

Kentville PLAYS KIT



Senior Kit #2



Kit Overview

This week's kit expands on some of the activities and items we used last time, and also provides you with new items and hobbies to explore! Add this guide to your original folder to keep it safe! As you go through kit 2, think about the interest checklist from kit 1. Has anything changed? Did you discover something new that you like or don't like?

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Included in this week's kit:

Seeds
Soil
Stress ball
Sudoku book
Magnifying glass
Rope
Recorder
Clay

What you'll need from kit 1:

Crayons
Ruler
Scissors
Paint

Journaling

Hopefully you've been making daily use of your journal! Don't forget to use your journal to set goals, reflect on the activities you explore in your kit, and your daily life in general. Here are a few more prompts to keep you motivated. Try and do one each day or every other day! If you'd rather, draw it out, paint it or write a poem on the topic.

What are three things you can't go without?

When do you feel happiest?

Have you ever done something that you thought you couldn't?

How have you learned from your biggest mistakes?

What do you love most about life?

Find an old photograph of yourself. Write about the memories it inspires.

Describe your favorite time of year: the scents, the weather, the activities . . .

What places have you most enjoyed visiting?

What is your favorite book/movie/song? Why?



Planting

Mint is a tasty perennial (which means it lives for more than two years), with a refreshing scent that you'll be sure to recognize. It makes a great intro for beginner gardeners, so get out your newly decorated pots from last week and get planting!



You may have noticed a hole at the bottom of your pot. This is a drainage hole to make sure water doesn't build up at the bottom and ruin your plant. Outdoors, this will be less of an issue, but since you should at least start your plant indoors, make sure you cover the hole with something that lets the water seep through without soil making it to the floor. If you have it at home, you could use a once-folded piece of newspaper or a coffee filter. Or you can keep it in the sink or over another dish until the water is no longer dripping. Then you can hang it back up in your macramé holder!

Step 1: Once you've lined the bottom of your pot (should you choose to), you can pour your soil into it!

Step 2: Space your seeds out so that they are 1cm or half an inch apart (get out your ruler if you like!)

Step 3: Your seeds don't need to be buried very deep at all! Just 3mm into the soil.



Step 4: Water your mint and hang in your macramé holder!

Continuing Care: Hang or place your mint somewhere where it has access to **sun**. Water your mint regularly. **Your soil should always be somewhat moist.** Starting indoors, your mint should start to sprout within **10 -15 days**.



Your mint will need regular water to keep it moist. It's something you can take care of and watch grow over time. Enjoy it! Try logging its growth in your journal. Draw what it looks like when you start, as it sprouts, and any other times that you notice a difference. Write down when you start to notice its scent. Once it's big enough, you can trim the leaves and add flavour to your water, cooking or a cool glass of lemonade on a hot day. Yum!



Fitness

Let's get moving! Take out your journal. Take a look at your fitness goals over the past few weeks. Did you meet your objectives? Was it a little too hard? Maybe it was too easy! Before you get started on your goals for this week, reflect on what you think went well and what you can keep improving on. Here are a few questions you can try and answer. Discuss these questions and write down your answers to hold each other accountable and remind one another of what seems to work and what doesn't for each person.

Have you noticed any patterns in your exercise routine?

Are some days easier than others to get motivated?

Are some days easier than others when you're actually doing your workout activity?

Do you ever dread a workout or activity and then feel way better afterwards?

Try and write down things you think make it easier or more challenging for you personally. Maybe you find it really hard to get motivated or to get the energy to move your body at certain times of day. Try and pinpoint when you enjoy exercising most and what workouts are your favorite.

Don't forget to keep at the yoga activities and other exercises included in kit 1!

Theraband

The following pages demonstrate 4 more exercises you can do with your theraband. Keep aiming for 3 sets of 5 repetitions. Take as much rest as you need. As you improve, try and add 1 repetition. Keep building until you're doing 3 sets of 12.

Since these exercises are all focused on your shoulders and arms, you may want to mix them up with those from your first kit (hips, chest, back). This way you won't overwork one specific body part.

Shoulders

Start: Hold one end of the band in one hand, anchor it with your opposite foot as shown. Hold the other end with your opposite hand (at chin level), and keep your forearm pointed straight up.

Finish: Extend the arm overhead until it is straightened directly over your shoulder. Try not to lean to one side. Slowly lower to the starting position.



Shoulders

Start: Anchor your band the same way you did in the first shoulder exercise. Grasp the band on the outside of your knee, with your palm facing down, or forward (this is easier on the shoulders).

Finish: Lift arm to side with elbow slightly bent. Lift to shoulder height (or just below shoulder height if that's too challenging). Pause and slowly lower back down to the starting position.



Upper Arm – Front

Start: Keep the same anchor position as the previous exercise. Grasp the band with your palm facing up.

