

Kentville PLAYS KIT



Family Kit #3



Kit Overview

This week's kit offers some brand new activities for you to explore! Keep adding the instructions to your binder, and have fun adding color and making it your own!

Journaling	3
Emotional Check-in	4
Self Portraits Drawn with Eyes Closed	5
Bird Feeder	7
Fitness	8
Tennis Ball Games	8
Fitdeck	9
Music – The Recorder	11
Setting up	12
How to read a fingering chart	14
Fingering Chart	15
Rhythm	16
Songs to Practice	20
DIY Bongo Shaker	25
Mancala	26
DIY Mancala Board	27
Sudoku	29
Recreation for Life	35
Interest Inventory	36
We Need Your Feedback!	40

This week's kit includes:

- Scrapbook paper
- Bird seed
- Recorder
- Twine
- Postcard with stamp
- Balloons
- Stones
- Tennis Balls
- Elastic bands
- Glue

All of the items throughout your kits have been purchased for \$4.00 or less, with the majority of them being under \$2.00. Even when you have used up all of your items, look at your budget and checkout your local discount stores to keep exploring your recreational interests. We hope these kits have brought some joy and meaning to your lives during these times. Keep having fun, and play on!

Yours in Recreation,

The Kentville Parks & Rec Team





Journaling

Keep using your scrapbook binder to explore your favorite activities and your thoughts on them. Along with some more general journal prompts, we've also included a goal setting activity to get you thinking about activities you can or might like to pursue.

The next few pages offer some art-based mindfulness activities for you to reflect on and add to your scrapbook. Here are some more prompts to write down and keep exploring yourself with!

- ***What is your favorite way to spend the day?***
- ***What is your daily routine?***
- ***What are your favorite things to wear? Why? How do you feel when you wear them?***
- ***What would your perfect day entail?***
- ***What's on your mind?***
- ***Describe a time when someone was unexpectedly kind to you.***
- ***Describe a random act of kindness you did for someone else.***
- ***How have you learned from your biggest mistakes?***
- ***What matters most in life?***
- ***What is the best advice you ever received?***
- ***What do you love most about life?***

For each of the boxes below, write an associated activity down in your binder or on a spare piece of paper!

An activity I like to do alone	An activity I like to do with others	An activity I like indoors
An activity I can do in the winter	An activity I know I'm good at	An activity I like that's physically active
An activity I like outdoors	An activity I'd like to do but have never tried before	An activity I like to do to relax
Try and make time for at least one of these things in the next 7 days!		

This week, your kit includes a stamped postcard for you to mail to someone you miss! They can be from your neighbourhood, or from another province.

Since your postcards are pre-stamped, once your done you can drop it in the nearest mailbox. It's a more personal way to reach out to those you care about, and it's fun getting mail!

EMOTIONAL CHECK-IN: ART THERAPY EXERCISE



Description

This is a simple and accessible Art Therapy exercise used to check in with your emotional experience. No artistic skill is required.

When to create

This exercise can be used anytime you want to slow down and self-reflect. It could easily be added to an established evening unwinding/check-in routine or used to enhance your regular journaling practice. It can also be used to monitor your emotional responses immediately after a specific event, experience, or practice.

Materials

- A writing utensil
- Several different colors of a material of your choice
- A blank sheet of paper/journal page

Before you begin

Identify the time period or experience you would like to emotionally reflect on.

Process

1. Write a list of all of the emotions that you experienced during the period you want to reflect on

Take a few deep breaths and move your focus inward. Tune into your emotional experience. We often only acknowledge the same few emotions, so try to get specific and list as many different emotions as you can. Use the feeling wheel on from kit 2 to help identify your emotions!

2. Select a different color to represent each emotion

Create a legend. You might put a box beside each emotion and color it in with the corresponding color.

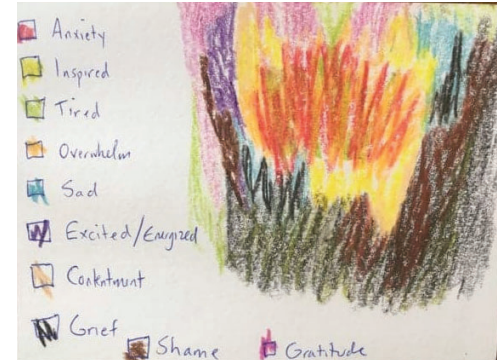
3. Use the rest of the page to explore each color/emotion

Move through your list of emotions and represent them through color on your page. Reflect on how present each emotion has been, the more frequently you have experienced an emotion the more space it will take up on the page. Sometimes we experience more than one emotion at the same time, these colors can overlap on the page.

4. Image Reflection

Sit back and look at your image:

- What stands out to you about the image?
- Which color is taking up the most space?
 - o Do you need to give yourself the space to work through or process this emotion?
 - If yes, what can you do to carve out the space for processing?
- Are there colors overlapping on the page?
 - o What is the relationship between these two emotions?
- Are there any emotions depicted that you would like to feel more often?
 - o If yes, identify what was going on in your life when you felt these emotions.
 - Are you able to increase the frequency of the experiences that elicit these emotions?



This activity is brought to you by Halifax Art Therapy.

Halifax Art Therapy offers a person-centered, strengths-based approach that empowers clients to recognize, activate, and build on their tools for achieving and maintaining mental and emotional well-being.

Visit HalifaxArtTherapy.com for more information.

Self-Portraits Drawn with Eyes Closed



Description

Creating a self-portrait is a powerful way to honour and witness your experience. Designed as a quick and accessible reflection tool, this technique helps you consider new perspectives about your day. By drawing with your eyes closed, you deepen your ability to focus on internal sensations while also limiting your ability to control your image. This combination increases the likelihood of revealing unconscious material which helps you learn something new about yourself.

Trigger warning: our Inner Critic can show up when we create an image of our self. If your Critic shows up, be gentle with yourself, but also remember this may be important information for you to explore.

This technique has 4 steps:

1) image creation; 2) state of mind reflection; 3) image reflection; 4) filling the vessel

Purpose

- enhance self-awareness
- reveal trends in your experience
- normalize variations in emotional experience
- self-care

When to create

Create a self-portrait at the end of your day. Be consistent. Best results come from creating a series of portraits over the course of a few weeks. Reflecting on the series as a whole reveals trends in your experience that you may not have noticed when reflecting only on individual portraits.

Materials

- Required: pen & paper (either loose leaf or journal)
- Optional: paint, pastel, markers, pencil crayon, collage... (any material you feel like exploring)



5 - 30 minutes



no artistic skill required

General Creativity
Personal Development
Revealing the Unconscious

Countertransference
5
Psychosomatic Work



Process

1) Image creation - portrait outline drawn with eyes closed

- begin by centering your pen on the page and close your eyes
- imagine looking in the mirror and seeing your reflection with a neutral expression
- avoid the temptation to insert emotion into your drawing
- move your attention slowly over your facial features, drawing each feature as you focus on it
- before opening your eyes, draw a vessel or shape to represent your body
- once your portrait is complete, cover your image and set it aside before opening your eyes

2) State of mind reflection

Immediately following the creation of your self-portrait, and before looking at your image, write down whatever you're most aware of in this moment, including emotions, sensations, thoughts and preoccupations. This will help you document key factors of your experience and will serve as an important source of information in revealing trends in your experience.

3) Image reflection

I recommend you wait at least an hour before revealing your self-portrait and reflecting on the image. This will help you distance yourself from any overwhelming or conscious experiences and will allow you to reflect more clearly on the image. When you reveal your portrait, follow these points of reflection:

- note your immediate reaction to seeing your portrait, describe this reaction
- what facial/emotional expression do you interpret from your image?
- does this drawn emotion align with how you were feeling when you drew your image?
 - if yes, what is it like to see your known self reflected back to you?
 - if no, zoom out and consider where this different emotion could be coming from
- notice the alignment of your portrait, are elements where they should be? Did you forget anything?

4) Filling the vessel - optional

- This is your space to consciously enhance your self-portrait. Fill the vessel with imagery and/or colours that feel relevant to you at this moment. Use any creative materials you want.

Additional notes for consideration

*** A note on dealing with difficult images:** Sometimes seeing an imperfect image of ourselves can trigger overwhelming feelings. Be gentle with yourself and remember you created this image with your eyes closed. Often the images we react most strongly to are the ones that can teach us the most. It is worth paying attention to your reactions, especially when they are uncomfortable. If you find this experience troubling, pause and take some distance from your portrait. Come back to it at a later time.

Bird Feeder

Make a home bird feeder to invite local birds (and potentially squirrels) to your yard! This is a fun way to get outside and connect with nature.

