

Theme: Remembrance Day

Date: November 10, 2020

Hello StrongStart friends,

Today's email is put together by Teacher Linda (from Grenfell).



REMEMBRANCE DAY
Lest We Forget

What is **Remembrance Day**? On the 11th hour of the 11th day of the 11th month, guns fell silent and World War I ended. We remember and show respect every November 11th at 11am with one minute of silence and our heads bowed. There are many areas in the city that do services. You can also watch ceremonies on TV or read books about how to resolve conflicts in a peaceful way. As a family, you can talk about ways to be kind and nurturing to each other. How can we upkeep the peace that resulted from those who sacrificed their lives back then to keep us safe today?



Social Emotional Learning (SEL) is a process where individuals learn to acquire the tools, knowledge, and skill sets so they can:

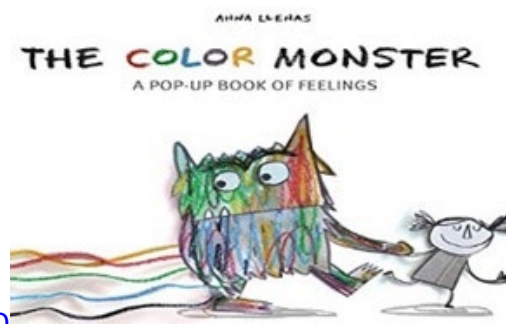
- understand and manage their emotions

- set and achieve positive goals
- feel and show empathy for others
- establish and maintain positive relationships
- make responsible decisions

Research has shown that when children can identify, understand and learn socially acceptable ways to show their emotions, they have higher academic success, fewer behavioral problems, less emotional distress and positive social behaviors.

Here are a few books about feelings and peace:

- The Color Monster (A Pop-Up Book of Feelings) by Anna Llenas



- <https://youtu.be/M1tDN3okKpQ>

- I am Peace by Susan Verde - <https://youtu.be/hXA3837uv3w>
- Can You Say Peace? by Karen Katz - <https://youtu.be/7vi6oKbZeao>
- What is Peace? by Wallace Edwards



Now, let's do an art activity. We will be making Sun Catchers with flowers and leaves from outside (source: <https://runwildmychild.com/diy-flower-suncatcher/>)!

Materials:

- paper plates

- markers or paint
- string or yarn
- Press N Seal wrap or any stretchy saran wrap
- hole puncher
- scissors
- flowers, leaves or grass collected from outside



Instructions:

- While doing this activity, remember to respect the environment by only picking leaves and flowers that have fallen to the ground.
- Talk about the different colours. Do different colours make you feel differently? For example, green may feel calm and peaceful whereas red can feel angry or upsetting. Yellow may be happy and warm whereas brown may feel sad or fearful.

To finish up this email, here are some songs you can listen to or sing at home for Remembrance Day:

Just One Candle - <https://youtu.be/-6Dkbhu3Gb0>

*Just one candle shining in a window pane
 Gives a light for all to see a shining flame
 Shining through the darkness
 It helps to show the way
 Light your candle for peace today
 Shine your light for peace
 Shine it all around the world Sing to everyone
 Let your voice be heard
 Shine your light for peace
 Shine it everywhere
 Show the people in the world you care*

I've Got Peace in My Heart - <https://youtu.be/HEyTnInWt8M>

I've got peace, peace, peace in my heart
I've got peace, peace, peace in my heart.
I've got peace in my heart
That is where it's got to start
I've got peace, peace, peace in my heart. (Chorus)

I will jump for joy everyday
I will jump for joy everyday
I will jump for joy just like every girl and boy
I will jump for joy everyday

I will wave for what I believe
I will wave for what I believe
I will wave 'cause I believe
That we all should live in peace
I will wave for what I believe

I will clap, clap, clap my hands
I will clap, clap, clap my hands
I will clap my hands till the whole world understands
I will clap, clap, clap my hands.



We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the x^wməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

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