Finish: Curl your hand to your shoulder, keeping your elbow down at your side. Pause. Slowly lower back to the starting position.



Upper Arm – Back

Start: Get seated at the front edge of the chair with your chest up. Place the band around your knee, anchoring the band with one hand on the opposite thigh and holding the other end of the band down at your side with your elbow bent.

Finish: Extend your elbow until your arm is straight down by your side. Pause. Slowly return to starting position.



Knot Tying

You likely used up all of your crafting cord on your macramé activity. Use the rope provided in this kit to keep practicing your knots. Use the guide included in kit 1 to help you learn each type!

Mindfulness

This week, we've added a few more mindfulness activities for you to practice. Each one focuses on a different sense. Use your journal to answer different questions posed through each one.

Sight: Take a seat somewhere comfortable. Slow down and mindfully take in your surroundings. From where you are sitting, can you see something that matches each color of the rainbow?



Sound: Pick a song, close your eyes, and listen closely to the music. Follow the lyrics, notice the different instruments, or take in the song as a whole experience. If you have heard the song before, did you notice anything new? Alternatively, pick a song that has a repetitive lyric, phrase, or melody line. Count how many times you hear the recurring detail.

Scent: Gather a variety of objects, scented candles, or items with a notable scent. Spend some time exploring the smell of each one. Notice the differences and any reactions you have to each kind of smell. Alternatively, disguise the labels or close your eyes and see whether you can guess each scent.

Taste: Strive to eat mindfully each time you sit down to eat. Notice your food, the shapes, colors and textures. Smell the aromas. Take it all in before experiencing your first small bite. Our taste buds register tastes more vividly during the first few bites. Eat these bites slowly, experiencing the tastes, smells, temperature, and textures of each bite. Chew slowly, noticing the release of flavors and the sensations associated with eating. Continue thoughtfully, deliberately, until you notice feeling satisfied, and then stop and reflect. As they say, if you love food, spend some time with it!

Touch: Take any object into your hands. Explore the object with your hands and fingers, feeling the shape(s), texture(s), and temperature of the object. This can be done in combination with vision or done with your eyes closed, focusing exclusively on touch. Alternatively, gather various fabrics such as silk, cotton, wool, and velvet and experience the different feels. This exercise can be done with any collection of objects (e.g., your stress ball, clay, a stone from outside).

The diagram is a circular chart with five main segments, each representing a primary emotion. Each segment is further divided into sub-segments, and each sub-segment contains a list of specific emotions. The colors of the segments are: Happy (yellow), Sad (blue), Angry (red), Fearful (orange), and Surprised (purple).

- Happy (Yellow):**
 - Content, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.
- Sad (Blue):**
 - Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointed, Disapproving, Distant, Frustrated, Aggressive, Mad, Bitter, Humiliated, Let down, Threatened, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Stressed, Tired, Confused, Amazed, Excited, Playful, Content, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.
- Angry (Red):**
 - Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointed, Disapproving, Distant, Frustrated, Aggressive, Mad, Bitter, Humiliated, Let down, Threatened, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Stressed, Tired, Confused, Amazed, Excited, Playful, Content, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.
- Fearful (Orange):**
 - Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointed, Disapproving, Distant, Frustrated, Aggressive, Mad, Bitter, Humiliated, Let down, Threatened, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Stressed, Tired, Confused, Amazed, Excited, Playful, Content, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.
- Surprised (Purple):**
 - Lonely, Vulnerable, Despair, Guilty, Depressed, Hurt, Repelled, Awful, Disappointed, Disapproving, Distant, Frustrated, Aggressive, Mad, Bitter, Humiliated, Let down, Threatened, Rejected, Weak, Insecure, Anxious, Scared, Bored, Busy, Stressed, Tired, Confused, Amazed, Excited, Playful, Content, Interested, Proud, Accepted, Powerful, Peaceful, Trusting, Optimistic, Loving, Thankful, Sensitive, Intimate, Hopeful, Inspired, Abandoned, Victimized, Fragile, Grief, Powerless, Ashamed, Remorseful, Empty, Inferior, Disappointed, Embarrassed, Hesitant, Horrified, Detestable, Nauseated, Revolted, Appalled, Embarrassed, Judgmental, Dismissive, Skeptical, Numb, Withdrawn, Annoyed, Infuriated, Hostile, Provoked, Jealous, Furious, Violated, Indignant, Ridiculed, Disrespected, Resentful, Betrayed, Exposed, Nervous, Persecuted, Excluded, Insignificant, Worthless, Inferior, Inadequate, Worried, Overwhelmed, Frightened, Helpless, Indifferent, Apathetic, Pressured, Rushed, Overwhelmed, Out of control, Sleepy, Unfocused.

