



## Day Eleven: May 11, 2020

## NATIONAL NURSES WEEK!

Did you know that <u>National Nursing week</u> is May 11-17? The World Health Organization (WHO) has designated 2020 as the **Year of the Nurse and Midwife** in honour of the 200<sup>th</sup> anniversary of Florence Nightingale's birth.

Let's send a SHOUT OUT to all the amazing nurses and midwives this week in gratitude for all the work they do to keep us healthy and safe – especially during these unprecedented times.

Here are some ideas of how you can say "Thank You" to the nurses in our community:

- 1. Make a thank you card or write a letter to our local nurses or midwives
- 2. Draw a picture for our local nurses or midwives
- 3. Create a "Thank You" sign to place in your window, yard or car window
- 4. Using your toys, create a scene of nurses in action and then take a picture or video to share
- 5. Write a poem, song, story, or play about nurses and the important work that they do
- 6. Share a story with friends about a time you had extraordinary care from a nurse
- 7. If you have a family member or friends at a Long-Term Care facility, send a thank you card to the nurses that work there

Send your letters, thank you cards and pictures in a direct message to our <u>CVRDREC Facebook</u> or <u>Instagram</u> <u>page</u> so we can share them and spread the appreciation and gratitude!



DISCLAIMER: The CVRD is not responsible for any harm, including bodily or infrastructure, that may be caused as a result of doing this activity at home, so please use your discretion and participate within the scope of your abilities, knowledge and comfort level. Please feel free to alter this activity to suit your needs, and remember to be safe and have fun!