



**September October
November
2019
Program Resources**



Quiet Games/Activities

Sensory/Art

Language/Listening

Construction/Block

Physical Activity – Indoor/Outdoor

Science & Cognitive/Manipulation



Enjoy!

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Quiet Game

D-ice Breaker

LO could include –social, emotional, communication, language and listening

This fun icebreaker and getting-to-know-you activity will provide the children with an opportunity to learn and communicate something about each other as well as to create a comfortable atmosphere where children feel welcome.

In small groups children will take turns to roll the die and answer the question corresponding to the number that was rolled. This activity can continue until each child has rolled and answered each question.

You may also want to invite the children to ask each other their own questions.

D-ICEBREAKERS

1. If you could go anywhere in the world, where would you go?

2. If you were stranded on a desert island, what three things would you want to take with you?

3. If you could eat only one food for the rest of your life, what would it be?

4. If you won a million dollars, what is the first thing you would buy?

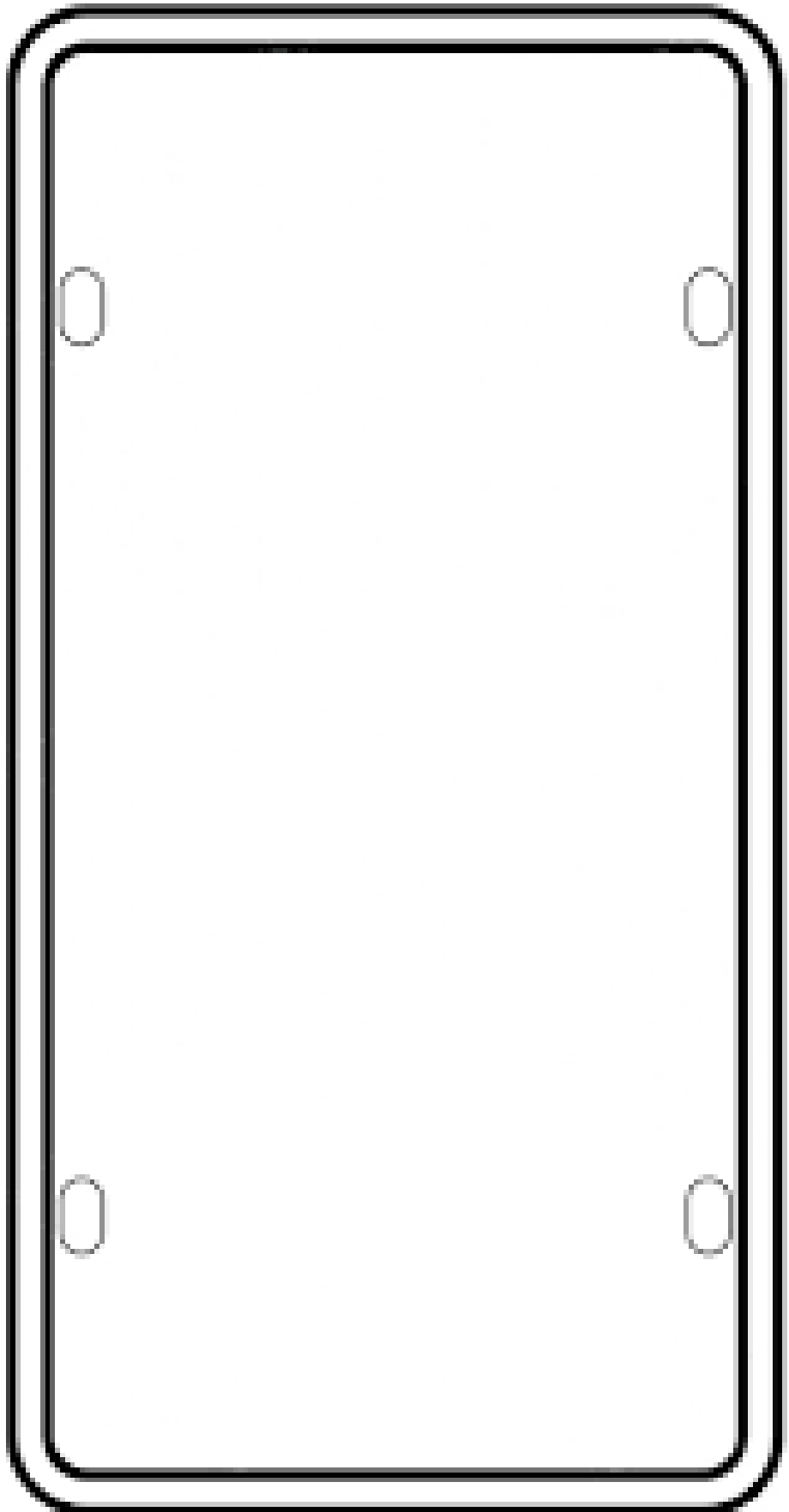
5. If you could spend the day with one fictional character, who would it be?