Pottery

Your kit this week comes with air dry clay. You can create lots of awesome things with it, but since it doesn't go in a kiln or oven, it is **not food safe**, so don't make a mug or bowl that you plan on eating from! We're going to print plants in clay! This activity is a simple one to introduce you to pottery, but it will take place over a few days, as the clay takes a long time to dry! If you have any clay leftover once you're done, put it in a ziplock bag with a sprinkle of water to keep it fresh, and think of what else you can make!

If you aren't sure what you can make with your clay, make it into something special for your **zen garden**! You can make it into whatever shape you like and paint it to give your garden a splash of color!

Before you begin:

Your clay comes with instructions on the back of the package, as well, but FIRST, we need to get outside collect some nature for our art! Go for a trail walk or gather materials while you're outside doing another activity. Anything that catches your eye will work, but gather some flowers, grass, leaves, shells, pinecones, whatever you like. This is what we'll be pressing into our clay. If you can't get outside, try finding items with interesting designs in them around your house. This could be a coin or a button, whatever you can think of. If you can't find anything that you like, try making a design yourself, or making the clay into a shape you like on its own.

Once you've collected your items, make sure you have a clear space that you don't have to worry about getting messy. Get yourself a bowl of **warm water** and a **cloth or paper towel** to clean as you go. Make sure you dress for the mess!



Getting Started:

- 1) After you unwrap your clay, you'll want to dip your hands in water as you start to handle it. Notice the texture. How does it feel in your hands? As you knead it with your fingers, start to flatten it out. Grab whatever you have at home to flatten it, you'll want it to be no more than 1cm thick. Don't use too much clay, and make sure it's in a shape you like. You can add a hole or groove in the back if you think you'd like to hang it or give it to someone as jewelry.
- 2) Take your collection of nature and start pressing it into the clay (dried plants are fine, but fresh ones will make for sharper, more pronounced lines).
- 3) Once it's pressed down, remove all of your materials from the clay. You may need to pick some pieces out with your fingers or a pair of tweezers if you have them. If you want, you can press stones or other items into it to make a unique border.
- 4) Now you'll leave your piece to dry for **at least one day**, maybe longer if it still doesn't feel dry enough. You might want to leave in under a flat heavy object to make sure the clay doesn't curl or warp as it hardens. This piece may also act as a mold if you want another set of prints that look like they're coming out at you. **It will be delicate as it dries**, but don't worry, you have plenty of clay for multiple attempts. The pictures shown use *far* more than is needed!
- 5) If you would like to, make a second print by using your **now completely dry** original. Keep in mind, it *will* be delicate!
- 6) Depending on the shape you've made, you may be able to make a piece of jewelry out of it! Pull out your paint from kit 1 and start decorating your creation. Once it dries, hang it, place it in your zen garden, or give it to someone! You're done!



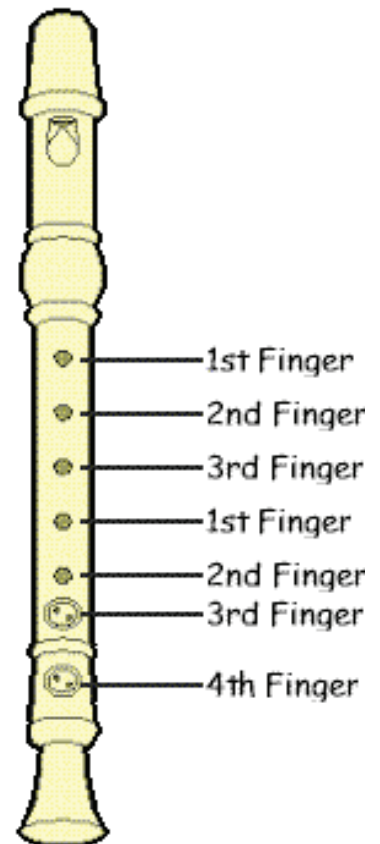
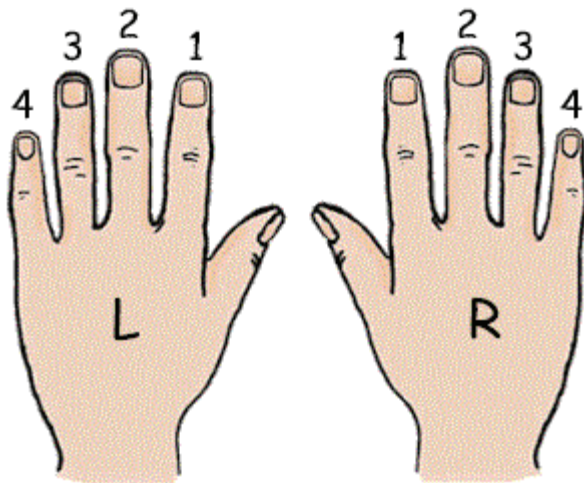
Music – The Recorder



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.

