  - Splash Pad
  - Mountain Biking
  - Biking
  - Skateboarding
  - Running Track
  - Basketball
  - Bird Watching
  - Boat Launch
  - Community Theatre
  - Community Garden
  - Snowshoeing
  - Sledding
  - Cross-Country Skiing
  - Skating
  - Concerts/Events
  - Recreation Centre
  - Town Hall
  - CentreStage Theatre
  - Glooscap Curling Club
  - Miners Marsh
  - Farmers Market / Hardware Art Gallery
  - KCA School
  - Credit Union Rec Complex / Kings County Squash Club
  - Kentville Memorial Pool / Splash Pad
  - Centre Square
  - Centennial Arena
  - Kings County Museum
  - Library

**Recreation Hub**  
Memorial Park, 800 West Main St.  
Soccer fields, playground, Kentville Trail access, skate park, and a community room to warm up in the winter.

- 1 Centre Square
- 2 Centennial Arena
- 3 Kings County Museum
- 4 Library
- 5 Recreation Centre
- 6 Town Hall
- 7 CentreStage Theatre
- 8 Glooscap Curling Club
- 9 Miners Marsh
- 10 Farmers Market / Hardware Art Gallery
- 11 KCA School
- 12 Credit Union Rec Complex / Kings County Squash Club
- 13 Kentville Memorial Pool / Splash Pad







# We Need Your Feedback!

To make sure we're meeting your needs please fill out this form to return to your kit provider during the next drop off. This will help us identify what folks are most interested in. Feel free to use the back of this page if you need more room.

Look back through your journal when thinking about your answers!

If you have online access and prefer to submit electronically, you can contact [recreation@kentville.ca](mailto:recreation@kentville.ca) for a link to the form.

## Do you have regular/home access to:

Phone	yes / no
Computer	yes / no
Internet/data	yes / no
Smartphone or tablet	yes / no

1. What was your favorite activity in this kit?
2. What was your least favorite activity in this kit (that you participated in)?
3. Were there any activities you chose not to participate in?
4. If yes, which ones? Why did you choose not to try that activity?
5. Are there any items you did not use in this kit?
6. Since receiving your kit, have you found any other uses for the items provided?
7. When using your kit, did you run out of any of the supplies **before** completing any activity?
8. Were there any activities you would like to see included again?
9. Overall, do you feel equipped to repeat the activities in this kit on your own moving forward?
10. Have you found any new interests or hobbies since receiving your kit?
11. Was there anything that made it particularly easy or difficult to use your kit regularly?