Materials

- Pinecones
- Peanut butter, honey, syrup – Anything you have in your cupboard!
- Twine
- Bird seed



Instructions

1. First thing's first – get outside and hunt for pinecones! Look for ones that will be easy to spread your peanut butter, honey or syrup on.
2. Cut a length of twine for each pinecone. The twine should be long enough to tie around the top of a pinecone and then hang from a tree branch (12-20")
3. Tie the twine around the very top part of the pinecone. NOTE: Do this first because doing it last (after the pinecones are covered in peanut butter) would be super messy.
4. Using a small spatula or butter knife, spread peanut butter over the pinecone. NOTE: A little goes a long way, so you don't need a lot and the less you use the less mess to clean up afterwards!
5. Pour some birdseed into a bowl wide enough for the pinecone. Roll the pinecone in the birdseed. You can also sprinkle birdseed directly onto the pinecone to make sure it is well covered.
6. Pick a spot and hang them up! Preferably in a place where you can watch the birds enjoy their treat.
7. Enjoy the view! Try and capture pictures of the birds that come by your feeder. Paint or color them in your journal to keep track.





Fitness

Take a look at your goals from kit 1. Did you make any changes for kit 2? Take a look ahead at the activities in this kit, as well as the exercises from kit 1 and 2. Revisit page 10 of your first booklet and make some new goals for yourself. You can set short-term, weekly goals, as well as longer term ones you hope to achieve with more time and persistence. Keep journaling! Log your progress!

Here's a list of all the activities that got you moving in some way or another throughout your kits. Surprised at a few of them? Write down each activity and exercise involved and what you liked and didn't like about doing each one.

Running
Yoga
Fitdeck
Frisbee
Twister
Hopscotch
Paint your path
Erase your trace

Even in your bird feeder and pottery activities, you got outside to collect your items. This goes to show how much more active we can be in our daily lives, even when we're more interested in artistic activities. It *also* shows us that we can still be active without being someone that's necessarily interested in sports or working out all the time. Take a look at the questions below and write down your answers on a page dedicated to each person's fitness goals and interests. Think about how you most enjoy being active and moving your body.

What has been your favorite physical activity so far?

What's been your favorite exercise specifically?

What's an exercise you absolutely hate?

Why don't you like it?

Do you enjoy working out for the sake of working out?

Do you prefer to get exercise while being focused on a task or goal (ex. playing soccer, collecting things outdoors, etc.), rather than the exercise itself?

Moving Forward

Try and incorporate the self portrait activity on the previous page into your fitness logs. Throughout your fitness journey, and life in general, your body will morph and change. Regardless of your goals, however big or small they may be, be kind to yourself. Even if you want to make big changes, the only way you'll be able to achieve them is by *using your body!* Every time you look in the mirror or go for a run and see progress, it's your body that has let you make that progress, even when it's your body that you're trying to change!

Tennis Ball Games

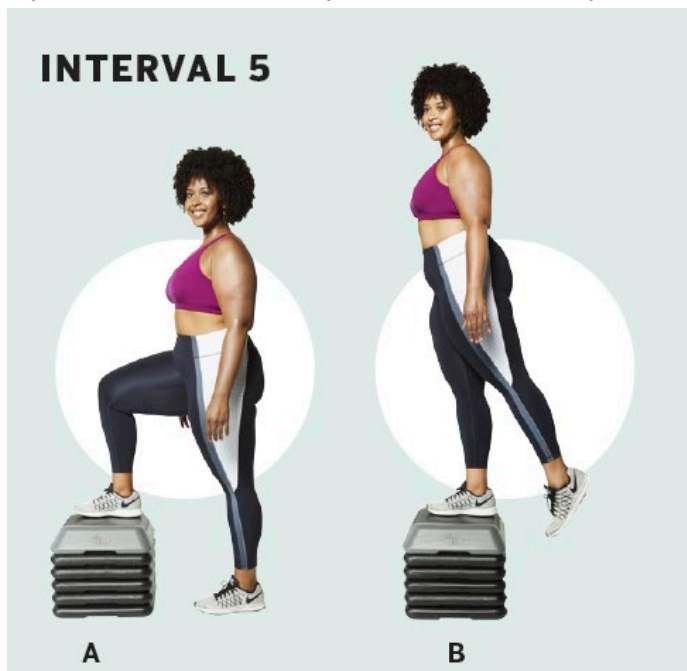
This week, your kit includes a set of tennis balls. You can use these to replace the sock balls in some of the games you played last week. Practice juggling, set up a bowling course with homemade pins, play wall ball by yourself or with others. You can incorporate the balls into the chalk challenges from your previous kits, target tough knots from your workouts and stretch out by rolling on them, and so much more! Try and come up with as many different ways to use them as you can!

Fitdeck

Here is your final fitdeck exercise guide! Keep revisiting your goals, add exercises you learn along the way, and keep incorporating other activities from previous kits like your frisbee, skipping rope, yoga routine and running program to build a well-rounded active lifestyle! Have fun and get moving!

Step ups are a great exercise to work your lower body. They're also a motion that you'll practice in daily life, so they'll keep you in top shape for the stairs at school!

1. Find a stable box, step or park bench for your exercise. Something that won't wobble or fall through
2. With your hands at your sides and feet pointed straight ahead about hip distance apart, simply "step-up" onto the box with the right foot.
3. Keep the right heel planted on the platform. Lift your body up onto the platform, by tightening your glutes and your abdominal muscles.
4. End by placing the left foot next to the right foot on the box. Keep your posture erect and do not let your knee go past your ankle when elevating yourself up onto the box.
5. Step down with the right foot and follow with the left back to the starting position.



Crunches are all about core, which as you know now, is super important. Be careful not to strain your neck or back doing this exercise.

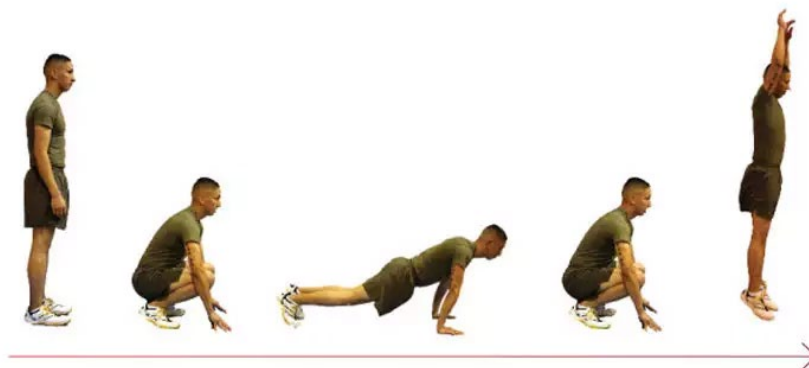
1. Lie down on your back.
2. Bend your legs and stabilize your lower body.
3. Cross your hands to opposite shoulders, or place them behind your ears without pulling on your neck.
4. Lift your head *and* shoulder blades from the ground. Exhale as you rise.
5. Lower, returning to your starting point. Inhale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



Burpees are feared by many, but your body will thank you later! Burpees keep you on your toes, raising and lowering your heartrate throughout the exercise. They're a full body, aerobic workout!

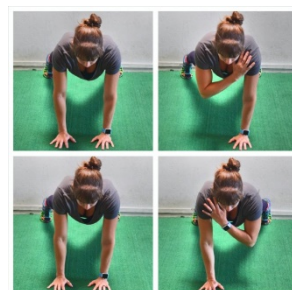
1. Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.
2. Push your hips back, bend your knees, and lower your body into a squat.
3. Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.
4. Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.
5. Jump your feet back so that they land just outside of your hands.
6. Reach your arms over head and explosively jump up into the air!
7. Land and immediately lower back into a squat for your next rep.

Form tip: Avoid "snaking" the body off the ground by lifting the chest first and leaving the hips on the ground when raising body back up off the floor.



Planking – Shoulder Taps in combination with a plank (your starting push up position from kit 1), work your core, arms and all the little muscles in between.

1. Set up in a high plank position from your hands and toes or hands and knees based on where you're at.
2. Place your hands under your shoulders and closer together while your feet or knees should be wider apart to provide a more stable base.
3. Bring your feet or knees together as the move becomes easier to make it harder on your core to stabilize.
4. By having your hands closer together and more centered under your chest, you will also provide yourself with a more stable base. It is very important that you remain stable with this move or you can stress your shoulder. Then, bracing your abs and engaging your glutes so that your body is in a nice straight line, lift one hand up off the ground, moving it slowly to touch the opposite shoulder. Keep your hips square to the ground and do not rotate as you lift your hand to touch your shoulder.
5. Make sure you don't let your butt go up in the air or your hips sag toward the ground. Touch your opposite shoulder then slowly place your hand back down on the ground. You want to move at a very controlled pace. Lift the other hand and tap your other shoulder. Do not rotate as you lift. Try to keep your body still and simply lift the hand to touch the opposite shoulder.



