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.

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

Everybody wins ...we even have

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 vour 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.

What children learn:

prizes!!

12 SELF-REGULATION STRATEGIES FOR YOUNG CHILDREN







1. Take a Time-In

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

Listening Break

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

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.

4. Sing Vowel Sounds

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

5. Face Painting

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

6. Cool Down

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

7. Smell the Flowers

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

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.

Smiling Contest



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

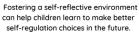
10. Tense and Release 👊

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

11. Freeze Dance

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

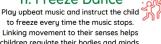
12. Reflect Together



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
				1 Stay & Play Drop in 9:00 to 11:15
				Afternoon CLOSED
4 Stay & Play Drop in 9:00 to 11:15	5 Stay & Play Drop in 9:00 to 11:15	6 Positive Discipline In Everyday Parenting Drop in CLOSED Registration required	7 Stay & Play Drop in 9:00 to 11:15	8 Stay & Play Drop in 9:00 to 11:15
Stay & Play Drop in 1:00 to 3:15	Afternoon CLOSED	Stay & Play Drop in 1:00 to 3:15	Bingo Stay & Play Drop in 1:00 to 3:15	Afternoon CLOSED
11 Remembrance Day School	12 Stay & Play Drop in 9:00 to 11:15	Positive Discipline In Everyday Parenting Drop in CLOSED Registration required	14 Stay & Play Drop in 9:00 to 11:15	15 Stay & Play Drop in 9:00 to 11:15
© P	Bingo Afternoon CLOSED	Stay & Play Drop in 1:00 to 3:15	Stay & Play Drop In 1:00 to 3:15	Afternoon CLOSED
18 Stay & Play Drop in 9:00 to 11:15	19 Stay & Play Drop in 9:00 to 11:15	Positive Discipline In Everyday Parenting Drop in CLOSED Registration required	21 Stay & Play Drop in 9:00 to 11:15	PD DAY
Make and Take sensory bottles Stay & Play Drop in	Afternoon CLOSED	Stay & Play Drop In 1:00 to 3:15 GYM 1:00 – 1:15	Stay & Play Drop In 1:00 to 3:15	School CLOSED
25 Stay & Play Drop in 9:00 to 11:15	26 Stay & Play Drop in 9:00 to 11:15	Positive Discipline In Everyday Parenting Drop in CLOSED Registration required	28 Stay & Play Drop in 9:00 to 11:15	29 Stay & Play Drop in 9:00 to 11:15
Stay & Play Drop in 1:00 to 3:15	Afternoon CLOSED	Stay & Play Drop In 1:00 to 3:15	Stay & Play Drop In 1:00 to 3:15 GYM 1:00 – 1:15	Afternoon CLOSED