Dear all, we are here embracing the second week and launching another edition of Let’s get Vivid. All we are hearing around us is mostly related to the Covid-19 situation around the world and especially here in Malta. Numbers are increasing every day, as well as the dose of our concern, as we all follow our daily appointment at noon with the Health Superintendent Profs. Charmaine Gauci, who from here we wish to thank her, for her calm way of announcing the current situation makes it sound somehow a sweet note in this bitter symphony.

All this information can also be a cause of excessive worry, sense of loneliness, negative thinking and hopelessness. However, let us give you all one positive thought....we are all together in this storm. And while telework is being so much encouraged, where most of us are spending long hours at their laptops....let’s get vivid and let’s CTRL+ALT+DEL......Control yourself .... Alter your thinking .... Delete negativity.

let’s be COVID

EDITORIAL NOTE

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WEBINAR

PANEL DISCUSSION BY
Pamela Bezzina | vocal instructor
Norma Camilleri | voice therapist
Kenneth Muscat | ENT specialist

16th April 2020 at 7pm
Limited number of participants
Book your place here
I wash my hands

1. Turn on water.
2. Wet hands.
3. Turn off water.
5. Scrub hands.
6. Turn on water.
7. Rinse hands.
8. Turn off water.
9. Dry hands.
10. Hands are clean.
From the evidence so far, the COVID-19 virus can be transmitted in ALL AREAS, including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19. The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.
PAINTING ON FOIL - AN EASY ART ACTIVITY INSPIRED BY VAN GOGH

May 15, 2016 29 Comments

Painting on foil is an easy process art idea for kids that’s perfect for the Winter months. This activity is great for toddlers and preschoolers working on fine motor skills and colour mixing. For this art technique we used cotton buds (Q tips) as paint brushes. Inspired by Van Gogh’s paintings we used different shades of blue and explored swirling the paint around the foil which gives the artwork a real Winter feel.

Painting on Foil

Looking for more fun art ideas? Take a look at our taste safe ice paint, snowy puffy paint and water pistol painting.

This painting activity works on so many skills for young children. Toddlers and preschoolers are able to work on fine motor skills, learn about an artist, explore colour mixing and experiment with a new media. I love the use of blue and white on the foil and think that this artwork would be great for a Winter theme. We have lots more winter themed ideas here.