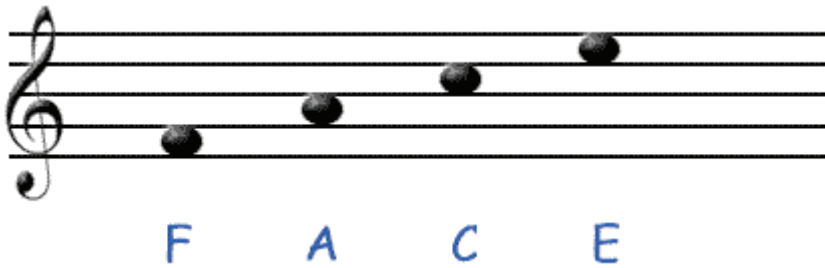
Tonguing

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

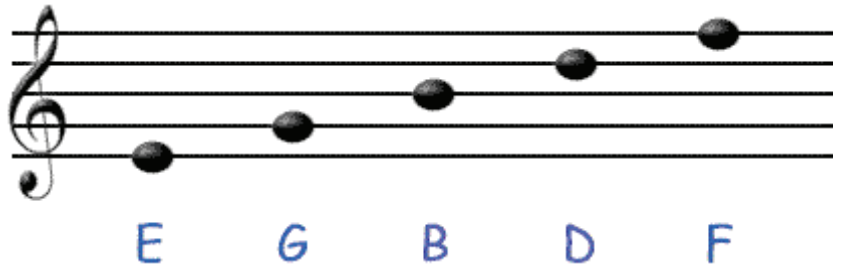
Reading the notes in a song can be very challenging at first! Luckily there are a few ways to make it easier. When playing the recorder, we read notes that are written on the treble clef staff. Each staff has five lines and four spaces. Every line and space have a specific letter name.

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

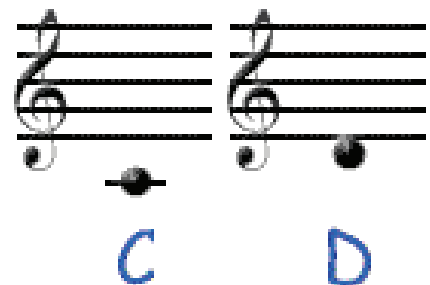
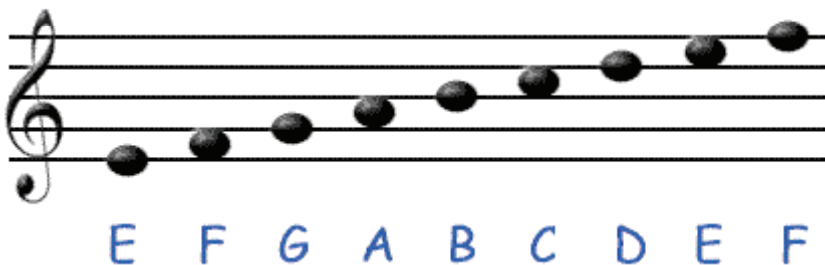


When learning the names of the lines, we use the first letter from each word in the sentence "Every Good Boy Deserves Fudge." You may have heard other words used, that's ok! The words are just place holders to help you remember your note names.

