



Program Resources Winter-2021

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Together we have maneuvered through protocols and procedures and successfully settled into programs. As we continue to navigate through this new norm, the Curriculum Resource Team would like to present to you **Program Resources- Winter 2021**. Our package consists of a variety of activities, crafts, and games for you to utilize within your programs.

Sensory/Art

Paper Folding Art

LO could include- 4.3, 2.3 LE could include- 31.3

Paper folding is simple to make, requires very little materials, yet this technique unfolds a ton of creativity! Provide each individual child with construction paper and other creative materials of their choice.

Here are a few ideas!





Popsicle Snowflakes

LO could include- 4.3, 2.3

LE could include- 31.3, 24.4

Provide each child popsicle sticks, paint and other creative materials of their choice.

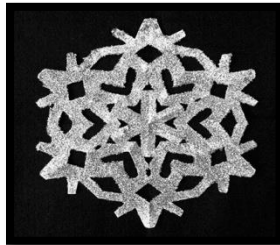


Paper Snowflakes

LO could include- 4.3, 2.3

LE could include- 31.3

Providing each individual child with paper and other creative materials of their choice, invite them to create unique, one-of-a-kind snowflakes!



Tape Resist Art- Winter Birch Trees

LE could include- 31.3, 30.1

Materials Needed: Paper, masking tape, paint and paint brush.

Directions: Start by creating a border on the paper using masking tape. Next, cut thick and thin strips of masking tape for trees that touch the top and the bottom of the border. Use your imagination to paint the background and allow the artwork to dry completely. Once dried, slowly peel off the tape.

Tip: Water colours work best!



Sensory Bottles

LE could include- 13.2

Materials Needed: Clear bottle, water, glitter glue, sparkles or confetti, food colouring, googly eyes, pipe cleaners, pom poms.

Directions: Fill the bottle with 80% water. Add glitter glue, sparkles, confetti, and food colouring (optional) and secure the lid using tape.



Language and Listening

Snow (flour) Writing Center

LE could include- 10.1, 10.5

Materials Needed: Tray, flour, paint brush, glitter or sparkles, and alphabet or number reference cards.

Directions: In a tray, place flour, sparkles, and glitter. Next, place the reference cards, one by one in front of the activity. Using the paintbrush, practice writing concepts and techniques.



New Year's Resolution

LO could include- 3.7 LE could include- 10.3, 10.5

Materials Needed: Writing utensil, paper

Provide children the opportunity to develop their writing skills by encouraging them to write their 2021 New Year's resolutions.



Write the Recipe for the Best Hot Chocolate

LO could include- 3.7 LE could include-10.1

Materials Needed: Writing utensil, paper

Encourage children to write-up a recipe for the best hot chocolate using their imagination and creativeness. Be ready to be surprised by some funky ingredients!



Construction/Block

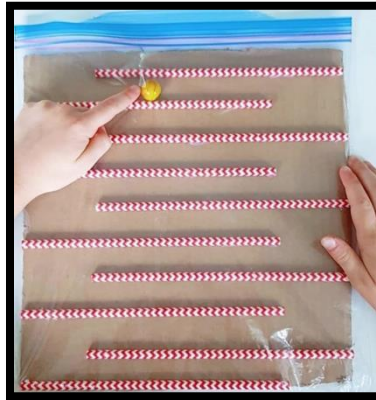
Ziplock Marble Maze

LO could include- 4.3 LE could include- 24.4

Materials Needed: Cardboard, straws, glue, tape, Ziplock bag, and one marble.

Directions: Cut out cardboard that fits the inside of the Ziplock. Use glue or tape and align straws onto the cardboard. You can use the image below as reference or create your own. Once the straws are secured, place the cardboard inside the Ziplock and

place the marble inside. Seal the bag by pushing together the Ziplock and maneuver around your marble maze.

