



Sunday May 31, 2020 on Facebook @chfmanitoba

SCHEDULE

9:00 – 10:00 a.m.

- Welcome from Stefano Grande, President & CEO, Children's Hospital Foundation of Manitoba
- QX104: Jeff with his kids Marshall & Penny kick off the day
- 2020-2021 Champion Child, Brady Bobrowich, special message and health story video
- **Enjoy Breakfast Together:** Making the Perfect Pancake with Rotary Club of Winnipeg - Fort Garry
- 94.3 The DRIVE: Tom & Vicky share what they've been doing while staying home
- **Get Active:** 20 minutes of morning yoga for kids with Yoga Jen from Modo Yoga
- **Art:** Colouring contest information with Ellen

10:00 – 11:00 a.m.

- 103.1 Virgin Radio: All your favourite Virgin Radio DJs share their bears and more
- **Dance:** Learn the Teddy Bear Shuffle with Evolution Dance
- **Dance:** Keep dancing with Winnipeg Bhangra Club
- **Storytime:** *Going on a Bear Hunt*, and *I'm a Frog* with Manitoba Teachers' Society
- **Science Craft:** How to make a bottle rocket
- 99.9 BOB FM: Hosts Beau, Caroline, Travis & Chris share what they love about TBPicnic
- **Safety Adventure:** Join Louie the Lightning Bug on his safety adventure
- Learn how electricity gets to your plug or switch with MB Hydro

11:00 – 12:00 noon

- Global Winnipeg: Kahla and Gabrielle shares stories of their favourite stuffed animals as they get ready for their picnic lunch
- **Get Creative:** Time to set up your perfect picnic space with Kathleen
- **Picnic Nutrition:** Take this time to prepare your picnic lunch with recipes from Children's Hospital Dietitians & an eye health smoothie from Manitoba Optometrists Association
- **Bear Eye Check-up:** Learn about checking your teddy bear's eyes
- **Craft:** Make your bear some pipe cleaner eyeglasses

Schedule is subject to changes.



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- **Worry Bear:** Special info for parents to help kids with anxiety during social distancing
- Adam Bighill, Winnipeg Blue Bomber, has a special message for your picnic day

12:00 – 1:00 p.m.

- 680 CJOB: Hal and Lauren share memorable moments of past picnics
- **The Good Day Show:** Watch along with kids in hospital; a very special picnic day episode from Children's Hospital TV
- **Singing:** Learn about the Music Program at Children's Hospital and sing along with Cecilia the Music Therapist
- **Dance:** Learn the Cupid Shuffle with Evolution Dance
- **Get Creative:** Scott gets us started on today's photo scavenger hunt

1:00 – 2:00 p.m.

- CTV: Colleen Bready shares what she's been doing during social distancing
- **Goodbear Clinic:**
 - Learn along with Dr. Goodbear how to clean your paws
 - Dr. Goodbear shows you how to cover a cough and sneeze
 - What the heck is "donning" and "doffing" PPE?
 - How to clean with hand sanitizer
 - Help teddy bear take medication safely
 - How to make a bandage at home if your stuffy has a boo-boo
 - Getting a teddy bear X-Ray
- **Storytime:** *Alexander Who Used to be Rich Last Sunday*

2:00 – 3:00 p.m.

- NCI: Jordan, Garth and other NCI friends show us our first science experiment this hour: tornado in a bottle
- Terry Klassen, CEO of Children's Health Research Institute of Manitoba shares about science at home
- **I Want to be a Scientist at home experiments:**
 - Make a volcano
 - Make your own lava lamp
 - Static electricity experiment

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- **Get Creative:** Learn how you can decorate your window or door for the picnic
- **Dance Performance:** dance along with a performance of *The Turnip*
- **Dance:** Watch a performance of a Fancy Shawl dance
- I Miss My Friends video
- **Worry Bear:** Tips for kids to shrink their worry clouds

3:00 – 4:00 p.m.

- Kiss 102.3: Hosts Drew and Karly share about their favourite stuffies and get us ready for dancing
- **Sing Along:** Music Therapist Cecilia and puppet No Name share happy song
- **Special Music Performance:** Singer Jeremy Fisher Junior puts on a special Teddy Bears' Picnic performance for all the kids
- CJNU Nostalgia Radio: Adam chats with his British teddy bear
- **Dance:** Ever heard of a Hand Jive? Let's try it together with Evolution Dance
- **Craft:** Egg carton caterpillar
- Fight off germs with Dr. Embil
- Winnipeg Free Press: Doug Speirs gives us the word of the day and reminds kids to send in their colouring pages for a chance to win

4:00 – 4:30 p.m.

- **Sing:** Watch a performance of a Drum Song
- **Dance:** Let's all learn to Boot Scootin' Boogie
- Watch a performance from the Winnipeg Police Pipe Band
- **50-50 Raffle Draw:** Adults get your tickets out at 4:10 p.m. for the Facebook Live draw
- **Gratitude Activity:** Please stay and 'like' the thank you logo posts to the volunteers, sponsors and media partners who helped make this day so fun
- **Mindfulness:** After such a big day, take a mindful breathing moment with Dr. Goodbear

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