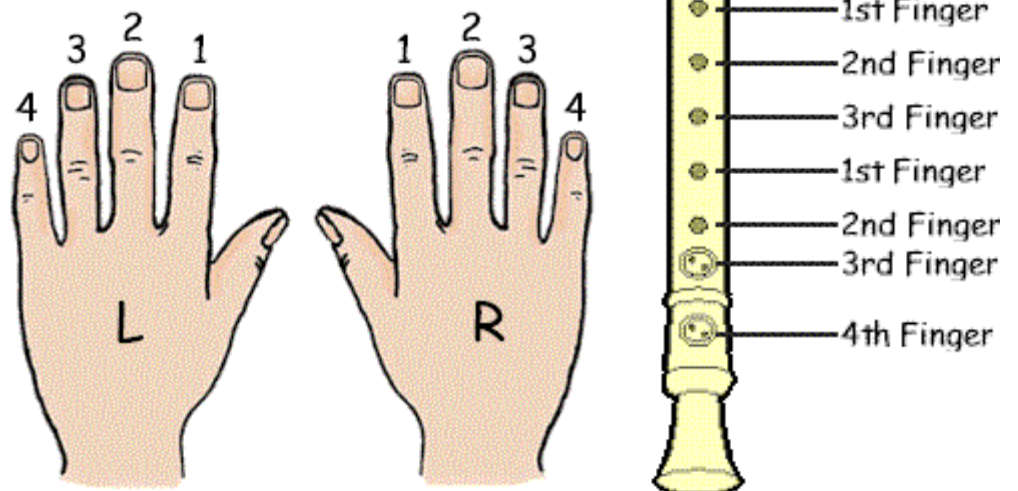
Music – The Recorder



A recorder is an awesome starter instrument for beginners. It's never too late to start learning an instrument. Even if you don't like the recorder itself, learning to play can teach you the basic fundamentals of reading music, so that you can go on to learn more complicated instruments like guitar, piano, saxophone, and lots of others! Whatever your musical aspirations, test out your new instrument! Your recorder comes with a fingering chart, and some instructions on how to hold it properly, but we've also retrieved some more thorough instructions from squeakysrecorderplayhouse.com that will help you learn.

Fingering

The recorder has 7 holes down the front, and one hole in the back. Each finger on your hand is assigned a specific hole to cover. Your left thumb will cover the hole on the back of your recorder.





Setting up

First, you must remember the "Golden Rule" of recorder playing:

Left Hand on Top

It doesn't matter which hand you write with, or how awkward it may feel, you must always place your left hand on top.

When you place your fingers over the holes, you must create a flat, tight seal. Try to avoid curving your fingers under. Instead, imagine you are being finger-printed. The tips of your fingers should reach, and possibly hang over, the side of your recorder.

Blowing

Place the tip of the recorder into your mouth. Remember, you are going to play the recorder, not eat it, so make sure that your teeth are not touching the mouthpiece. If your teeth are touching the mouthpiece, you have the recorder too far into your mouth. Move the recorder outward until only your lips are around the mouthpiece.

Finally, you must blow GENTLY! The recorder is a small woodwind instrument, not a big, loud tuba. Blowing too hard will warp the sound and be unpleasant for you and those around you.

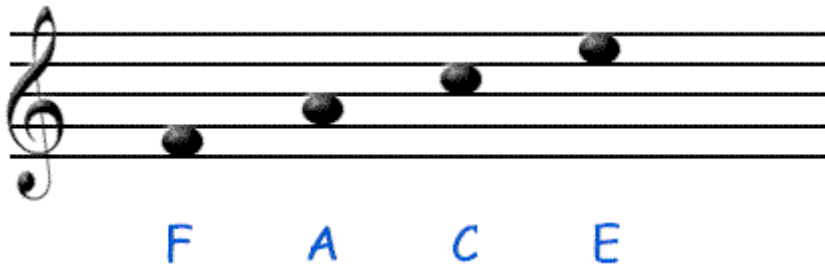
Tonguing

To produce a clear sound, you must learn to use your tongue to separate each note. The tip of your tongue should gently touch the back of your upper teeth at the point where the gum-line meets your front teeth. It is the same process as you use when you say the word "Du". You may find it easiest to practice saying "Du, du, du" until you gain a feel for the concept and can produce the same action with only air (no sound).

Reading Notes

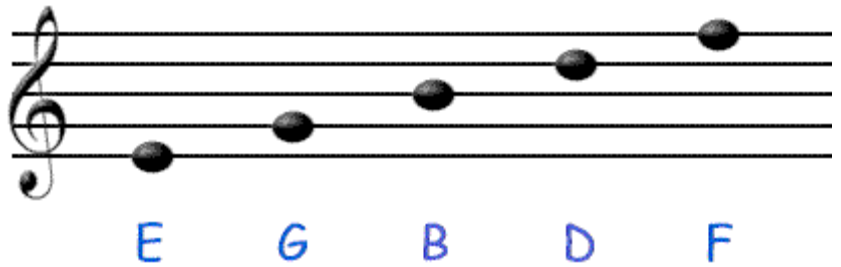
Reading the notes in a song can be very challenging at first! Luckily there are a few ways to make it easier. When playing the recorder, we read notes that are written on the treble clef staff. Each staff has five lines and four spaces. Every line and space have a specific letter name.

When learning the names of the space notes, we use the word "FACE".

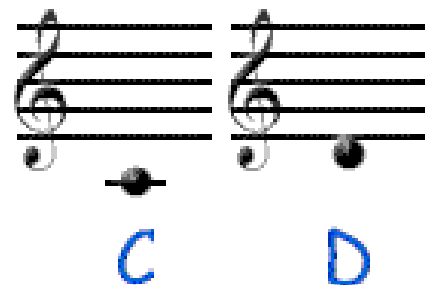
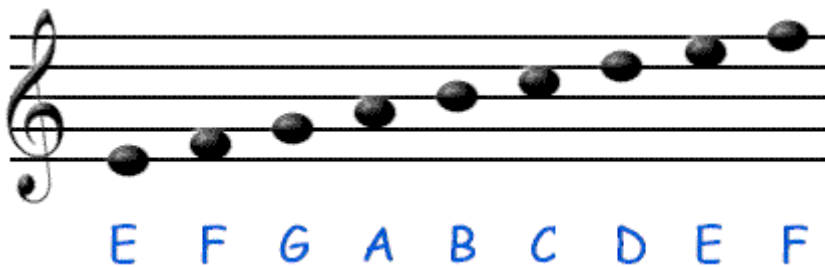


When learning the names of the lines, we use the first letter from each word in the sentence "Every Good Boy Deserves Fudge." You may have heard other words used, that's ok! The words are just place holders to help you remember your note names.

When we put the lines and spaces together, the notes move upward in alphabetical order.

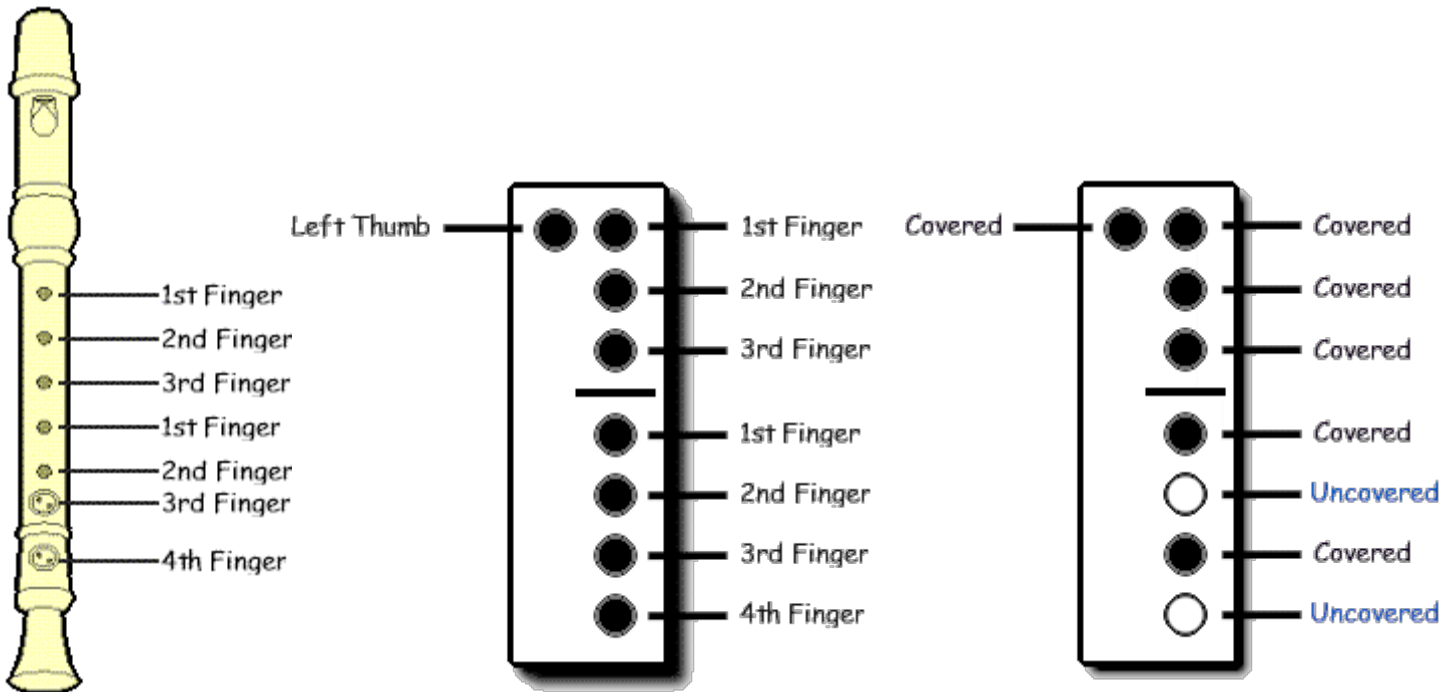


Just because we have filled up all of the lines and spaces, it doesn't mean that we have named all of the notes. Sometimes, there are notes that are printed above or below the main staff lines. We can figure out the names of these notes by counting in alphabetical (or reverse alphabetical) order. The most common notes for the recorder that are found off of the main staff lines are Middle C and Low D.