6. If you found a magic lantern and a genie gave you three wishes, what would you wish?

“Personalized” Licence Plate

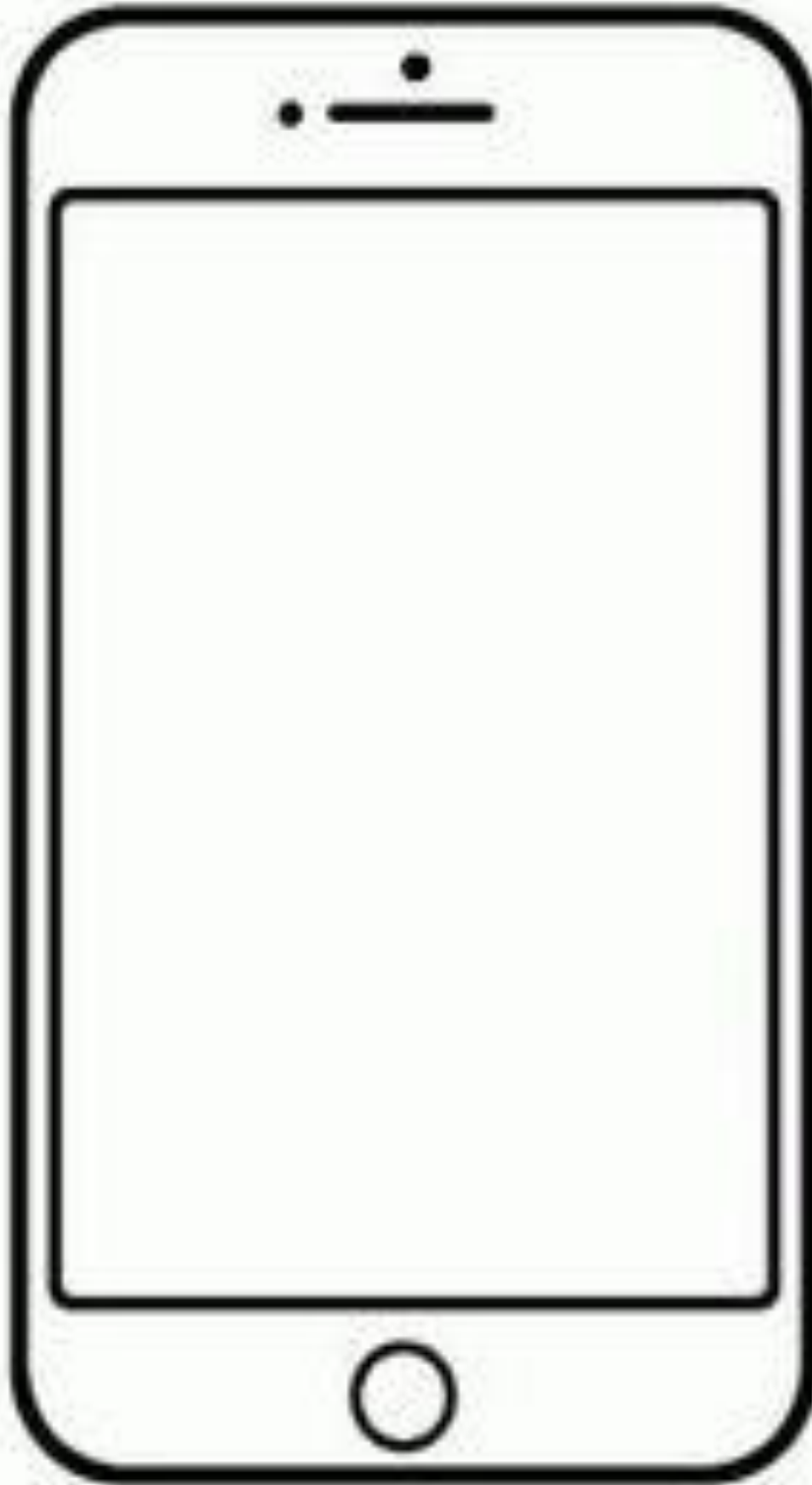
LO could include
emotional,
communication,
language and listening,
cognition