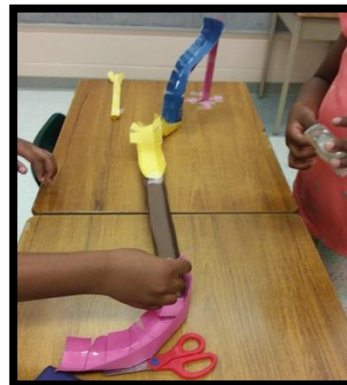
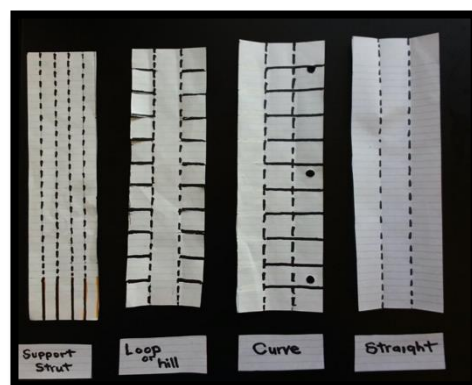


Paper Roller Coaster

LO could include- 4.2, 4.7, 4.9

Materials Needed: Bristol board or piece of cardboard for base, construction paper 6 cm wide by 30 cm long for each track and support strut, scissors, tape, ruler, car or marbles.

Directions: Start with building your individual tracks. There are all different kinds of tracks you can choose from, or maybe you can design your own.



- Draw lines on your cut out construction paper as seen in picture, fold on broken lines, cut on straight lines.
- Bend tracks to the shape you want, a hill, a curve, or straight track. First tape the bends or curve tabs into place. Then finish the track off by taping all other tabs into place.
- When creating the support strut fold and tape broken lines. Cut your straight lines on bottom and fold tabs outwards, this will allow you to tape the tabs flat to a piece of cardboard, so your strut can stand upright.
- Tape the hill track to one or two support struts.

- Finish by taping all tracks together to make one and try it out with toy cars or marbles.

Paper Chain Link

LE could include- 24.4

Materials Needed: Construction paper, tape

Directions: Cut-out strips of different coloured construction paper. Fold the strips into a circle and secure it with tape. Continue this process by looping and linking strips into the previous ones.



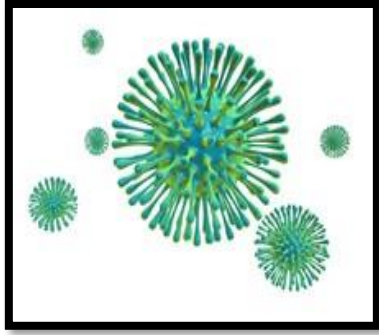
Science and Cognitive/Manipulative

Kids and Germs

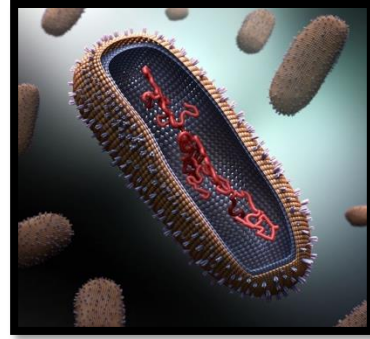
LO could include- 4.5 LE could include- 13.1

Good time to reinforce good hygiene with children and knowing why it helps. We all need reminders, here are a few activities to help encourage children to stay healthy and safe.

- **Make your own virus model.** Give each child some playdough or plasticine and cotton swabs. Show pictures of germs magnified on the tablet. Kids can see what germs look like. Simply roll the dough into a ball and poke the cotton swabs into it. Notice how the tips make it easy to attach to other things.
- **Use flour to show how viruses can hide.** Give each child a spoonful of flour to sprinkle on their hands. Notice how it gets in the cracks of the skin and in between fingers, Germs can do the same thing!
- **Now let's wash that flour (germs) off our hands.** Show children how to properly wash their hands with soap and water, one at a time for 20 seconds (*Quietly saying a rhyme helps keep track of time*).
- **Show how a sneeze and cough travels.** Fill a spray bottle full of water and food colouring. Spray the bottle onto a piece of white paper to show how the sneeze or cough spreads. Place a tissue over the nozzle of spray and see how it helps.