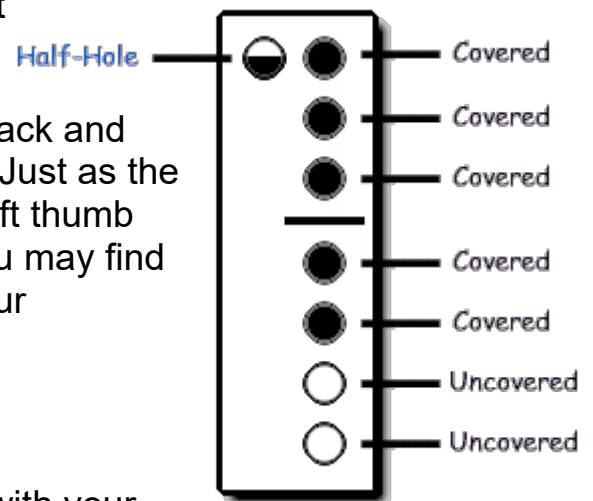
How to read a fingering chart

The fingering charts are pictorial examples of a recorder. Just like your recorder, the chart has seven holes in a row that represent the seven holes on the front of your recorder. The single hole to the left represents the hole on the back of the recorder.



When reading a fingering chart, you will find the holes are either white, black or a combination of black and white. If the hole is black, your finger should press down and cover that hole. Any hole that is white, should be left uncovered.

Occasionally, you may see a hole that is one-half black and one-half white. These are called "Half-Hole" notes. Just as the picture and name suggest, you should move your left thumb so that it covers only the bottom half of the hole. You may find it easier to bend your left thumb so that the tip of your thumbnail is pressing into the middle of the hole.



You may notice that the fingering charts that come with your recorder look a little bit different. That's ok! The sound will still be the same. The following charts will hopefully be easier to read, and if not, you can pull out your magnifying glass.

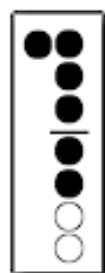
Fingering Chart



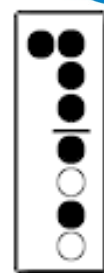
Low C



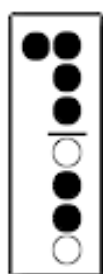
Low D



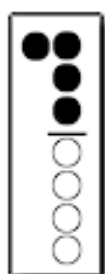
Low E



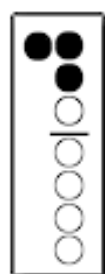
F



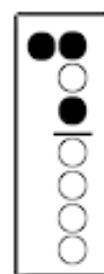
F#



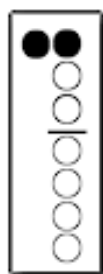
G



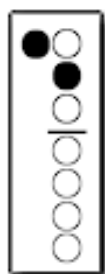
A



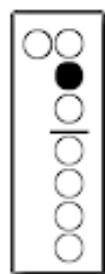
B^b



B



C



D

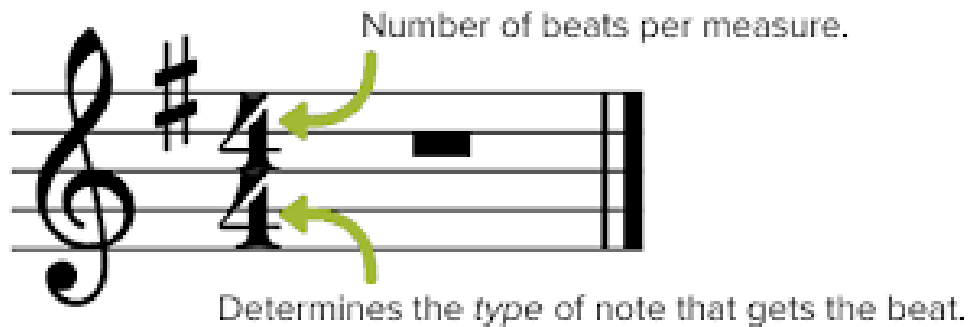


E

Rhythm

Time signature: this is the foundation of your beat. It's the pattern you follow in a consistent count of usually 2, 3, 4 or 6.

In order to truly understand simple time signatures, you must understand what the numbers represent. The top number determines how many beats are in a measure, while the bottom number determines what type of note gets the beat.



Looking at the example above, we can see that the top number is “4,” telling us that there are four beats in one measure. But what kind of note gets the beat? The bottom number of a time signature can be 1, 2, 4, 8, 16, and so on. These numbers coordinate with the following types of notes:

You could continue to 32, 64, and so on, but hopefully, you'll never encounter such a time signature!

Now that we can see the bottom “4” in this time signature represents a quarter note, we can conclude that a 4/4 time signature means there are a total of four beats per measure, and one quarter note equals one beat.

It's important to know this doesn't mean there can only be four quarter notes in each measure, but rather that the total note value of each measure will add up to four quarter notes. For example, you could see any of the rhythms below, because they all consist of four quarter note beats in total.



As we said before, a simple time signature indicates that the beat can be divided by two. Let's look at this example of a 3/4 time signature.

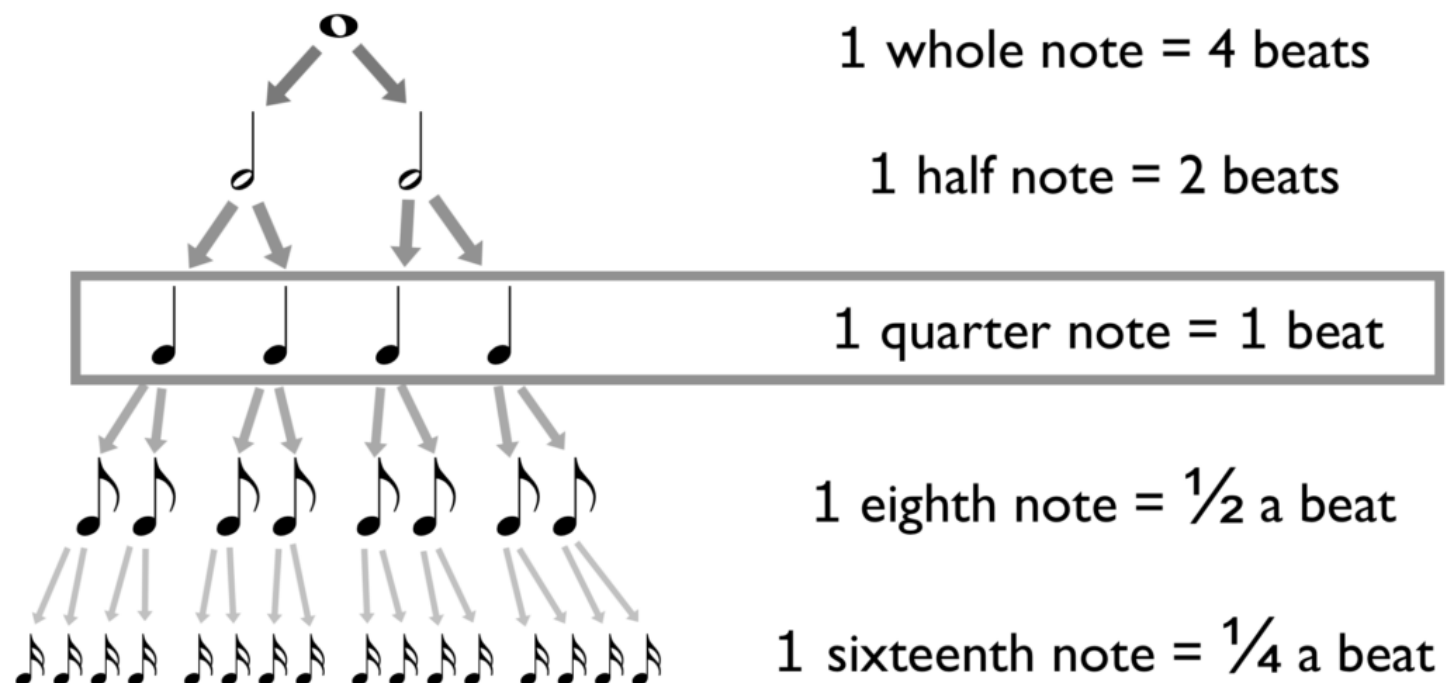


We know that a 3/4 time signature means there are three beats in a measure, and one quarter note equals one beat. Notice in the second measure that each of those beats can be divided in two.

