

May Virtual Choice Board

How to Celebrate an Inclusive Mother's Day

Read the article below for ways to explore a more inclusive mother's day: [Celebrating Inclusive Mother's Day & Father's Day - Wee Watch](#)

A few crafts:

Give your mother or whoever you feel appreciative a special hand-made award [here](#).



Make a paper flower bouquet: [How to Make a Paper Flower Bouquet | Mothers Day Craft](#)



Make a special pull tab origami envelope card [here](#):



May is Mental Health Awareness Month

Mindfulness is a great skill to learn and use and to help develop empathy, which is the focus of this year.

Explore some mindful art activities here: [18 Mindfulness Art Activities – Early Impact Learning](#)

Make a self-soothe box with your mentee as a way for them to fill this box with things to help them feel calm when

Celebrate Asian Heritage Month

May marks Asian Heritage Month, a celebration that has been observed in communities across Canada since the 1990s and was made official in 2002.

Learn more here:

[May is Asian Heritage Month - Canada.ca](#) and [May is Asian Heritage Month \(vmacch.ca\)](#)

Explore the online art collection that the Asian Art Museum has: [asianart.org](#)

Explore some geography: [India Country Profile - National Geographic Kids](#)
[Japan \(nationalgeographic.com\)](#)
[10 Canadian–South Asian artists you need to hear right now - CBC Music](#)

Explore videos of cooking and the ways culture is shared through food and try a recipe together: [\(982\) Eat. Taste. Sip. - YouTube](#)

Share your screen to view the beautiful temples all across Asia: [30 Most Beautiful Temples in Asia You Must Visit - Hongkiat](#)

Star Wars Day- May 4th

“May the 4th be with you”



To celebrate Star Wars day, try some activities here:

[Star Wars Fans, Fan Sites, and Blogs | StarWars.com](#)

[Star Wars-Inspired Fun - Rock Your Homeschool](#)

Ramadan Moon and Star Decoration Craft



During this month many Muslims will be celebrating Eid and have participated in Ramadan In April. Here is a fun craft for your mentee to partake in.

Link:

<https://www.youtube.com/watch?v=iJpCS8ZUamw>

Learn More About Eid Here:

[Eid al Fitr | All About the Holidays | PBS LearningMedia](#)

Paper Airplane Day Activities



Paper Airplane Day is May 26th so try these activities about building a paper plane and also learn about forces and flight:

Design A Paper Air Plane

<http://howthingsfly.si.edu/activities/paper-airplane/gallery>

(Also see attached PDF in your

<p>worry comes along. Examples: colouring sheets, fidget toy, favourite picture, music playlist, positive affirmations, etc...</p> <p>How to make a self-soothe box YoungMinds</p>		<p>email with a printable paper airplane template)</p> <p>Grade 3-5 video - http://howthingsfly.si.edu/activities/forces-flight</p> <p>Grade 6-8 video- http://howthingsfly.si.edu/activities/how-wings-work</p> <p>AirSpace Podcast- https://airandspace.si.edu/editorial-series/airspace-podcast-</p>
<p>Learn About Cinco de Mayo</p>  <p>Cinco De Mayo is on May 5th. Click below to learn more and for ways to celebrate: Cinco de Mayo for Kids: Fun and Free Printable Pack (rockyourhomeschool.net)</p>	<p>Teacher's Appreciation Day</p>  <p>National Teacher's Day is celebrated in May. See below for ways your mentee can show appreciation for their teacher: 10 Ways to Celebrate Teachers Our Children (ptaourchildren.org)</p>	<p>Create a Limerick</p>  <p>May 12th is Limerick day. Explore what limericks are and create one together! 20 Examples Of Quirky And Witty Limericks For Kids (momjunction.com)</p>

Asian Heritage Month Facts

Explore these facts with your mentee. You can share your screen and read them together or use them to create your own quiz/slides in a site like Kahoot.

1. Did you know that 'Asian' doesn't refer to one particular race or identity?

Asia is the biggest continent in the world and is made up of 48 countries.

Each country has unique peoples, cultures, customs and climates.

Here are the countries that are of the Asian continent and have a history of Asian descent that has impacted those individuals' ancestry making them Asian.

East Asia - China, Hong Kong S.A.R., Japan, Mongolia, North Korea, South Korea, Taiwan.

South Asia - Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan, Sri Lanka.

Central Asia - Afghanistan, Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, Uzbekistan.

Southeast Asia - Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Singapore, Thailand, Vietnam.

Western Asia - Armenia, Azerbaijan, Bahrain, Cyprus, Georgia, Iran, Iraq, Israel, Jordan, Kuwait, Lebanon, Oman, Palestine, Qatar, Saudi Arabia, Syria, Turkey, United Arab Emirates, Yemen.

Pacific Islanders - Hawaiians, Samoans, Guamanians, Chamorro, Fijian, Tongan, Marshallese, Melanesia, Micronesia, Polynesia. (only applies to individuals with Asian ancestry)

2. Did you know that Asia is the most populous continent in the world?

The population of Asia is 4.561 BILLION. That means more than half of the entire the world lives in Asia. China and India are the only two counties where the population is over 1 Billion.

3. Did you know that Asia is home to some of the richest countries in the world?

Thanks to vast amounts of natural resources and large manufacturing and export industries, Asia is home to some of the richest countries in the world. Some examples include Qatar, United Arab Emirates, China, Singapore and Brunei.

4. Did you know that there are close to 20 Asian politicians representing the Peel community?

A few that are passionate about working with youth in Peel are Rowena Santo, Sara Singh and Navdeep Bains.

Conversation Prompts:

Below are some conversation prompt questions for you to use with your mentee. You can select which would be best based on their age, interests and the level of your relationship with them.

- Tell me about the best and worst parts of your day.
- If you could re-name yourself, what would you like to be called? Why?
- What's your favorite smell? What's the yuckiest thing you've ever smelled?
- What are the most important things your parents or teachers have taught you?
- What do you know how to do that you could teach someone else?
- What do you do to cheer yourself up when you are down?