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

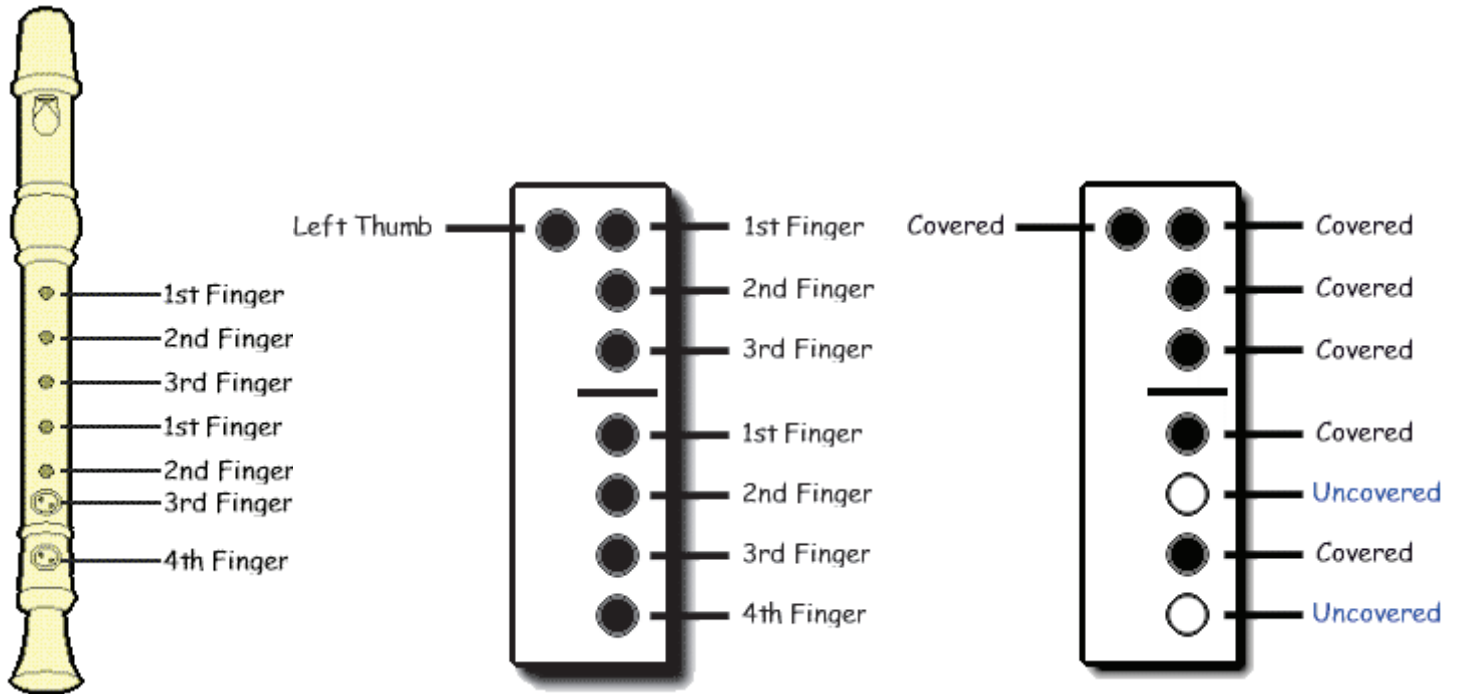


Just because we have filled up all of the lines and spaces, it doesn't mean that we have named all of the notes. Sometimes, there are notes that are printed above or below the main staff lines. We can figure out the names of these notes by counting in alphabetical (or reverse alphabetical) order. The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



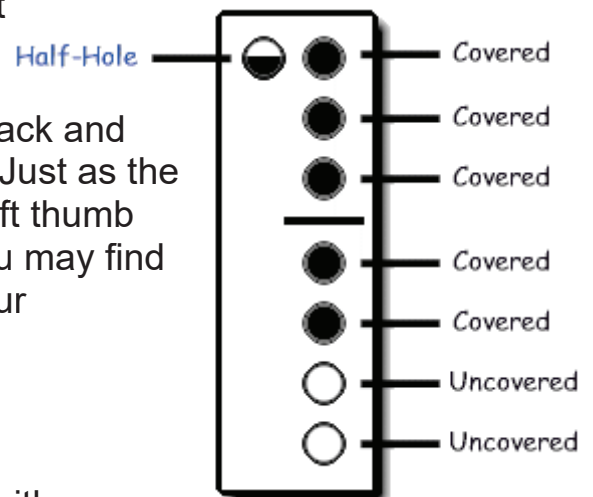
How to read a fingering chart

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.



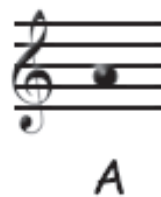
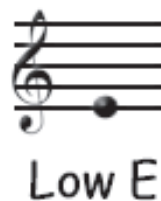
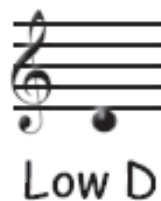
When reading a fingering chart, you will find the holes are either white, black or a combination of black and white. If the hole is black, your finger should press down and cover that hole. Any hole that is white, should be left uncovered.

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.

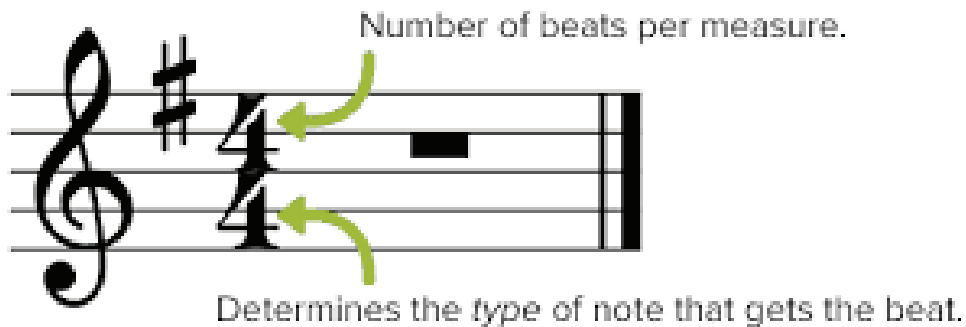
Fingering Chart



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.