Try this: Count 1, 2, 3, 4 out loud: 1, 2, 3, 4, 1, 2, 3, 4 etc

Tempo: This just means the speed at which you are playing or counting. I suggest you start slow and then build up your speed. Everyone wants to get faster and faster, but a great challenge is to see how slow you can play before it becomes too hard to keep a consistent rhythm.

Accent: No this doesn't just mean speaking with a foreign accent. An accent is the focal point or emphasis of your time signature. So if you're counting 1, 2, 3, 4... you can accentuate any of the four beats. 1, 2, 3, 4... or 1, 2, 3, 4... or 1, 2, 3, 4. It's kind of like reading a sentence where the emphasis on a single word can change the sentence's meaning.





Practicing

Learning how to practice correctly can dramatically increase the speed at which you progress. True practicing is very different from just playing. If you are always working on songs/pieces that you can play, then you are playing, not practicing. When you practice, you should work on a song/piece that includes some challenging passages. The act of properly practicing involves four major steps.

Step 1

Read and clap the rhythm of the piece. You may choose to read it using rhythm syllables or by counting. If you encounter any rhythm patterns which seemed difficult, stop and repeat the pattern until you can read and clap it correctly and in tempo with the rest of the piece.

Step 2

Read the names of the notes. When doing this, you will want to read the notes in rhythm. Once again, if you encounter any notes you are unsure of, stop and repeat the measure. Continue to repeat the piece until you can read it in tempo.

Step 3

Chin it. Place the recorder on your chin, and 'play' the piece. You will not blow into the recorder; just be sure to do the fingering and name each note. Again, be sure to repeat this step until you can 'chin play' the entire piece correctly without stopping.

Step 4

Play the piece SOFTLY! Remember, it doesn't take a lot of air to play the recorder, so play super soft! If you have successfully completed steps 1-3, you should be able to play the selection. If you have trouble in an area, stop, and examine the specific measure where you are struggling. Play over the specific notes until you can play the measure correctly. Then, you may return to the beginning and play the entire piece.

As you practice, think about the mindfulness activities we looked at earlier. Think about your breath. Do you notice different sounds being made depending on how you breathe into your recorder?

Aim to practice three times a week, even if it's just for 10 minutes. Log your practices in your journal. What did you accomplish? Was it frustrating? Did you have a major breakthrough?



Squeaks

Squeaking is one of the most frustrating obstacles beginning recorder players encounter. Whether it is a continuous squeak or an occasional single one, squeaks ruin good songs. Fortunately, there is hope. Generally, there are three main culprits of the squeak: **Fingers**, **Air** and **Bubbles**.

Fingers

Leaky fingers are the most common cause of squeaks. You must make sure that your fingers are completely sealing the hole. Always play with flat fingers, never curved ones. Imagining you are being finger-printed when you play may help you to flatten your fingertips. Also, (according to the size of your hand), the tips of your fingers will reach, or possibly hang over the side your recorder.

Sometimes, squeaks occur when changing notes. This is due to one of your fingers moving enough to barely unseal a hole. When this happens, it is often the left thumb or your first finger that is moving. Repetitive practice moving between notes will help train your fingers not to move.

Air

If your fingers are sealing the holes tightly and you are still squeaking, you may be blowing too hard. Remember, you want to blow softly, almost like whisper, when you are playing. You may also want to check that you do not have too much of the mouthpiece in your mouth. The tip of the mouthpiece should be in-between your lips, not touching your teeth!

Bubbles

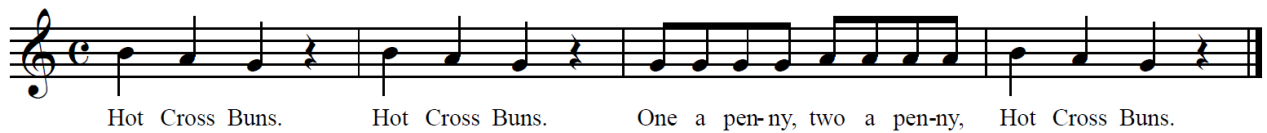
Occasionally, a small condensation bubble may become trapped in your mouthpiece. These squeaks typically occur after you have been playing on your recorder for a while, usually longer than 15 minutes. To clear condensation bubbles, place the recorder in your mouth as if you were about to play and inhale, sucking air up through the recorder and into your mouth. Any condensation bubbles will be gone!

Songs to Practice

Here are some songs you can start practicing with. You don't have to have the notes memorized right away! If you want, you can label each note with its letter until you start to memorize them.

Hot Cross Buns

Traditional



Mary Had A Little Lamb

Traditional



A Tisket, A Tasket

Traditional



Amazing Grace

D G B - G B A G E D D
 A - ma - zing grace, how sweet the sound that

5
 G B - G B A D B D B D - B
 saved a wretch like me I once was

10
 G D E G - G - E D D G B - G B A G
 lost but now I am found was blind but now I see.

Home on the Range (Refrain Only - Recorder)

arr. Joyce L. Moore

Home, home on the range. Where the

5
 deer and the antelope play. Where

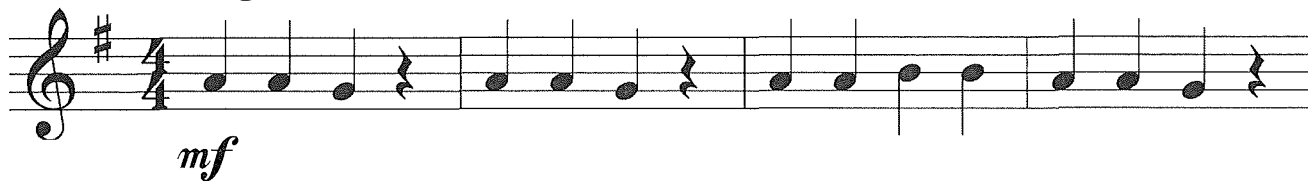
9
 sel - dom is heard a dis - cour - a - ging word, and the

13
 skies are not cloudy all day.



