

# Victor Mager School Family Centre

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A place for families to play, learn and grow together  
Supported by Healthy Child Manitoba, putting children  
and families first

On Facebook @ Victor Mager Family Centre

## November 2024



## BINGO

Join us for a friendly game of BINGO.

Bingo is a fun game we can play together.  
What children learn:

Children learn to follow directions  
some new vocabulary and a great way to have a little  
fun.

Everybody wins ...we even have  
prizes!!

Bingo days quickly become favorite  
days.



## Self Regulation Make and Take Sensory Bottles

November 18th 9:45 am and 2:00 pm.

Join us as we make some excellent **self regulation**  
tools...we will be making  
sensory bottles.  
We will talk about self  
regulation and how important it is.



This activity is free.

No registration required.

One per child.

**Self-regulation** is the ability to understand and manage  
your own behaviour and reactions.

Self-regulation helps children and teenagers learn, behave  
well, get along with others and become independent. It  
begins to develop rapidly in the toddler and preschooler  
years. It continues to develop into adulthood.

There is a connection between your eyes and regulation.

The key here is to get the eyes into a gazing state. This  
is **horizon gazing** and we can use that calming strategy  
when using a sensory bottle as a calming tool.

Horizon gazing is the calming, peaceful regulated feeling  
you get when you sit on a beach and look out at the  
horizon.

## 12 SELF-REGULATION STRATEGIES FOR YOUNG CHILDREN



Alert and  
Engaged



heartmindonline.org



Secure and  
Calm

### 1. Take a Time-In

Spend 5 minutes in a calm, quiet space  
with the child. Connection is a key  
component of self-regulation.



### 7. Smell the Flowers

The scent of lavender can reduce anxiety.  
Mindfully smell fresh or dried lavender  
flowers with the child, focusing on how the  
smell makes them feel.



### 2. Listening Break

Auditory stimulation such as a meditation,  
soothing music, or an audio book can  
help re-focus children's attention.



### 8. Move Like Animals

Invite the child to move like an animal  
that they would like to feel like, such as a  
carefree bird or proud lion. Somatically,  
this can help them shift their state.



### 3. Rainbow Breath

Inhale and raise your arms above your head,  
painting a rainbow with your fingers! Exhale  
and return arms to your sides. Deep breathing  
regulates the vagus nerve.



### 9. Smiling Contest

See how long you can smile for together!  
Turning a frown upside down can really  
make you feel happier!



### 4. Sing Vowel Sounds

Singing long, open vowel sounds such as  
"ahh" and "ohh" can balance sympathetic  
and parasympathetic nervous systems.



### 10. Tense and Release

Invite the child to clench their fists as tight  
as they can, then exhale to release.  
Repeat with various body parts to lower  
cortisol levels and heart rate.



### 5. Face Painting

Pretend to "paint" the child's face in  
imaginary hues with the tip of your finger  
to provide sensory input.



### 11. Freeze Dance

Play upbeat music and instruct the child  
to freeze every time the music stops.  
Linking movement to their senses helps  
children regulate their bodies and minds.



### 6. Cool Down

Offer the child a cool glass of water or a  
popsicle, or run their wrists under cold  
water to help their nervous system reset.



### 12. Reflect Together

Fostering a self-reflective environment  
can help children learn to make better  
self-regulation choices in the future.



## WINTER is COMING

Please remember to **always have shoes or slippers**  
for **you and your child** when you visit the Family  
Centre. You are welcome to leave shoes at the  
Family Centre.





# Victor Mager School Family Centre November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Stay & Play Drop in 9:00 to 11:15  Afternoon <b>CLOSED</b>
<b>4</b> Stay & Play Drop in 9:00 to 11:15  Stay & Play Drop in 1:00 to 3:15	<b>5</b> Stay & Play Drop in 9:00 to 11:15  Afternoon <b>CLOSED</b>	<b>6</b> Positive Discipline In Everyday Parenting <b>Drop in CLOSED</b> Registration required  Stay & Play Drop in 1:00 to 3:15	<b>7</b> Stay & Play Drop in 9:00 to 11:15  <b>Bingo</b>  Stay & Play Drop in 1:00 to 3:15	<b>8</b> Stay & Play Drop in 9:00 to 11:15  Afternoon <b>CLOSED</b>
<b>11</b>  <b>Remembrance Day School CLOSED</b> 	<b>12</b> Stay & Play Drop in 9:00 to 11:15  <b>Bingo</b>  Afternoon <b>CLOSED</b>	<b>13</b> Positive Discipline In Everyday Parenting <b>Drop in CLOSED</b> Registration required  Stay & Play Drop in 1:00 to 3:15	<b>14</b> Stay & Play Drop in 9:00 to 11:15  Stay & Play Drop In 1:00 to 3:15	<b>15</b> Stay & Play Drop in 9:00 to 11:15  Afternoon <b>CLOSED</b>
<b>18</b> Stay & Play Drop in 9:00 to 11:15  <b>Make and Take sensory bottles</b>  Stay & Play Drop in	<b>19</b> Stay & Play Drop in 9:00 to 11:15  Afternoon <b>CLOSED</b>	<b>20</b> Positive Discipline In Everyday Parenting <b>Drop in CLOSED</b> Registration required  Stay & Play Drop In 1:00 to 3:15  <b>GYM 1:00 – 1:15</b>	<b>21</b> Stay & Play Drop in 9:00 to 11:15  Stay & Play Drop In 1:00 to 3:15	<b>22</b>  <b>PD DAY</b>  <b>School</b>  <b>CLOSED</b>
<b>25</b> Stay & Play Drop in 9:00 to 11:15  Stay & Play Drop in 1:00 to 3:15	<b>26</b> Stay & Play Drop in 9:00 to 11:15  Afternoon <b>CLOSED</b>	<b>27</b> Positive Discipline In Everyday Parenting <b>Drop in CLOSED</b> Registration required  Stay & Play Drop In 1:00 to 3:15	<b>28</b> Stay & Play Drop in 9:00 to 11:15  Stay & Play Drop In 1:00 to 3:15  <b>GYM 1:00 – 1:15</b>	<b>29</b> Stay & Play Drop in 9:00 to 11:15  <b>Bingo</b>  Afternoon <b>CLOSED</b>