Coronavirus



Influenza virus

Frozen Bubbles

LO could include- 4.5 LE could include- 13.1

Bubbles in the winter, Really?! Yes, bubbles in the winter, let's experiment. Can you freeze bubbles? We'll find out.

Materials Needed:

- 1 ¼ cups of warm water
- ¼ cup of corn syrup
- ½ cup dish liquid
- 1-liter jar with lid
- Spoons or craft sticks
- Straws and bubble wands
- 1 paper cup each (optional)



Directions: Pour water, corn syrup and dish liquid, slowly into jar and stir gently until all is dissolved. Twist lid onto jar. Now you are ready to take it outside. Dress warm, it's cold outside.

- Outside we each need a straw and paper cup.
- Turn cup upside down on a flat surface and pour a spoonful of bubble mixture on cup.
- Blow a big bubble, be patient, many bubbles will burst.
- Observe magical ice crystals appearing in slow motion.

Bubbles have 3 layers, a thin film of soap form the inside and outside layers, and a layer of water lies between the soap layers. Ice crystals form in the middle (water layer)

Soap freezes at a lower temperature than water, therefore the ice crystals that form in the water layer, between the soap layers are free to move, float, rotate and dance until they connect, top to bottom.

Tips:

- Best results when no wind or very little wind. You could try to protect bubbles from wind
- The colder the weather the faster the ice crystals form
- Try multiple bubbles.
- Try adding sugar, what happens?
- Good time to take pictures, especially if it is sunny.

Quiet Activities

Number Sorting using Pom Poms and Tongs

LE could include- 15.3, 17.1

Materials Needed: Muffin tin, muffin cups, pom poms, marker, and tongs.

Directions: Number off muffin cups using a marker. Place the numbered muffin cups into the muffin tray. Using tongs, pick and transfer the correct amount of pom poms into each muffin cup.

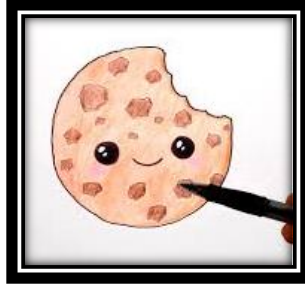


Draw and Design the Best Cookie

LO could include- 4.3 LE could include- 31.3, 22.1

Materials Needed: Writing utensil, open-ended craft materials

Directions: Children get to create the best cookie ever in their eyes using various different craft materials.



Indoor/Outdoor Active Physical Play

Human Foosball

LO could include- 5.1, 1.3

How to play:

This game can be played with as little as 3 players or as high as 6 players on each team, making sure that each player is safely 2 meters apart from each other.

The diagram below (red team and white team) shows the position of players. This game is played like soccer, only each player cannot move from their position.

The game is just like table top foosball, but with real people and a few adaptations.

- Red goalie faces the right
- White forwards face left
- Red players face right
- White players face left
- Red forwards face right
- White goalie faces left
- 5 players per team



Memory Dance Game

LO could include- 5.1, 4.4. LE could include- 1.2, 7.3

Equipment Needed: Music

How to Play:

Put children's bodies and brains to work by starting a memory dance game.

Children are placed in a large circle, safely distanced 2 meters apart from each other.

One player can start with a dance move. Each player then adds a dance move.

When one player forgets the moves, everyone gets to do 10 jumping jacks!

Clap and Move

LO could include- 5.1

Equipment Needed: Different coloured cones

or different coloured hoops.

How to Play:

- Players line up and stand 6 feet away from each other.
- The leader will clap three times, then say a colour of one of the cones or hoops
- Players run to the cone/hoop of the color that the leader says without touching anyone. Only one person can be at a cone or in the hoop at a time.
- The player that gets to the cone or hoop last does three toe touches, then rejoins the game.
- To make it more challenging leader can pick two colours, have the children take turns in leading the game

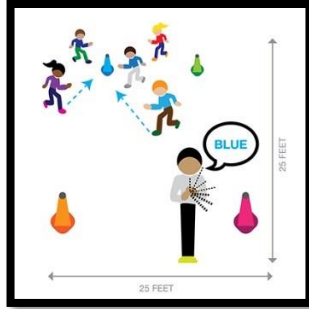
Speedway

LO could include- 5.1

Equipment Needed: Cones and masking tape

How to Play:

- Players line up standing 6 feet away from each other. Split players into four teams. Place a cone in front of each team.
- The leader creates a racetrack with tape pointing in the direction players run.
- When the leader says, "Start your engines!" the first player on each team steps onto the track.
- When the leader says, "Go!" the player runs a lap, goes to the end of his or her team's line, does five jumping jacks, then sits down and next player in line goes.
- The first team to have all players sitting down wins!
- Mix up the movement's players perform on the track as well as at the end of the line to keep the game fresh and to exercise different muscles in their bodies.



Outdoor Winter Relay Race

LO could include – 5.1, 1.3

Equipment Needed: 4 containers, 1 paper cup per player, snow

How to Play:

- Divide the players into two teams
- Place two empty containers at one end of the playing area and the other two filled with snow at the start line.
- On “go” players must race, relay style, scooping the snow from the container and trying to fill the empty container at the end zone. Who can fill it up quicker?

Invite the children to make up other fun relay races!

Wintery Obstacle Course

LO could include – 5.1, 1.3

LE could include- 8.3

Equipment Needed: hula hoops, pylons, basketball sized snowballs, etc.

How to play: Invite the children to build an obstacle course using different equipment and adding basketball sized snowballs to jump over, run around etc.

Winter Scavenger Hunt









LO could Include- 4.5

LE could include- 1.2

Materials Needed: Pencil, Clipboard

A typical scavenger hunt is played by searching and collecting miscellaneous objects on a list, but in this variation, we will only observe and record our findings.

You can create your own or print and photocopy the one below.

<p>Snowman</p>  <p>Notes:</p> <hr/> <hr/>	<p>Boot Prints</p>  <p>Notes:</p> <hr/> <hr/>	<p>Pine Needles</p>  <p>Notes:</p> <hr/> <hr/>	<p>Pine Cone</p>  <p>Notes:</p> <hr/> <hr/>
<p>Animal Tracks</p>  <p>Notes:</p> <hr/> <hr/>	<p>Flying Bird</p>  <p>Notes:</p> <hr/> <hr/>	<p>Twig</p>  <p>Notes:</p> <hr/> <hr/>	<p>Brown Leaf</p>  <p>Notes:</p> <hr/> <hr/>
<p>Evergreen Tree</p>  <p>Notes:</p> <hr/> <hr/>	<p>Sled</p>  <p>Notes:</p> <hr/> <hr/>	<p>Hat</p>  <p>Notes:</p> <hr/> <hr/>	<p>Frozen Puddle</p>  <p>Notes:</p> <hr/> <hr/>

Other Outdoor Winter Activities

LO could include- 5.1, 2.6, 4.5 LE could include- 3.2, 7.3, 8.2

- **Snow paint** - by adding water and food colouring in spray bottles
- **Snow sketch** – Use markers that are drying out to sketch in the snow
- **Build a snowman**, snowball caterpillar a snow fort/castle or make snow angels
- **Create a tic-tac-toe** board in the snow
- **Observe fascinating details of snow** with magnifying glasses



Reminders

Batching is the process of separating materials that cannot be readily disinfected and putting them aside in a sealed container for seven days before reusing.

Hard to Clean Materials should be removed from your space, for example; plush toys. Carpet can be rolled-up and set aside.

Sensory Materials

If sensory materials such as sand, water, and playdough are offered in your programs, they should be provided as single use and labelled with the child's name. These are discarded daily.

Idea's from PLASP Programs

Here's a few simple, yet effective techniques to make your programs COVID friendly, while maintaining children's enjoyment.

- Using mini-Ziploc bags for covering cards
- Placing sheet protectors over board games and cards
- Placing mats, that can be sanitized, 6 feet apart at designated areas
- Using clear sleeve protectors to display children's art work

Please note: All items can be easily sanitized or sprayed with the sanitizing bottle