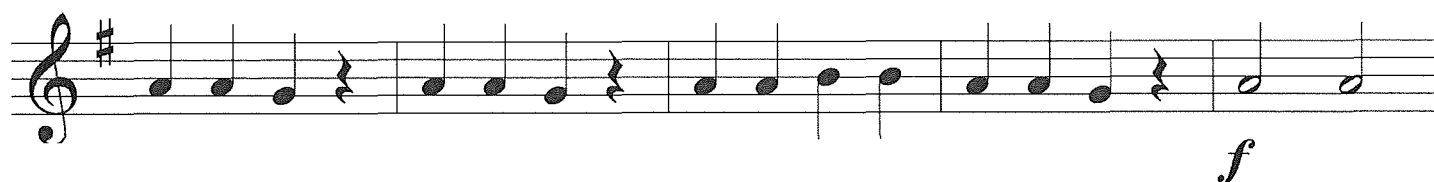
Three Note Adventure

Allegro

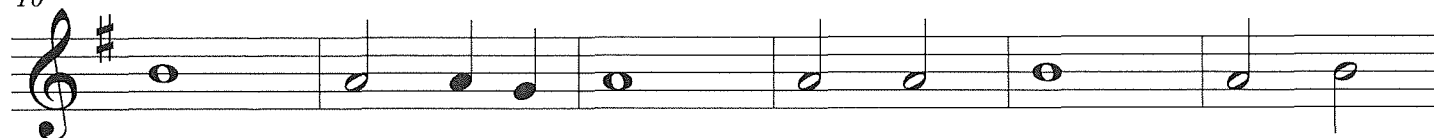


5

9

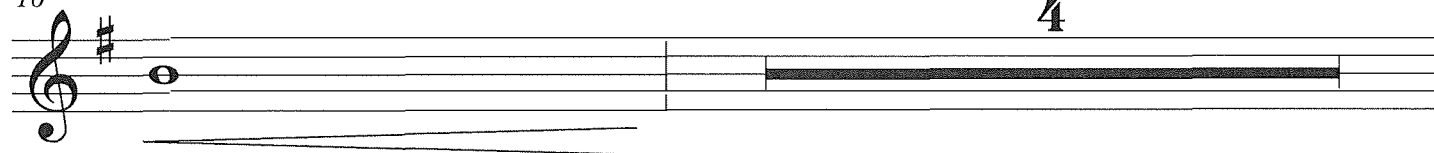


10

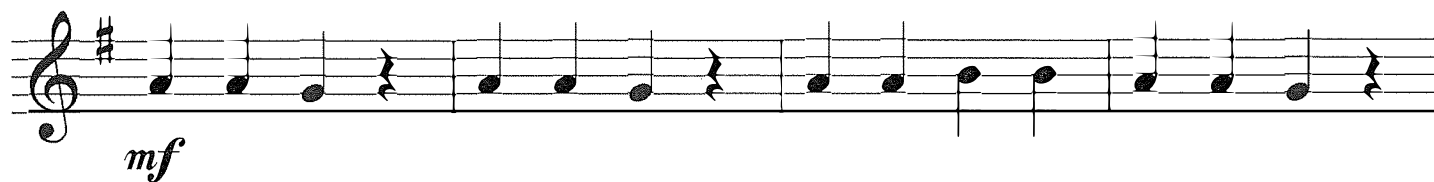


17

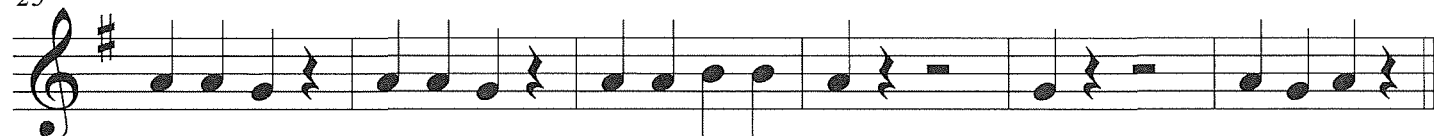
16



21



25



The eighth measure of the first staff contains the following notes: a quarter rest, an eighth note G4, an eighth note A4, a quarter note B4, a quarter note C5, a quarter note B4, a quarter note A4, and a quarter note G4.

13

[illegible]

21 ⁸

Musical notation for measure 21, measure 8. The staff is in treble clef with a key signature of one sharp (F#). The melody consists of eighth and quarter notes, with a repeat sign in the middle.

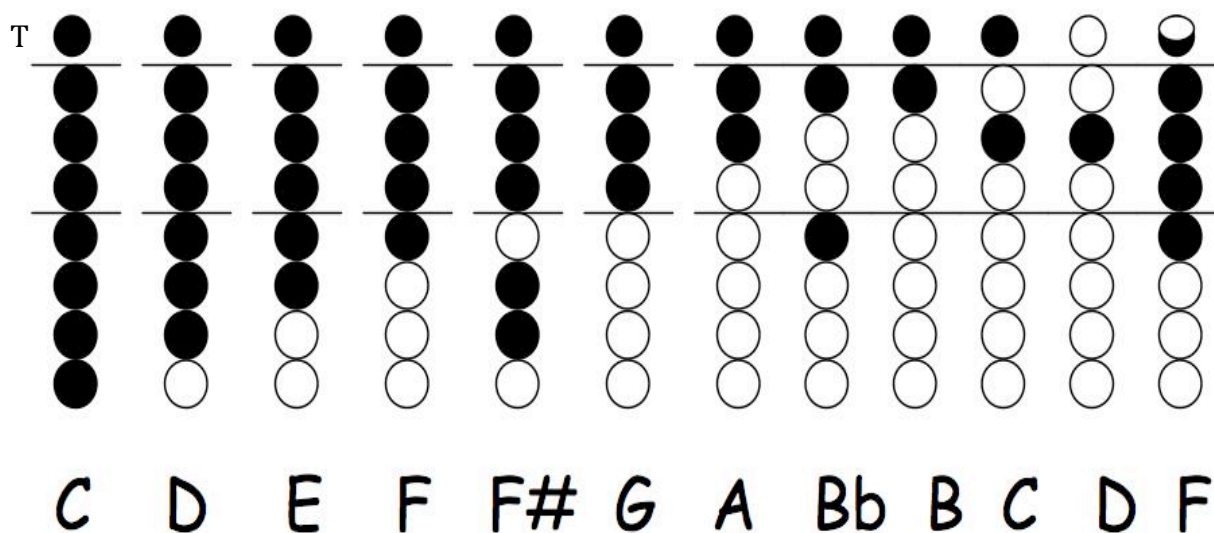
25

Musical notation for measures 25 through 28. Measure 25 begins with a treble clef, a key signature of one sharp (F#), and a common time signature (C). The melody consists of eighth notes: G4, A4, B4, C5, D5, E5, F#5, G5, followed by a quarter rest. Measures 26 and 27 continue the eighth-note pattern: G5, F#5, E5, D5, C5, B4, A4, G4. Measure 28 concludes with a half note G4.

29

Musical notation for measure 29. The staff begins with a treble clef, a key signature of one sharp (F#), and a common time signature (C). The melody consists of quarter notes G4, A4, B4, C5, D5, E5, F#5, and G5. There are two measures shown, separated by a bar line. The first measure contains the first seven notes, and the second measure contains the eighth note (G5) followed by a double bar line.

Recorder Fingering Chart



Email for more suggestions:

gweiss57@gmail.com

DIY Bongo Shaker

Your recorder might need some percussion to accompany it! Make yourself some easy bongo shakers to jam along. You can follow along with the rhythms to the recorder sheet music as well!

What you'll need:

You will need:

- Rice/lentils – whatever you have at home. You can use extra bird seed from your bird feeder if you like!
- Balloons
- Elastic bands
- Sticks from outside!
- Clean out a tin can or something similar you have lying around the house. Be careful and make sure it isn't too sharp!

1. Begin by putting a small handful of rice or seeds into an empty tin can. PLEASE make sure the tin can has smooth edges. If it's too sharp, you can cut a large bottle in half, or use an alternate container.
2. Cut off the end of the balloon and stretch it over the end of the tin.
3. Secure the balloon with an elastic band and you're done!
4. Find yourself some sticks from outside that aren't too big or pointy.
5. Play along with your recorder sheet music and make up your own games and rhythms!



Mancala

Traditional Mancala Instructions

For 2 players – Ages 7+

Mancala is an ancient family of board games, and there are numerous variants. This is a version of the basic game, known as two-rank Mancala or Kalah.

What you'll need:

- 1 Mancala board – You can make this yourself from an egg carton! Check out the instructions on the next page.
- 48 Stones, marbles, seeds – Anything you have lying around the house. We've given you two sets of colored rocks, but you can paint each player's stones to be different colors if you want!

Set Up:

The Mancala board is made up of two rows of six pockets (also called “holes,” or “pits”) each.

Four pieces are placed in each of the 12 pockets. The color of the pieces is irrelevant.

Each player has a “store” (also called a “Mancala”) to his/her right side of the Mancala board.

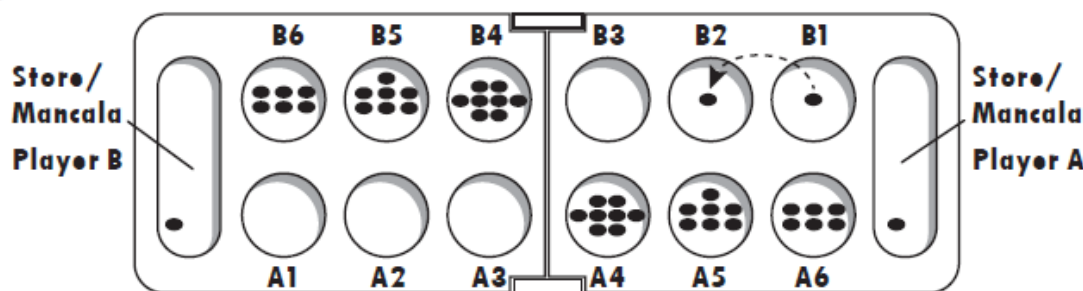
Object:

The object of the game is to collect the most pieces by the end of the game.

Game Play:

1. The game begins with one player picking up all of the pieces in any one of the pockets on his/her side.
2. Moving counterclockwise, the player deposits one of the stones in each pocket until the stones run out.
3. If you run into your own Mancala (store), deposit one piece in it. If you run into your opponent's Mancala, skip it and continue moving to the next pocket.
4. If the last piece you drop is in your own Mancala, you take another turn.
5. If the last piece you drop is in an empty pocket on your side, you capture that piece and any pieces in the pocket directly opposite.

(See figure below: In this image, player B has moved his/her piece from space B1- B2. By occupying the empty pocket on his/her side, player B earns THAT piece IN ADDITION TO the pieces in pocket A5 on the opposite side)



6. Always place all captured pieces in your Mancala (store).
7. The game ends when all six pockets on one side of the Mancala board are empty.
8. The player who still has pieces on his/her side of the board when the game ends captures all of those pieces.
9. Count all the pieces in each Mancala. The winner is the player with the most pieces.

DIY Mancala Board

What you'll need:

- Egg carton
- Scissors

1. Take your empty egg carton.
2. Carefully cut off the top. Once the top is cut off, cut each end of the top as well as two pieces from the middle to the edge as pictured.
3. To make the end pockets, tape together each cut off end and the middle-to-edge pieces. Make sure the outside of the carton for the middle pieces is facing towards the inside of the end piece.
4. Tape each end pocket to either end of the bottom of the carton, the middle piece facing inward. Make sure they are taped securely on the sides, top and bottom.
5. Fill each small pocket with four of anything, any color - jellybeans or cheerios work great for younger children if you're worried about pieces going into mouths!
6. Now you are ready to play!





