



Community Living Week!

Activity Guide

This week is Community Living Week! In place of our Annual Pancake Breakfast, we are asking you all to enjoy pancakes throughout the week! See below for a selection of recipes, activities, and media to help us celebrate, and remember to send in your pics to dormsby@clsm.on.ca! For all of our daily suggestions, see below for instructions!

Monday May 4

- Make Pancakes!

Tuesday May 5

- Science Fun!

Wednesday May 6

- Puzzles!

Thursday May 7

- Green and Blue Day!

Friday May 8

- Get Active, Get Silly!
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What you might need:

- Items to make playdough (see attached recipe)
 - Ingredients and toppings for pancakes (see attached recipes)
 - Cardstock and ink in the printer for puzzle pictures and word searches
 - Scissors to cut out puzzles
 - Baggies to save puzzle pieces in
 - Blank paper, markers, pens, envelopes and other art supplies to make community thank you cards
 - Oil, water, food colouring, clear containers and antacid tablets for lava lamps
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The above suggestions are just that, suggestions. Feel free to mix it up! Our Committee came up with tons of other ideas; read on to learn more! Regardless of what you get up to, send your pictures to dormsby@clsm.on.ca for us to share!

Monday – Make Pancakes!

Every year we celebrate the Community Living family by coming together with our friends and neighbours to share in a yummy breakfast at our Annual CLSM Pancake Breakfast. We may not be all together this year, but that won't stop us! Take time this week to enjoy some pancakes and talk about all the great things that have happened and are to come! Feel free to enjoy one of the recipes below or make your own. Load them up with your favorite toppings and be sure to send us some pictures before they are all gone! YUM!

Milk Free, Egg Free Pancakes

READY IN 20mins

YIELD: 6 pancakes

<https://www.food.com/recipe/milk-free-egg-free-pancakes-92647>



INGREDIENTS:

- 1cup white flour
- 3tablespoons white sugar
- 2 1/4teaspoons baking powder
- 1/4teaspoon salt
- 2 1/2tablespoons margarine
- 3/4cup water
- 1eggs or 2 tablespoons water
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DIRECTIONS:

- Sift flour, sugar, baking powder, and salt together into medium mixing bowl.
 - Melt 2 1/2 Tbsp. margarine in frying pan until melted.
 - Be sure to tip the pan side to side to coat/grease all over.
 - Pour melted margarine in a small bowl, add water and egg (if you want to add egg); Mix well.
 - Stir liquid mixture into the dry ingredients until it is thoroughly moistened.
 - It is OK if this batter is lumpy.
 - Cook the pancakes over medium-high heat on the stovetop (or 375F on electric frying pans).
 - Cook pancakes until the tops are bubbly and the bottoms browned
 - Turn the pancakes over to cook other side (approximately four minutes per side).
 - Serve hot with margarine, honey, brown sugar or maple syrup.
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HEALTHY AND EASY PANCAKES FOR TODDLERS

Serves: 5 dozen (1-inch pancakes)

Prep: 5 mins | Cook: 15 mins | Total: 20 mins

These Toddler Pancakes only require five ingredients and freeze well – perfect for a busy parent! These pancakes are delicious as a baby’s first pancake, or for baby-led weaning. They are also fun to eat and nutritious for a growing toddler.

INGREDIENTS:

- 1 medium egg
- 1 cup whole milk
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 2 tablespoons unsalted butter – melted

OPTIONAL ADD-INS (MIX ‘N MATCH):

- 1 teaspoon vanilla (optional)
- 1 teaspoon ground cinnamon (optional)
- 1 teaspoon poppy seeds (optional)
- 1 tablespoon honey (optional)

FOR SERVING:

- Greek yogurt
- fresh fruit (strawberries, blueberries, bananas, others)

INSTRUCTIONS:

1. In a medium bowl, beat the egg. Mix in the whole milk.
2. Mix in the flour and the baking powder, and If using, the optional add-ins.
3. Mix in the butter.
4. Heat a griddle to medium heat and lightly grease the pan. To make 1-inch pancakes (like in the photos), drop on the pancake batter using a teaspoon. To make 2-inch pancakes, drop on the pancake batter using a tablespoon.
5. Cook, until the tops of the pancakes have bubbles on them, the batter is no longer shiny, and the bottom of the pancakes are a light golden brown, about 45 seconds to 1 minute. Flip and cook for an additional 45 seconds to 1 minute, until the bottoms are also golden brown. Remove from heat and set on a plate to cool.
6. Serve with a dollop of plain Greek yogurt and fresh berries.

GOOD OLD FASHIONED PANCAKES

<https://www.allrecipes.com/recipe/21014/good-old-fashioned-pancakes/>

INGREDIENTS:

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons butter, melted

DIRECTIONS:

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Tuesday – Science Fun!

[Create your own lava lamp \(use green and blue food colouring\)](https://classroommagazines.scholastic.com/support/learnathome.html)

<https://classroommagazines.scholastic.com/support/learnathome.html>

- scroll down and click "resources for teachers"
- scroll down and click "ScienceFlix" link
- click on experiments tab
- then scroll down the list of "experiments to try" on the right and click on "Lava lamp reaction"

[Make green and blue playdough](https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/)

<https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/>

Recipe

1. 2 cups plain flour (all purpose)
2. 2 tablespoons vegetable oil (baby oil and coconut oil work too)
3. 1/2 cup salt.
4. 2 tablespoons cream of tartar.
5. 1 to 1.5 cups boiling water (adding in increments until it feels just right)
6. gel food colouring (optional – add to water first)

Wednesday – Puzzles!

See the attached document for a selection of puzzles that celebrate our community! Print out copies of the puzzles on cardstock if you can and cut the pieces out. See if you or your team can put the pictures of these popular South Muskoka events and places back together again.

Thursday – Green & Blue Day

Thursday is Green and Blue day! Grab your favorite green and blue clothing and wear our CLSM colours with pride! Be sure to send in your photos.

Friday – Get Active, Get Silly!

Mood Walk

<https://app.gonoodle.com/activities/mood-walk>

A Moose-Ta-Cha

https://family.gonoodle.com/activities/a-moose-ta-cha?utm_content=teacher&utm_medium=3313362&utm_campaign=share_link&utm_term=a-moose-ta-cha&utm_source=clipboard

Other Ideas

What Community do You Live In? (Be Sure to Take the Quiz!)

<https://watchandlearn.scholastic.com/videos/social-studies/communities-and-economics/home-in-three-communities.html>

Who Am I

Display a list of different jobs in our community. Take turns either describing what the person does or acting out their job. See if anyone can guess who you are. Some ideas to get you started: baker/cook, fire fighter, police officer, teacher, performer/actor, mail carrier, florist, carpenter, truck driver, doctor.

Reaching out to the community

Create a card for a business or place in our community that you enjoy visiting. Let them know why you enjoy going there and thank them.

CLSM Logo

Use items from in and around the house to create the CLSM logo. Send us a photo of your creation!

Make your own Squishy Stress Ball

https://family.gonoodle.com/activities/how-to-make-a-squishy-stress-ball?utm_content=teacher&utm_medium=3313362&utm_campaign=share_link&utm_term=how-to-make-a-squishy-stress-ball&utm_source=clipboard