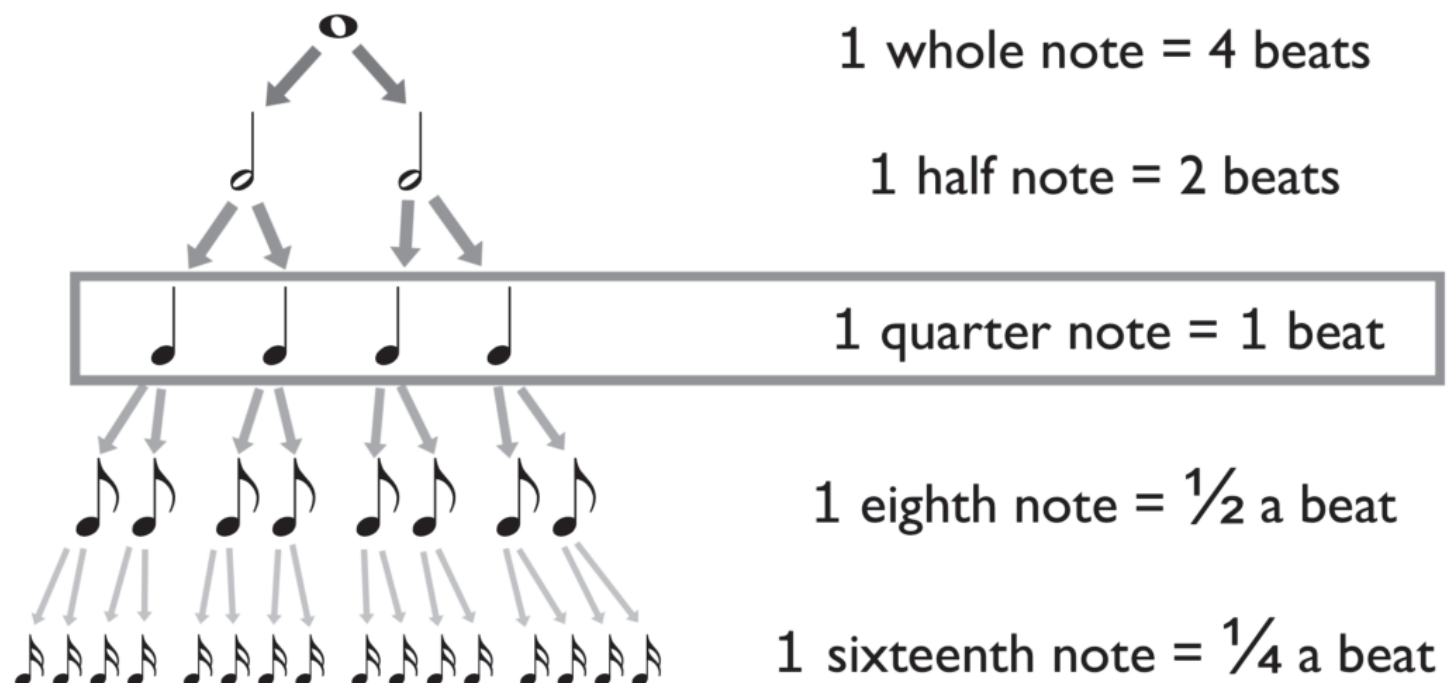


We know that a 3/4 time signature means there are three beats in a measure, and one quarter note equals one beat. Notice in the second measure that each of those beats can be divided in two.

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 an - te - lope play. Where

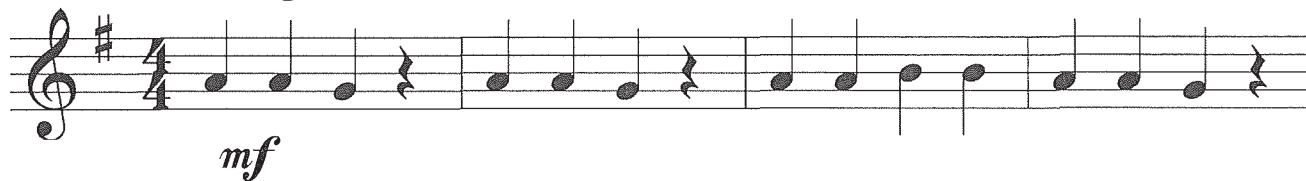
9 sel - dom is heard a dis - cour - a - ging word, and the

13 skies are not clou - dy all day.