Name: _____

Solve each Sudoku puzzle!

5		9	3	8			1	7
2	4	8		7	1		3	6
3		7			6	5		8
	2	6	1	5		3	8	
		1			7	6	5	
		5		6	8		7	
6	7	4			3			5
	5	2	6	1			4	3
1		3	7		5	8		2

	4	3		8	7		5	1
	6		9		4	3		7
8	2	7	1	3		4	9	
	3	4			8		6	2
	8	6	3		1	7	4	9
	1	9	2	4		8	3	
4	9		5		2		1	3
		2	4		3			8
3	7	1	8		9		2	4

2		4		7	8	3	1	
	3	7		2	5	8	4	6
5		1		3	4	9	2	7
7		5		6	2	4	9	8
6	4	9	5		1		7	
	2		4		7		6	1
8		2		5	6	1		4
4		3		1	9		5	2
1		6	2		3	7		9

9		1		3	7		5	
	6	8	5	1		7	3	
3	5		9	6				2
	4			8	9		1	
1		5	4		6	3	7	
7		2		5	3	9		6
		9		7	5			3
	3	6		4				7
		4		9	8	5	6	



Name: Answer Key

Solve each Sudoku puzzle!

5	6	9	3	8	2	4	1	7
2	4	8	5	7	1	9	3	6
3	1	7	4	9	6	5	2	8
7	2	6	1	5	4	3	8	9
9	8	1	2	3	7	6	5	4
4	3	5	9	6	8	2	7	1
6	7	4	8	2	3	1	9	5
8	5	2	6	1	9	7	4	3
1	9	3	7	4	5	8	6	2

9	4	3	6	8	7	2	5	1
1	6	5	9	2	4	3	8	7
8	2	7	1	3	5	4	9	6
5	3	4	7	9	8	1	6	2
2	8	6	3	5	1	7	4	9
7	1	9	2	4	6	8	3	5
4	9	8	5	7	2	6	1	3
6	5	2	4	1	3	9	7	8
3	7	1	8	6	9	5	2	4

2	6	4	9	7	8	3	1	5
9	3	7	1	2	5	8	4	6
5	8	1	6	3	4	9	2	7
7	1	5	3	6	2	4	9	8
6	4	9	5	8	1	2	7	3
3	2	8	4	9	7	5	6	1
8	9	2	7	5	6	1	3	4
4	7	3	8	1	9	6	5	2
1	5	6	2	4	3	7	8	9

9	2	1	8	3	7	6	5	4
4	6	8	5	1	2	7	3	9
3	5	7	9	6	4	1	8	2
6	4	3	7	8	9	2	1	5
1	9	5	4	2	6	3	7	8
7	8	2	1	5	3	9	4	6
8	1	9	6	7	5	4	2	3
5	3	6	2	4	1	8	9	7
2	7	4	3	9	8	5	6	1



Name: _____

Solve each Sudoku puzzle!

8			2	6				4
	1			8	3		6	2
2	6		7	4		1		
		6		7	8	2	1	
		4		3	2		8	
	2				9			7
7	4			1	6		2	
	3		8		4		7	1
		1		2	7			6

	1		2		5			8
	2	4	9	8				5
	5	8	7		1		2	
6		5	3		2		8	1
2		7	1			3		9
		1	5		8	2	6	
		2	6		7	8		
8				1		5		2
		9		2	3		1	

	2				9		7	6
	7		6	2		8	9	
	4	6		8	5		3	
	8	2	9				6	
5	6				8		2	
7				6	2	9		8
	5	8	2		6	7	4	
	3	4	8		7	5		2
	9	7	5				8	

		7	1	2		8		
	4			8				6
	6			9		7	1	
		2		6		1		
6	8		7			4	2	
	1				5		8	
7				5	1		6	8
5		8		7		2		1
1			8		2		7	5



Name: Answer Key

Solve each Sudoku puzzle!

8	9	7	2	6	1	3	5	4
4	1	5	9	8	3	7	6	2
2	6	3	7	4	5	1	9	8
3	5	6	4	7	8	2	1	9
9	7	4	1	3	2	6	8	5
1	2	8	6	5	9	4	3	7
7	4	9	5	1	6	8	2	3
6	3	2	8	9	4	5	7	1
5	8	1	3	2	7	9	4	6

9	1	6	2	3	5	7	4	8
7	2	4	9	8	6	1	3	5
3	5	8	7	4	1	9	2	6
6	9	5	3	7	2	4	8	1
2	8	7	1	6	4	3	5	9
4	3	1	5	9	8	2	6	7
1	4	2	6	5	7	8	9	3
8	6	3	4	1	9	5	7	2
5	7	9	8	2	3	6	1	4

8	2	5	3	1	9	4	7	6
3	7	1	6	2	4	8	9	5
9	4	6	7	8	5	2	3	1
4	8	2	9	5	3	1	6	7
5	6	9	1	7	8	3	2	4
7	1	3	4	6	2	9	5	8
1	5	8	2	3	6	7	4	9
6	3	4	8	9	7	5	1	2
2	9	7	5	4	1	6	8	3

9	5	7	1	2	6	8	3	4
2	4	1	3	8	7	5	9	6
8	6	3	5	9	4	7	1	2
3	7	2	4	6	8	1	5	9
6	8	5	7	1	9	4	2	3
4	1	9	2	3	5	6	8	7
7	2	4	9	5	1	3	6	8
5	9	8	6	7	3	2	4	1
1	3	6	8	4	2	9	7	5



Name: _____

Solve each Sudoku puzzle!

8	5				1			6
		7		6	4	1		
		4		7		5	9	
2				5	6			4
6			1		9		7	
7		1		4				9
	1		9			4	6	
	9	6			8			7
	7		6					1

		4	6	2				1
	1			4		3		6
3	6		1				4	
		1		6		2		4
	3	5			4		1	
2					8	6		
7	2							3
		6	5	3		4		
4					1		6	

3		8			1		6	
	6		8	9				2
		1			3	9		8
6		4	2	3				
	8		1		6	4		
	1	2		4			3	
	3		6		2		8	
2				8	4			6
8						2	7	

3			1			2	6	
1	9				8			3
		5	6		3	1		
	3			9			2	5
5	1		2				3	
9	6	2						1
		1	9	6		3		
8		3		1				6
	2				5			4



Name: Answer Key

Solve each Sudoku puzzle!

8	5	3	2	9	1	7	4	6
9	2	7	5	6	4	1	3	8
1	6	4	8	7	3	5	9	2
2	3	9	7	5	6	8	1	4
6	4	5	1	8	9	2	7	3
7	8	1	3	4	2	6	5	9
3	1	8	9	2	7	4	6	5
5	9	6	4	1	8	3	2	7
4	7	2	6	3	5	9	8	1

8	7	4	6	2	3	5	9	1
5	1	9	8	4	7	3	2	6
3	6	2	1	5	9	7	4	8
9	8	1	3	6	5	2	7	4
6	3	5	2	7	4	8	1	9
2	4	7	9	1	8	6	3	5
7	2	8	4	9	6	1	5	3
1	9	6	5	3	2	4	8	7
4	5	3	7	8	1	9	6	2

3	9	8	4	2	1	7	6	5
4	6	5	8	9	7	3	1	2
7	2	1	5	6	3	9	4	8
6	7	4	2	3	9	8	5	1
9	8	3	1	5	6	4	2	7
5	1	2	7	4	8	6	3	9
1	3	9	6	7	2	5	8	4
2	5	7	3	8	4	1	9	6
8	4	6	9	1	5	2	7	3

3	4	7	1	5	9	2	6	8
1	9	6	7	2	8	5	4	3
2	8	5	6	4	3	1	9	7
7	3	4	8	9	1	6	2	5
5	1	8	2	7	6	4	3	9
9	6	2	5	3	4	8	7	1
4	5	1	9	6	7	3	8	2
8	7	3	4	1	2	9	5	6
6	2	9	3	8	5	7	1	4

Recreation for Life

Before you continue reading, discuss the following questions as a family. Write down each person's answer on a page in your binder. It's ok if you don't know the answer! Just right down what you think or feel.