This activity provides
children with a creative
and personalized
means of introducing
themselves. It could
be writing or
drawing/designing
something that best
describes a
characteristic about
themselves.



“Personalized” Phone

Another creative way children can write their personality traits or draw/design a self portrait.



Quiet Games



Attention Getters

The following are some techniques to use to get the attention of children. A little bit of coaxing and informing the audience of the response will work wonders!

You say the first line and the children say the response.

Meanwhile.....	Back at the ranch!	Scooby Dooby Doo....	Where are you?
Ready Set	You bet!	Hocus pocus.....	Time to focus!
Hocus pocus.....	Everybody focus!	Holy moly.....	Guacamole!
Macaroni and cheese...	Everybody freeze!	What's up?.....	It's all good!
Crystal.....	Clear	Oh me.....	Oh my!
To Infinity.....	And beyond!	Hakuna.....	Matata!
Zip, zip, zap.....	We're all that!	Can I get a	Woop woop!
Piece of pie.....	Piece of cake!	Sponge Bob.....	Square Pants!
L..I..S.....	T...E..N!	Marco.....	Polo

And a hush fell across the room!.....Shhhhhh!

Freeze! Everybody clap your hands!.....(they do 7 claps)

Who lives in a pineapple under the sea?.....SpongeBob Squarepants!

You Missed It

LO Cognitive 4.8 Number Recognition

This is a game from Panama. It can be played with as little as 4 players, indoor or out in a small space.

- Assemble players in a circle or can be done in a line (transition)
- A number from 1 to 10 is chosen by you or a player
- 1 by 1 in turn players count from 1 to 10, but everyone must remember to miss or leave out the chosen number
- If the number is said out loud the player who says the number is told "you missed it" and they are eliminated or you could have them move to another line or circle where a different game is played (perhaps broken telephone)
- When only 2 players are left the game is over

Brown Bag It

Getting To Know You LO 2.1 Self-Concept, Emotional

You choose how you would like to play this. Give each child a brown bag. They can either bring in 5 items to share or they can write down on slips of paper 5 things that tell about themselves. They could be things that tell about your family, a special moment, a hobby, etc. Have them take turns to share and tell about the items in the bag with the others.



Sensory/Art

Fun with Nature

Nature offers infinite ways to support a child's cognitive, social, physical, and emotional development. It provides countless opportunities for hands-on-learning experiences and discoveries. All children naturally become explorers and artists.

Using Nature as a Canvas

Invite the children to go on a nature walk to collect various elements of nature from the ground such as leaves, sticks, twigs, branches, stones etc. Have a discussion about the concept of creating art using natural elements found in the environment.

Encourage the artists to create their own "nature canvases".



Pop Art Leaf Printing

Using creativity to explore various methods and materials of leaf printing.

This leaf printing project is a combination of brightly coloured paper and neon coloured paint.

Directions:

- Paint each leaf the colour of your choice
- Carefully lay each leaf face down on the coloured paper and push down to make the print



Pop Art Leaf Print Extension Activities

- Explore the effect of a collage using just one leaf repeated in different colours.
- Experiment with different coloured prints of the same leaf. This will give it a really interesting shadow/3D effect to the project.
- Leaves can be cut in half and two different halves can be printed side by side together to make an unusual whole.
- A collage of cut leaves could be printed together to make one large abstract leaf.
- A large leaf shape can be drawn and lots of little leaves can be printed inside it to fill it with colour and texture.