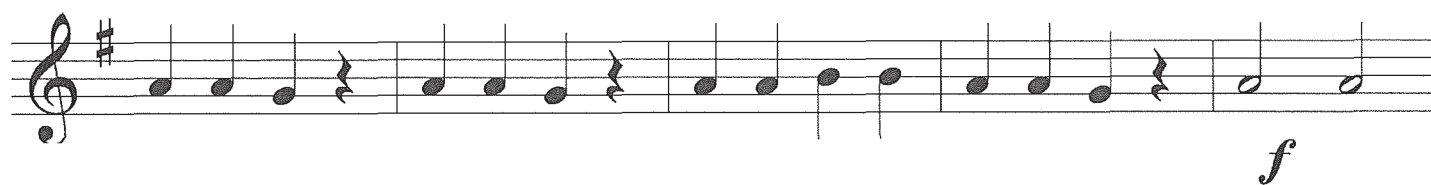
Three Note Adventure

Allegro

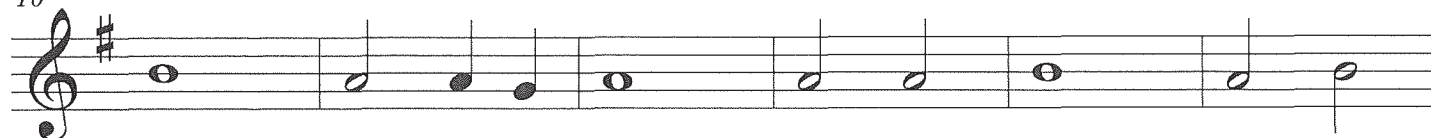


5

9

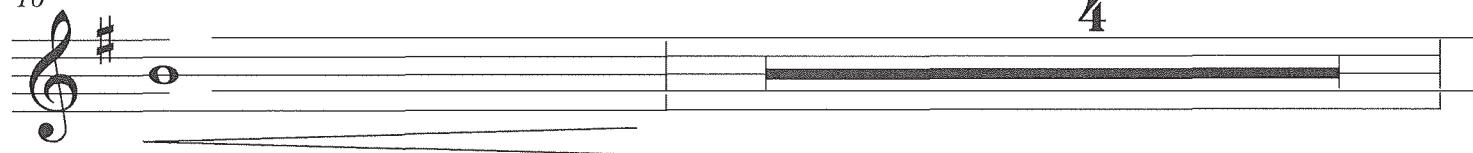


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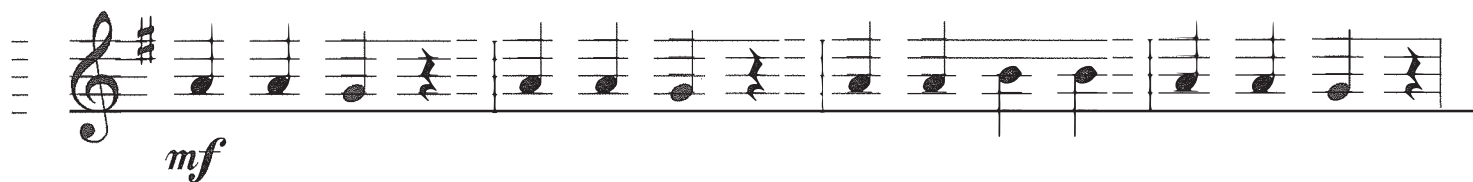


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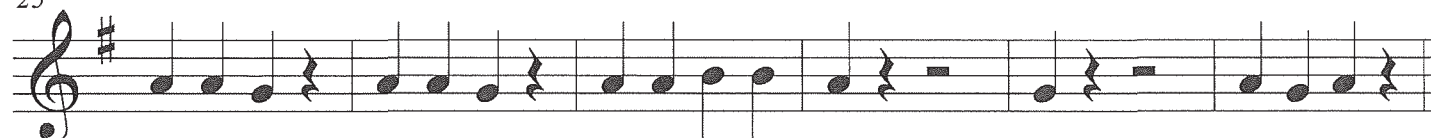
16



