



ACTIVITY LIST

#StepUpTbay



Let's Step Up while we stay apart.



Go Purple for Prevention on October 22nd!

Go Purple for Prevention Day is a day for families, schools, businesses and organizations to Step Up and show your commitment to Child Abuse Prevention month in Thunder Bay! Find your favourite purple outfit to wear on October 22nd. Take photos and share them on Facebook and Instagram with #StepUpTbay to help spread the message. Let us know why it's important that you Step Up. Photos can also be submitted to: StepUp@firedogpr.com

NEW to this year, you can purchase Step Up purple masks! All funding raised will support the Mazinaajim Children's Foundation.

Participate in the Step Up & Draw: Window Art Contest

Kids! Have your artwork featured in a HUGE way— on a Thunder Bay billboard. With the help of their family, children and youth are encouraged to create a poster for their front window at home to help raise awareness about child abuse prevention and the Step Up campaign. Families can enter one of two ways:

1. Online by visiting dilico.com/stepup or
2. Via Instagram or Facebook by posting a picture of the artwork on a personal account with the hashtags #StepUp2020 and #contest and tagging us:

 @StepUpThunderBay  stepup_tbay

The winning artist will get their work featured on a billboard in Thunder Bay. Get creative and don't forget to include the Step Up feet!

Walk the Block for Prevention

Staying active is important for both our physical and mental health. Being active as a family can benefit everyone, especially during such a stressful time. Families should get outside and walk around the block together for prevention. They can take a look at other neighbours "Step Up and Draw" pictures. Don't forget to wear purple!

Step Up 2020 Comic Strip

Create your very own Step Up 2020 comic strip. You can download it at dilico.com/stepup to get started. Take a picture and share it on your social media pages with the hashtag #StepUpTbay, for a chance to be featured on the official Step Up facebook page.



Participate in a Fall Feast!

Celebrate the harvest season. Fall Feasts are a way to recognize the spirits that provide food, and to renew the earth with ceremonial prayers, and dances.



Make your own Face Mask

Wearing a mask is something we have to do every day while we are in public spaces, so why not be a little creative and make your own? You can choose the fabric and pattern that you prefer and make it fit each member of your family. You can find instructions for many types of masks online.

Support Local Charities

Supporting a charity is a great way to teach your child compassion, empathy, and community responsibility. You can donate food, clothes, appliances or money. Learn about local charities in need and how you can help.

Bake Something Together

Baking some goodies with your family can be very fun and is a great way to spend quality time together. You can play some music and sing while you're at it. We recommend bannock!



Visit Anemki Wajiw

Towering 1,000 feet over the city of Thunder Bay, Mount McKay has a great lookout with views of Lake Superior, the Sleeping Giant and awesome landscapes! The traditional name Animikii-wajiw means "thunder mountain", named after the thunderbird. It's located on Fort William First Nation.

Check out Some Local Art!

The Community Arts & Heritage Education Project and the Painted Turtle Art are hosting a virtual visual Art Fair. It's free: paintedturtle.com

Learn about Anishinabek Culture

As a family, research and learn about history, traditions, language and Indigenous people.



Fall Nature Hike

October is such a pretty time of the year. Go for a hike and connect with nature by collecting some colourful fall leaves. Also see how many partridges you can count. Visit Cascades, Centennial Park or Trowbridge and enjoy all the bright fall leaves.

Carve a Pumpkin for Halloween

Check out the cool Step Up stencils! Find at dilico.com/stepup. Take a picture and share it on your social media pages with the hashtag #StepUpTbay, for a chance to be featured on the official Step Up facebook page.

Read Together

There's more to story time than just reading the words. This helps kids learn new vocabulary, encourage new skills and is great bonding time. Check out Thunder Bay author Jean E. Pendziwol's new book "I Found Hope in a Cherry Tree". You can download the book's Companion Guide that includes lesson plans, experiments, activities, and shadow puppet theatre: jeanependziwol.com



Build an Indoor Fort

Living room forts are what childhood memories are made of! Round up your blankets, sheets, pillows, some cardboard boxes and you have the perfect blueprint for a masterpiece. This creates a cozy place for the little ones.

Digital Doors Open Thunder Bay

Explore some of Thunder Bay's most unique structures, places and heritage sites online. Learn about history, culture and community initiatives through images and videos: Doorsopentario.on.ca/thunderbay

Get Crafty with Leaves!

Go outside and collect your favourite leaves. Now it's time to decorate. Get out some paints and create cool designs. Another idea is to draw a tree stump with many branches on paper then have kids cut and glue leaves on to the tree.

Scavenger Hunt

Plan a themed scavenger hunt. Develop fun and interesting clues that will encourage problem solving.



DIY Tie-Dye

Fun for all ages. If you want to make it simple, order a kit online. This offers a great opportunity for kids to express creativity with colour.

Get the Family Together to Share What Everyone is Grateful for

Talk about the best parts of your day. Find some time each day to talk about what you are thankful for- perhaps at the dinner table, before bed, or while you are driving in the car. Ask your children, "What was the best part of your day?" For older children, try keeping a gratitude journal.

Culture Days Art Projects

Participate in art projects led by local artists. Visit: thunderbay.ca/culturedays for upcoming workshops including word signs.

Turn on your Favourite Music and Dance!

When tempers are flaring in the house and you reach a peak of crankiness, it's the perfect time to turn on some happy tunes. Learn new moves and beats. Music makes us all happier.

Family Game Night

Take a trip down memory land and introduce your kids to your favourite childhood games like Twister, Operation, and Battleship!



Create a Halloween Costume Together

Halloween is right around the corner! For a kid, Halloween is a magical opportunity to transform into someone or something else for a day, and one of the best part is coming up with the perfect costume. Making costumes at home can get kids in the creative spirit, and it's also a great chance to spend quality time together. Homemade costumes don't need to be complicated or expensive, either—a few easy-to-find materials and basic craft skills are all it takes.

Do some Yoga!

Yoga is a great way to stay healthy both physically and mentally. It helps with stress and anxiousness, which has become a common problem not only for adults but also for children. You can find plenty of classes online or watch videos on social media.

Head to the Drive-In

Check out the local drive-ins and catch some of your favourite flicks on the big screen! Bring a blanket and your favourite movie snacks. It's the perfect combo for some outdoor fun. Get there early to get a good view.