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Canadian Mental Health Association
Grey Bruce
Mental Health and Addiction Services



This Activity Sheet is brought to you by the Grey Bruce Friends and Neighbours (FAN) club program of the Canadian Mental Health Association Grey Bruce Mental Health and Addiction Services in partnership with Grey County Housing, the United Way of Bruce Grey, Owen Sound Police Services, Public Health Grey Bruce and others.




Newsletter




October 2020

HALLOWEEN ACTIVITY & INFORMATION SHEET

STEPS TO
Trick or Treat Safely during COVID-19



- * Set up a station outside or just inside your garage. Maintain a physical distance of 2 m from others, setting up a table can help with this.
- * Portion treats out ahead of time to reduce close contact with others. Have non-food treats for children with allergies.
- * Choose a costume that makes wearing a mask easy.
- * Wash your hands before trick or treating, when you return home, and before snacking. Bring hand sanitizer with you.
- * Remember the usual Halloween safety: dress for the weather conditions, wear reflectors, watch for traffic, and check over all treats before eating.

STEPS TO HAVING A
COVID-19 Safe Halloween at Home



- * Host your own monster mash outdoors.
- * Make your own spooky treats like clementine jack-o-lanterns, monster mix, or ghostly cookies.
- * Have kids help decorate, try setting up a scavenger hunt filled with tricks and treats!
- * If you do go trick or treating consider not touching the treats collected for 24 hours. Have some favourite treats ready to enjoy that night.







Halloween traditions are important for mental and social wellbeing. Public Health Grey Bruce recently released tips to provide some guidance for a safe Hallowe'en. Consider other ways to gather and connect:

- Have an online costume party or celebration
- Send Halloween-themed cards and letters
- Arrange for contactless drop off of spooky crafts or treats to friends and family

If you plan to participate in Trick or Treating:

- consider setting up a trick or treat station outside your door or just inside your garage.
- Portion treats out ahead of time for touchless trick or treating.
- Clean frequently touched surfaces often.
- If going door to door:
 - try to maintain a safe distance from others
 - choose a costume that will allow for wearing a mask that fits well and covers your nose, mouth and chin.
 - Wash your hands before trick or treating, when you return home and before snacking.

For more information visit

www.publichealthgreybruce.on.ca/Portals/0/Topics/InfectiousDiseases/COVID19/Considerations%20for%20Halloween.pdf

To let others know if you are "open" or "closed" for Trick or Treating this year, the Government of Ontario has created front door signs to print off at covid-19.ontario.ca

Halloween Word Search

E E A C I H N X P R R E G N A D O U V B H H C H Q S K N T G
 X P M F O K G T G Y O M A E R C S F X M D F K A P O I S O N
 M X G R U C C A U Q C G L O W S T I C K S O K Q R C I M W N
 V Y R G X W L I Y N I T E I T H G I N D I M V P I V S N Q K
 I O P P R J C E T T M K G H D D T C T S A E B Y D M I L N T
 R T F L P A A Z F S A E K A L P C Q G Y L Y J Y M F B N M X
 J L U C W X V S X G M U Q I L M Y R B L O O D C Y F W G G H
 V K F Z V D C E V M R O U P P T O H G Q C Q N Q U E F K O N
 N S A C D G R W Y Z Q M O O P A C S T B K I Q H D A B A R P
 C A E R I P M A V A O P W R M K Z L B Z Q J F N T X H B B K
 P M R Z B R Q N C D R O T B B V J L I Y N C R W W N E N Y X
 O B U V L M N S M U T D G C I W Z A C O Z C A P E W A D X U
 L O K Z A V O P P Q L E N R M A K B T M O O N G A S I L C X
 W C B L C R C M Z M H A Z E T G F E I R Q E K R J C B O V W
 P J J Z K O I U N F U M I D F G L Y K S D Y E C R A E S E H
 B L S T F B S N T A B B Q I N E N E E Q W L N P S R I F Q T
 M U W F N T J G K N A P E P K K I M R J I L S H O E P Q T A
 H G I O R X Y S G N A F U S E G U R A P Y S T V Y C J W D Y
 P N M U Q N I P V M E W R G O T F K T T Q N E D D R Z C K G
 J Y G W P Z Y B A Q I M N Y S O J S S V W Z I Y N O G M E Z
 H C F C U W L Y K T E A A O K Q G O M F Y S N R A W P E E U
 J F D E L K C A C E R D C G J T H P U M P K I N C B K P I T
 A N T R W F M H M O N B O W I G I R U F W H U P V Y R A C S
 D P U G A O W M O C T O B E R C N B Z F C C S N A L Z M I T
 A H B P F V I W B A L U T B G P R R L E A Q K I H P X H C J
 G J O I Q U E D H B V B X S T V O F F R M L U P K E D E S H
 S C H H F C E N X R T Y U O B U C A B F I I L V N K R B L C
 Z L D T V C B O N E S Q L G A M P W E H N I L B O G K Q N O
 C E H K P N D K X L X A B R R Z O M B I E V S S E N Y L R E
 L X U K H Y P E W Q P R T I Y O P T G V A U Z G E L P S L R

BAT	MOON
BEAST	OCTOBER
BEWARE	ORANGE
BLACK	OWL
BLOOD	POISON
BONES	POPCORN
BOO	PUMPKIN
BROOMSTICK	RAT
CAKLE	RAVEN
CANDY	SCARECROW
CAPE	SCARY
CARVING	SCREAM
COFFIN	SKELETON
COSTUMES	SKULL
DANGER	SLIME
DRACULA	SPIDER
EYEBALLS	TOMBSTONE
FALL	VAMPIRE
FANGS	WITCH
FRANKENSTEIN	ZOMBIE
GHOST	
GLOWSTICKS	
GOBLIN	
GOO	
GOOSEBUMPS	
GRAVEYARD	
HORROR	
MAGIC	
MASK	
MIDNIGHT	