Charcoal Leaf Art

Explore texture and pattern through charcoal leaf rubbing at a basic single leaf level for younger children, or the older children can enjoy building elaborate leaf pictures using many leaves and exploring composition, grouping, layering and contrast.

Simply put the leaf, on a firm surface, under the paper and rub the charcoal over it.



Extension Activities:

- Experiment by holding the charcoal like a pencil or on its side. Which effect do they prefer? Which gives the clearest results?
- Try rubbing both sides of the leaf. Does the upper or underside leave the clearest impression?

More detailed nature art



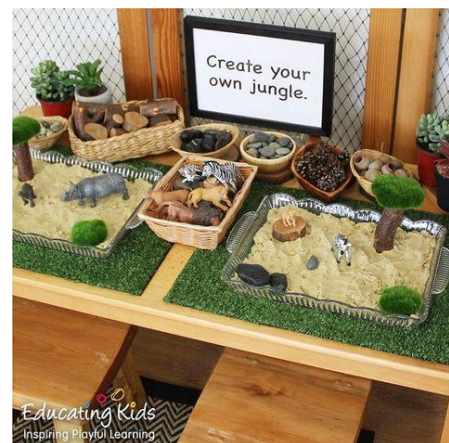
Science Fun with Nature

Gather a few natural materials and create a nature table in the Science area for children to explore, play, build, examine and observe.



Ask the children questions such as:

1. What do you think it would be like to live in a jungle/rainforest?
2. Which animals live in a jungle?
3. Look at nature through a magnifying glass. What do you see?
4. What can you build using twigs? A beaver lodge, maybe a bird's nest?



Active Physical Play-Indoor & Outdoor



Hi! What's Your Name?

Social Activity LO 1.1 Friendship

- Players are in a circle facing outwards and 1 person is chosen to begin
- The player outside walks around the circle and chooses another person
- They then say to the person: Hi! My name is ... and what's your name?
- The person replies with "Hi.. my name is..."
- When this is done, they each run in the opposite direction around the circle and when they cross paths they stop and say "hi to each other using their names"
- They continue on their way to try and be the first to reach the original spot
- The person missing the spot chooses someone else and the game goes on until all have had a turn.

Group Challenge

Team Building Activity, LO 5.2 Physical, Gross Motor

Equipment: 6 medium balls, 3 badminton racquets and birds, 6 skipping ropes, tennis ball and tape (using tape put a target on the wall) In/Outdoor Large Space

You can set up a gym or outside with the following instruction sheets that you make:

1. Bounce a ball 50 times
2. Using the tennis ball hit the target (you get 6 turns)
3. Skip forwards for 60 steps without stopping, then try to skip backwards
4. Using badminton racquets, keep a bird in the air for 20 hits with a partner

Divide players into teams of no more than 6 and assign each a corner to begin. Time the event for 5 minutes per station (more if needed) and then signal teams to move to the next event. Modify as needed.

Lifeboats

Team Building Activity, LO 5.1 Physical Activity

Tell players they are on a sinking ship and need to follow the orders given by the captain; you. The order needs to be done by everyone.

- The captain calls an order followed by a number. For example: run 10 paces
- Children would run 10 paces and then need to get into a group of that number and sit down on the floor (this is the number of seats in the lifeboat)
- If they are the last to complete the task or do not fit into a group, they can call the next order and resume play with the others.
- Other orders could be: run and touch 3 doors, jump on the spot 8 times, shake hands with 5 people, do 4 jumping jacks, find a partner to make a team of 2.

Active Physical Play-Indoor & Outdoor

Nature Yoga

Benefits of Yoga for children:

- Healthy activity for their minds and body
- Maintains flexibility
- Great breathing exercise
- Develops creativity and imagination
- A tool for stress management and staying calm
- Enhances concentration and body awareness

Encourage the children to be creative and come up with their own yoga poses.

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



printable yoga poster