

# SEASONAL RESOURCE SHEET

Tis the Season for holidays and special days! In the hustle and bustle of the celebrations, finding a moment of calm can be a gift. Many children, (and adults!), may feel over-excited and overwhelmed, but that's where an activity like a Heartbeat Listening Session<sup>♥</sup> comes into play. The holidays create many opportunities to explore emotions, practice social interactions, and dive into activities that are as fun as they are educational.

## ♥ Heartbeat Listening Session

This is a simple, yet profoundly calming activity that integrates sensory processing techniques to help children find their center. By focusing on the rhythm of their heartbeat, they learn to navigate emotions and responses, turning a moment of introspection into a soothing, sensory experience. It's therapy wrapped in the warmth of the holiday season. Simply stay still and press their hand softly on their chest, they'll feel it!

<https://sesameworkshop.org/resources/counting-heartbeats/>

## Include the BC Early Learning Framework in your practice!

Pathways for Engaging with Well-Being and Belonging:

- Emotions, thoughts, and views- Children sometimes express frustration, sadness, or anger. What choices do I make in these moments?
- How do I respond to the strong, exuberant emotions and excitement that children bring to their play and learning?

## — — **SENSORY PLAY** — —



To make bubble foam simply mix half a cup of bubble bath and 1 cup of water together in a blender or hand mixer. Spoon out the foam into a tray. If there's any watery liquid left in the bottom give that a whisk too. Add scoops, bowls, even sequin snowflakes to search for in the foam! Once the foam disappears you can easily re-whisk it back into a foam.

[https://inspiremyplay.com/blogs/blog/winter-themed-play-ideas?srsId=AfmBOopdxir4Kk784jX-IPV\\_PhCBbl4wkCJfcB1N57KRJTR4jNSacka](https://inspiremyplay.com/blogs/blog/winter-themed-play-ideas?srsId=AfmBOopdxir4Kk784jX-IPV_PhCBbl4wkCJfcB1N57KRJTR4jNSacka)



### Festive Discovery Boxes Using Household Items

1. Begin with an empty tissue box, ideally one that reflects the holiday spirit.
2. Fill the box with small items, which can be holiday-themed or not, such as jingle bells, tiny ornaments, feathers, beads, and more.

<https://www.boredteachers.com/post/holiday-sensory-activities>



# LENDING LIBRARY



Great News! You will notice the content lists on our resources are being upgraded to include a QR code that you can scan to see the picture and content lists! We have many resources to help you celebrate the season, all of which can be found [here](#).



31127 Winter Playscape



39419 Korean New Year



16711 Ramadan Mubarak



32422 My Family



50002 Positive Hearts



18611 Groundhogs



21656 Chinese New Year



## CHILD CARE PROVIDER CORNER



This quarter we selected Caroline who submitted her photo from Marlborough Early Years Care!

Library Resource used:  
Ocean Adventure 38460

Thank you to everyone who submitted photos for our library corner! It's so hard to choose! Keep them coming!



Send your resource provocation pictures to [ygv.ccr@bc.ymca.ca](mailto:ygv.ccr@bc.ymca.ca)

### Aknowledgements:

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