21



25





MIDNIGHT SUN

Glenn Weiss

1 8

5 8

9 8

13 8

17 8

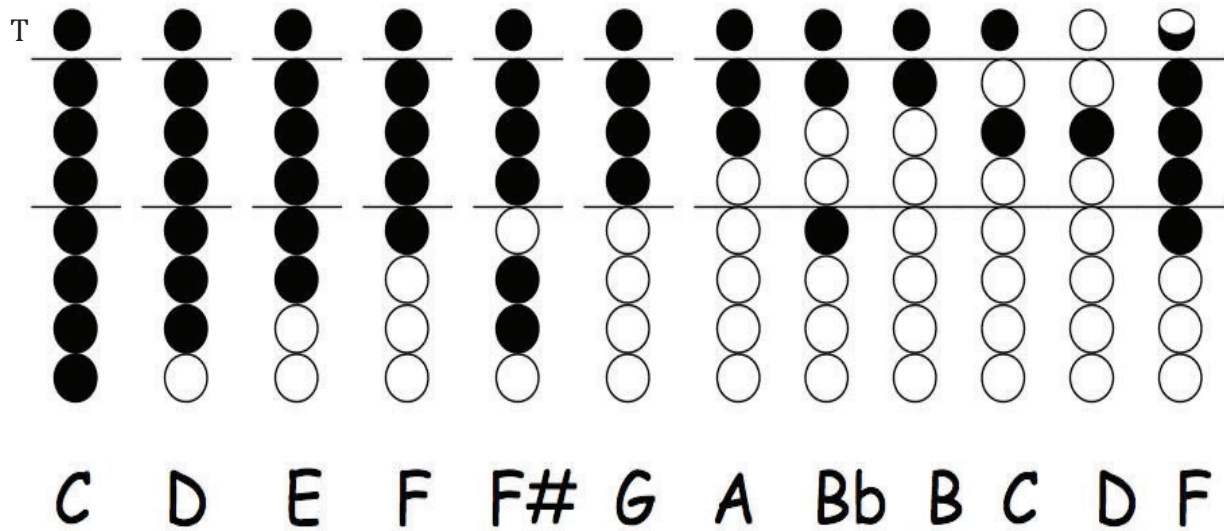
21 8

25 8

29 8

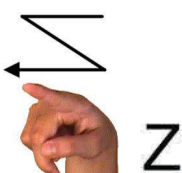
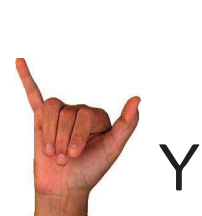
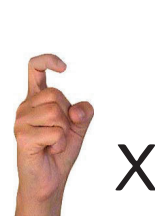
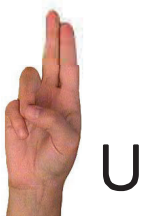
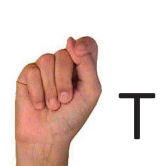
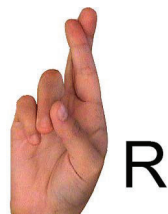
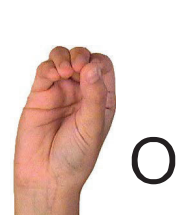
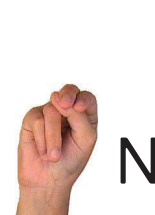
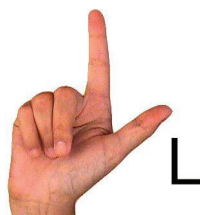
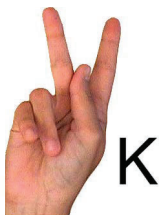
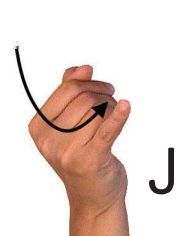
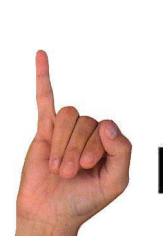
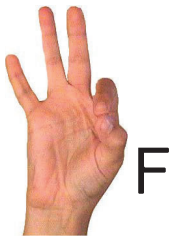
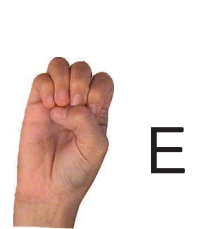
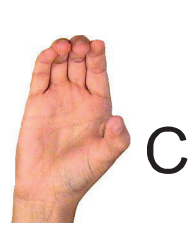
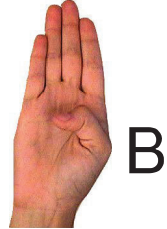
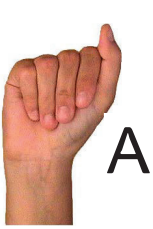
 The musical score is written for a single melodic line in treble clef, key of D major (indicated by two sharps), and 4/4 time. It consists of eight staves of music. The first staff (measures 1-4) contains whole rests. The second staff (measures 5-8) begins with a repeat sign and contains eighth and quarter notes. The third staff (measures 9-12) continues the melody with eighth and quarter notes. The fourth staff (measures 13-16) continues the melody. The fifth staff (measures 17-20) continues the melody. The sixth staff (measures 21-24) features eighth-note runs. The seventh staff (measures 25-28) continues the eighth-note runs. The eighth staff (measures 29-32) concludes the piece with a double bar line and repeat dots.

Recorder Fingering Chart



American Sign Language Alphabet

It's never too late to learn a new language. Learning sign language is a great way to help build more inclusive and accessible communities (and is good for hand dexterity too)! Start practicing by trying to spell your name!



Coloring

You've probably whizzed through the coloring pages from kit 1 already. We've provided you with five more to keep you busy with your crayons.

In case you've forgotten, coloring helps improve sleep quality, ability to focus, motor skills, and vision. It also reduces stress and anxiety. Refer to your coloring intro in kit 1 for a reminder of the details that make coloring a great activity for all ages. What are you waiting for? Get coloring!









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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?