Looking for a fun Halloween Recipe for your home gathering? Try this recipe for Oreo Dirt Cups

Author: Shari Blogs - All Things Sweet & Delicious:

Ingredients

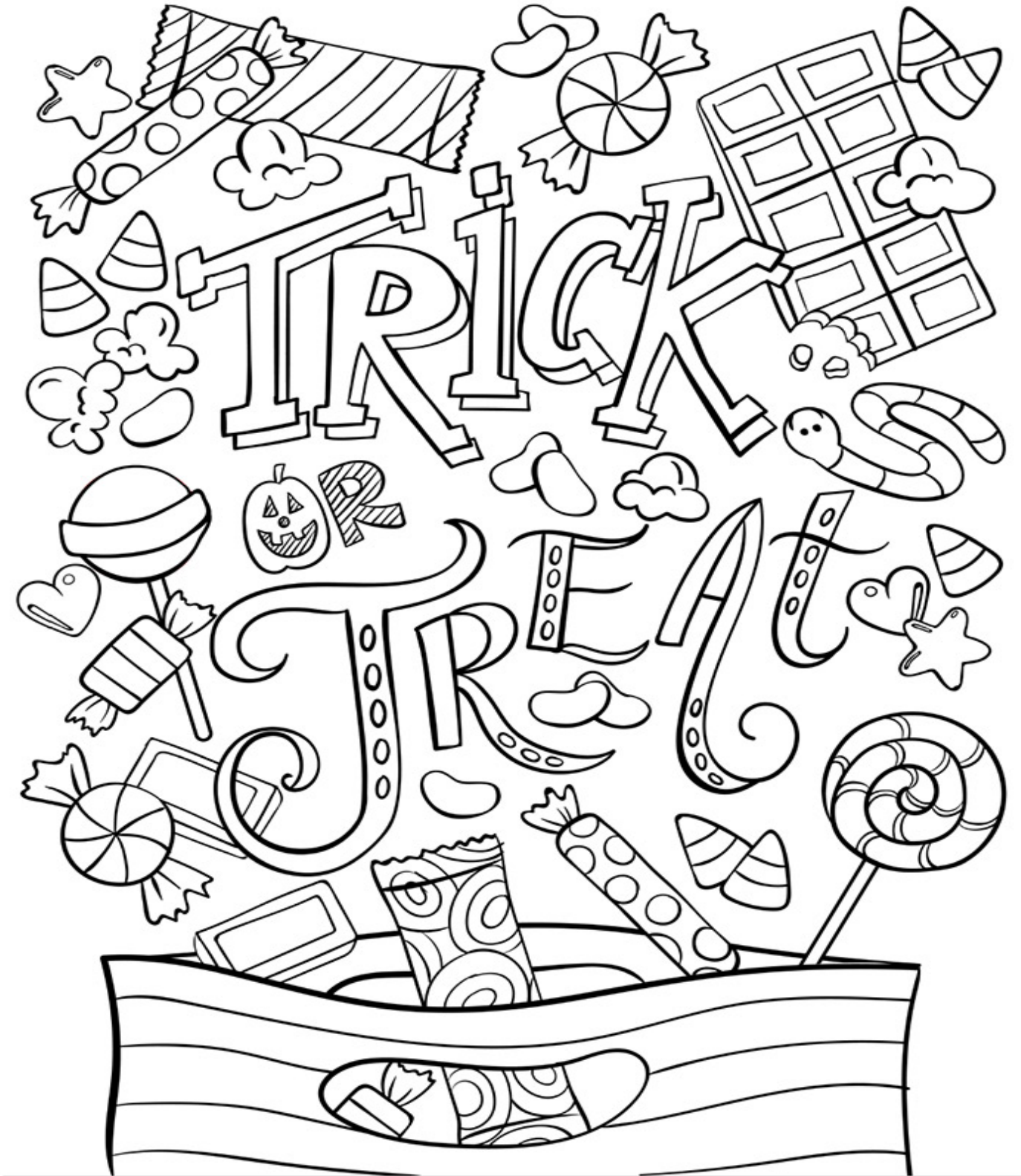
- 2 cups cold milk
- 1 package (4 oz) chocolate instant pudding
- 1 - 8 oz container whipped topping, thawed
- 1 package (16 Oz) Oreos (crushed into crumbs)
- Gummy Worms
- 10 plastic cups (8 oz. size)

Instructions

- Pour the milk into a mixing bowl and add the pudding mix.
 - Beat with a wire whisk until well blended (about 2 minutes)
 - Let pudding stand for five minutes.
 - Stir whipped topping into the pudding very gently until it is all the same color.
 - Place about 1 Tablespoon of the crushed cookies into the bottom of each cup.
 - Then add a 2 Tablespoons of pudding to each cup.
 - Then repeat another layer of cookies, then pudding, and then cookies.
- Put cups into the refrigerator for about one hour to chill them
- Finish up by adding 2 gummy worms cut in half to the top of each of the cups.



Halloween Colouring Sheets



HALLOWEEN CHUCKLES

- What do witches put in their hair? **SCARE** Spray!
- How did the vampires finish the race? **Neck and Neck!**
- What is a skeleton's favourite instrument? **A tromBONE!**
- What noise does a witch's breakfast cereal make? **Snap, CACKLE and pop!**
- What do you call two witches who share a room? **BROOM** mates!