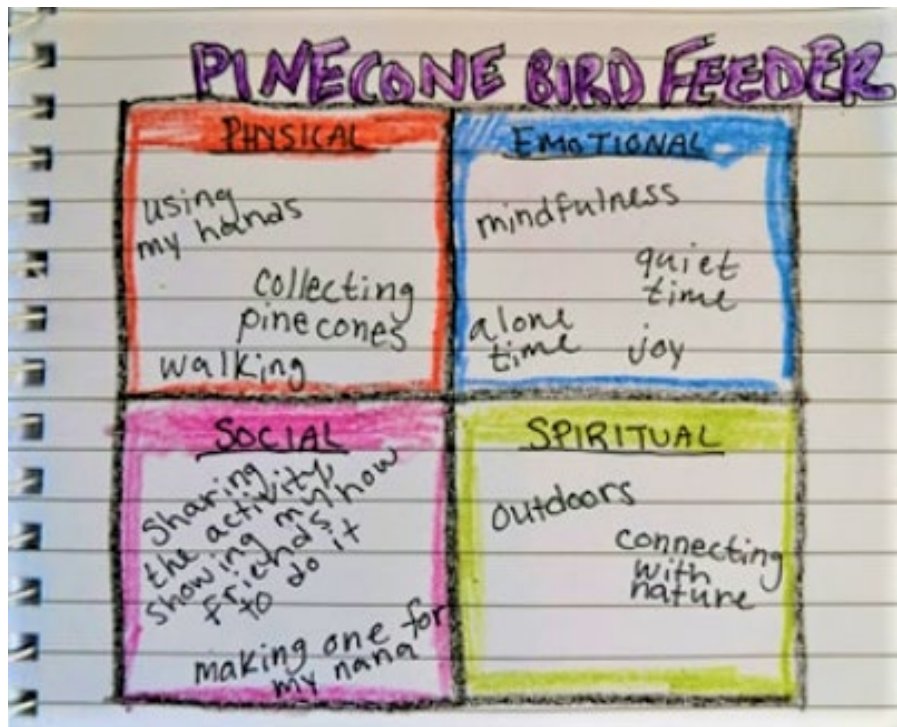
- What do you think of when you think of recreation?
- What does recreation have to offer?

As you near the end of your Kentville Plays Kit, we hope you've been able to identify new hobbies and interests that bring you joy. Stay curious as you continue exploring those interests (and disinterests). Different activities fulfil different needs in our lives, and as we continue to grow, and our lives and routines change, the things that rejuvenate us and bring us joy will change too. Should you find yourself losing interest in something you once loved, be kind to yourself. Don't force it. Take a break and explore new things you enjoy. You may find that taking a break lets you come back to it with a new mindset that works better for where you're at in that moment, rather than where you were or wanted to be.

Recreation is the experience that results from freely chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.

Revisit those last two questions. Have your answers changed at all?

Now try and brainstorm all the different ways that recreation can be beneficial for us and those around us, as shown in the chart below (e.g., physically, mentally, socially, spiritually). What do you come up with? You can do this exercise in your journal with every activity you have tried already and any new ones you pursue to organize your thoughts and gain a better understanding of what you gained from the experience.

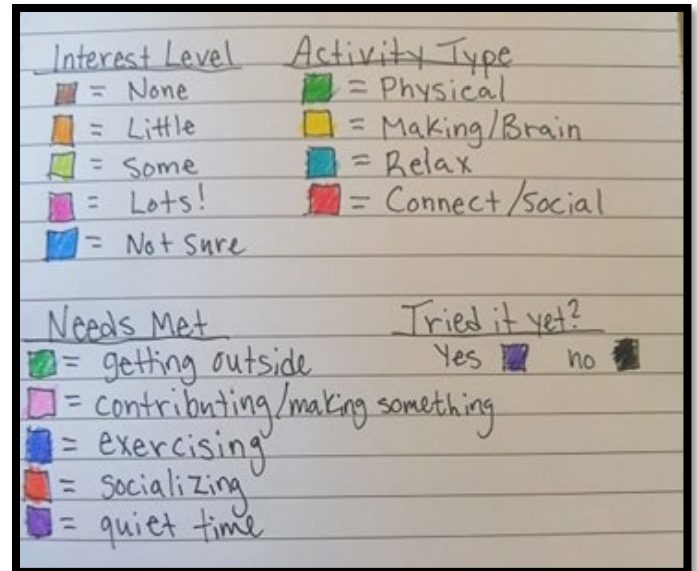


Interest Inventory

Throughout your kits you've sampled new activities and reflected on how they make you feel. The checklist on the next few pages will let you color code your interests so far for the things you've tried in your kit. The previous chart can also help as you go through each activity.

Sit down together as a family. Give each person a blank page from your scrapbook binder and copy the template on the next page. Label it with your name at the top!

Make yourself a legend based on the needs and benefits you have identified in your own exploration.



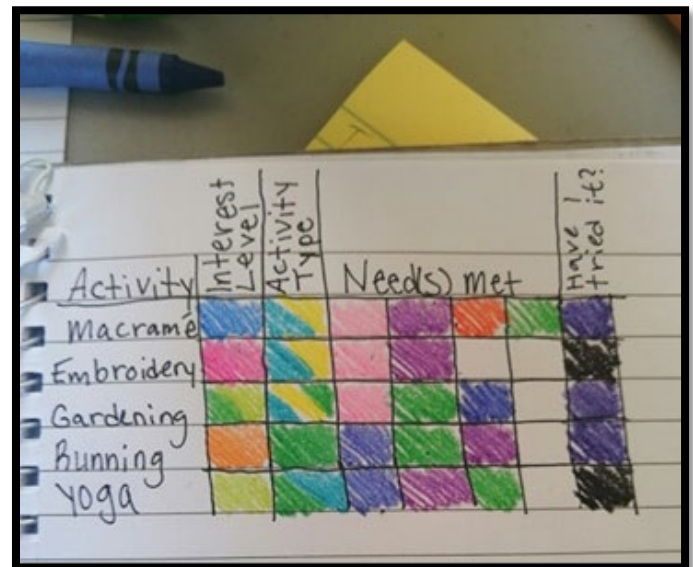
Interest Level	Activity Type
None	Physical
Little	Making/Brain
Some	Relax
Lots!	Connect/Social
Not Sure	

Needs Met	Tried it yet?
getting outside	Yes <input type="checkbox"/> No <input type="checkbox"/>
contributing/making something	
exercising	
socializing	
quiet time	

Now start color coding your chart!

As you go, take note of any patterns you find. Maybe you enjoy activities that take place outdoors more than indoors. Maybe you enjoy being in the water. Maybe you only like making things if it's for someone else.

This is a starting point moving forward. As you continue exploring your interests, keep journaling, make it your own and keep having fun!



Activity	Interest Level	Activity Type	Needs met	Have I tried it?
Macramé	Some	Physical	Yes	Yes
Embroidery	Some	Making/Brain	Yes	Yes
Gardening	Some	Physical	Yes	Yes
Running	Some	Physical	Yes	Yes
Yoga	Some	Physical	Yes	Yes

Activity	Interest Level	Type of Activity	Need(s) it fulfills	Have I tried it?
Kit 1				
Card Games				
Chalk Bullseye				
Coloring				
Erase Your Trace				
Fitdeck				
Frisbee Golf				
Hopscotch				
Knot tying				
Nature Loom				
Paired Yoga				
Scrapbooking				
Sidewalk Twister				
Snakes & Ladders				
Solo Yoga				
Square Breathing				
Tic Tac Toe				
Weaving				

Kit 2	Interest Level	Type of Activity	Need(s) it fulfills	Have I tried it?
Journaling				
Painting				
Paint your path				
Planting				
Sock Ball Games				
Shelter Building				
Mindful Bubbles				
Feelings Wheel				
Table Talk Questions				
Friendship Bracelets				
Pottery				
Chess				
Sign Language				
Coloring				

Kit 3	Interest Level	Type of Activity	Need(s) it fulfills	Have I tried it?
Emotional Check-In				
Self Portraits				
DIY Bird Feeder				
Music - Recorder				
Music - Bongo				
Building your bongo				
Mancala				
Sudoku				



Help Clean Up the Trail!

We are cleaning the Harvest Moon trail from Annapolis Royal to Grand Pre and need your help! Practice physical distancing while getting some sun, listen to the birds sing, and enjoy nature all while helping to ease some litter pressure off our beautiful trail!

We are launching a campaign to clean up the trail during the month of June. If you walk the trail, take a bag and tidy as you go! If you don't walk the trail- bring a bag wherever you walk!

Win Prizes!

We have gift certificates from local businesses to give away! To enter, send a photo of your litter adventures to iijuktukwejk@gmail.com, or post it on our [Facebook page](#) (no IM please). You could win a gift certificate to businesses such as Half Acre Cafe, Get Outside, Frasers, Home Hardware, and more!

How to Participate:

Step 1: Find a bag. Choose a bag to collect garbage on your walk. This could be a grocery bag or a garbage bag.

Step 2: Pick it up! Pick up litter however you feel most comfortable. Some people will pick up the really big stuff, others will stick to smaller items. Be safe and use your best judgment. Wear gloves and wash your hands thoroughly. If something isn't safe to pick-up, let it be.

Step 3: Bag it out. Take your waste home, or drop-off your bag at a safe location for pick-up from Valley Waste.

You **MUST** call or email Valley Waste, so they know where to pick up!

Phone: (902)679-1325 Or 1-877-927-8300

Email: andreag@vwrm.com

Just send a message like this:

"Hi there, we did a garbage pick up today and left some bags at [civic address, or landmark description]. Could you pick them up when you have a chance? Thanks, and have a great day! We appreciate all you do for the planet!"

If you are leaving garbage bags near the trail, please leave them near a trail/road intersection for easy access.

Thanks!





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 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?