

### **Dear Counselling Corner**

I am sure that you have heard this one before! The weather has been so wet lately and with more rain expected. It has also been so cold, dark and miserable outside and I am afraid that we are the guilty parents who are resorting to allowing our kids too much screen time, especially this past week. My spouse and I are on our devices too often as well. I feel badly. Do you have any suggestions for an educational activity which is low cost, entertaining and screen-free? Which also do not require a lot of planning? Thanks!

### **Curious parents**

### **Dear Parents**

Thank you for reaching out and please know that you are not alone. Our lives are busy and it is easy to fall into the pattern of allowing our children to be on their devices. Some screen time can be really fun, however too much can have detrimental effects on our child's development as described below.

[Mind: Screen Time - Canada.ca](#)

With a bit of imagination, there are all kinds of non-screen activities which you can do with your child which are low cost or free, easy, educational and entertaining! Here are some ideas:

[22 Super Fun Outdoor Rainy Day Activities Your Kids Will Love - Diehard Backyard](#)

[16 Rainy Day Outdoor Activities Your Kids Will Love](#)

And here are some ideas which are indoor fun rainy day activities

[50 Super Fun Rainy Day Activities For Kids of All Ages](#)

[70 Fun Indoor Activities for Kids \[with Free Printable\] to Do on a Rainy Day](#)

*The Counselling Corner is intended to offer some helpful ideas, encouragement and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at [hchang@sd43.bc.ca](mailto:hchang@sd43.bc.ca).*

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