

## Days to remember this summer...

- June 5 – National Donut Day
- June 7 – National Chocolate Ice Cream Day
- June 20 – Father's Day & Summer Solstice
- June 21 – National Indigenous Peoples Day
- July 1 – Canada Day
- July 13 – National French Fry Day
- July 30 – World Friendship Day
- August 2 – Natal Day
- August 7 – National Lighthouse Day
- August 15 – National Acadian Day

### SUMMER BUCKET LIST

- 1. Play at the playground
- 2. Go swimming/visit beach
- 3. Eat an ice cream cone
- 4. Have a campfire
- 5. Go to a petting zoo/farm
- 6. Draw with sidewalk chalk
- 7. Picnic in the park
- 8. Play at a splash pad/pool
- 9. Build a sandcastle
- 10. Take a hike

### BACKYARD SCAVENGER HUNT

- A bucket
- Something prickly
- 3 kinds of leaves
- Something yellow
- A seed
- Something you can eat
- 2 sticks
- something that smells good
- a bug
- Something round
- A weed
- Something smooth
- Something green



**FRUIT SALAD**  
WITH CITRUS HONEY DRESSING

#### Ingredients

- 1/2 cup orange juice
- 1 teaspoon grated orange zest
- 1/4 cup lemon juice
- 1 teaspoon grated lemon zest
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 3 cups strawberries, quartered
- 4 clementines separated
- 3 cups pineapple chunks
- 3 kiwi peeled and sliced
- 2 cups blueberries
- 2 cups red grapes, quartered
- mint (optional)

1. Add orange juice, orange zest, lemon juice, lemon zest, and honey to saucepan. Bring to a boil, whisking for 3-4 minutes. Add vanilla and let cool completely.
2. Add fruit to a large bowl and mix in the sauce. Refrigerate for at least two hours. Garnish with mint and enjoy!

This Fruit Salad is the perfect picnic side dish that you and your kids will love to prepare and eat together!

\*For babies under 1, you can replace honey with brown sugar or maple syrup.

## LOL

What did the beach  
say to the tide when it  
came in?



Long time,  
no sea.



# FIZZY ICE CHALK

## Materials needed:

- 1/2 cup cornstarch
- 1/2 cup baking soda
- food coloring
- 1 cup water
- measuring cup
- silicone molds (or ice tray)
- spoon
- vinegar
- spray bottle

**Step 1:** Mix 1/2 cup baking soda with 1/2 cup, add in 1 cup of water and mix.

**Step 2:** Pour mixture into moulds, ice cube trays or paper cups.

**Step 3:** Add food colouring to each mould and carefully mix. \*more colours = more fun!!

**Step 4:** Put in freezer until fully set (Tip: insert popsicle stick half-way through freezing to add a handle to your chalk)

**Step 5:** Get creating! Once your drawings are on the pavement bring out the bottles of vinegar and squirt the chalk to watch it fizz.



## Are you a parent or caregiver of a child under the age of 18?

We know parenting has been challenging during the COVID-19 pandemic



You can also reach us at  
506-458-7924 or  
anxietylab@unb.ca

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Are you experiencing signs of **anxiety or depression** such as worry, trouble sleeping, low mood, or low energy?

If so, **we want to help**. You may qualify to participate in our research study.

You would engage in an **online intervention** for parents with anxiety and/or depression. You could choose to work through the intervention on your own or with the support of a coach.

There is **no cost** to participate.

**Click here for more information or to sign up!**

<https://www.tranquility.app/parents>



We know that some people can't access food banks and meal programs right now. Feed Nova Scotia's COVID-19 Food Box program is a short-term initiative to provide home delivery of food to those who need food support and can't access a food bank or other food support programs. If this sounds like your situation, call 211 weekdays 8am-8pm or visit [ns.211.ca](https://ns.211.ca)