



2018/2019

Language/Listening
Science
Sensory/Art
Physical Activity
Quiet Activities
Construction/Block



Carol Coulter
Marisa Giancola
Sharon Pond
Tracy Barber





Active Physical Play- Indoor & Outdoor

10 Way Trips (Drama)

Equipment: for each team a set of 10 instructions written on a separate piece of paper and folded up, 2 bowls per team # of Players: teams of 3 or 4

In/Outdoors

Large Space

- Set of 10 instructions per team – 5 are placed in bowl at 1 end of room and other 5 are placed in bowl at other end
- Children in teams line up in relay formation
- Inform children that they are to act out each activity as a group
- At a signal the entire team runs to the opposite end, chooses 1 instruction at random and does what it says
- They then all run to the other end where they choose a slip and do what it says
- The game continues until all teams have read and done what the instructions say

Sample Instructions:

1. Jump up and down 25 X to keep warm
2. Roll a snowball to make a snowman
3. Skate around the room
4. Cross country ski across the room
5. Throw 10 snowballs
6. Put on ski pants, jacket, hat, mittens and boots
7. Roll in the snow for 10 seconds
8. Make angels in the snow
9. Help each other to pull a toboggan up a steep hill
10. Clean the snow and scrape the windows off of a car

Jumping Kim's Game

Equipment: a variety of 12 or more assorted small objects, such as: small plastic animals, pictures of animals, mitts, hats, boots, anything you can find, the weirder the better. A bag can be used to hide all the objects in

- Players form a circle with objects to be observed in the centre
- Players should remain standing
- When you call "jump" all the players jump and turn 180 degrees so they are facing away from the circle
- You remove 1 object and hide it in the bag
- Then call "jump" again and all the players jump back to their original position
- The 1st person to call out correctly the missing item, becomes the leader for the next round meaning they call "jump" and players turn 180 degrees and this leader removes 1 object and calls "jump" again
- Continue until all the objects or most have been removed

Outdoor Snow Bodies

Equipment: twigs, stones, etc. # of Players: groups of 3 or 4 Outdoors
Large Space

- Before taking group outdoors, discuss some ideas for snow creatures
- Depending on the ability, snow sculptures can be as simple as a row of snowballs or a multi-segmented caterpillar to an intricately carved elephant
- After players are outside, divide into smaller groups of 3 or 4
- Team decides on their own creature and begins to create, maybe rolling mounds of snow for bodies, head, smaller for tails and feet
- Since snow is heavy, suggest that the weight of the sculpture be at the base and the legs and feet could be carved out later. Sticks are great scooping tools
- After an outline of snow has been created, sculptors begin to scoop away places for eyes, noses, arms, legs, tails, fins and so forth to give character
- Add twigs and sticks for arms, feet or ears, stones for buttons, eyes and teeth

Down, Down, Down (game from Australia)



Equipment: 1 medium sized ball for each team of 2 players
In/Outdoors

of Players: teams of 2 Medium Space

- 2 players throw ball back and forth to one another
- When one of the players drops the ball, both say “down, down, down”
- The player who dropped the ball gets down on 1 knee, elbow, or chin etc.
- Game continues on like this until one of the players cannot go “down” anymore

Heart Relay (or other theme)

Equipment: 2 giant hearts per player # of Players: 6+ Indoor Large Space

- Each participant is given 2 hearts and lines up side by side at the end of the gym
- At signal, each player places 1 heart on the floor and steps on it and then places next heart on floor and steps on it
- They then reach behind and pick up the heart and place it in front of them
- Object is to get to the other side of the gym

Valentine Relay Race (or other theme)



Equipment: 1 set of paper hearts per team. Write 1 activity on each heart:
jump, skip, run backwards, walk like a giant, etc.

of Players: groups of 3 or 4 Indoor Large Space

- Divide group into teams and line up in relay fashion
- Place hearts for each team at far end of room (1 for each person on team)
- First person runs up, chooses a heart and reads it (or has it read to them)
- That person does the action back to their team
- Next person goes until entire team has gone and hearts are all used

Quiet Games



Valentines/Family Day (or other theme)

Materials Required: blank piece of paper and an envelope per person, pencils, crayons, markers

- Have children write/print on a piece of paper everything they like about a member of their family
- They could decorate if desired
- Place in an envelope and put it on their family members pillow

Winter Tongue Twisters

- Winter winds whistled and whipped about William
- Sally aimed snowballs at Sammy
- Smiling snowman sporting scarves
- Soft snow sailed serenely and settled softly on cedars
- Incredible icicles encircled the ice igloo
- Frozen fairies fry fresh frozen food
- Cuckoo clock was cold and so was the cup of cocoa
- Cold chilly children drink hot cocoa in a cup
- Santa's seven sleighs slid sideways
- Tree trimmers try to taste treats while Tracy tastes treats
- Holly hangs holly here hoping happy holidays hurray
- Slippery skating Saturdays
- Wispy winter winds

Invisible Ball

- Designate someone to throw an imaginary ball to someone else in the circle
- The "ball" will be the size and weight of their choosing
- They continue to throw that ball to one another until the leader calls out "change", when the person holding the ball will then change its size and/or weight

Letter Challenge (also Transition)

- 1 person calls out a letter and the 2nd person has 30 seconds to say as many words as they can think of starting with that letter
- Others keep count and check that no word is repeated
- 2nd person then challenges the next person with another letter until everyone has had a turn

Fingers Out – (game from China)



- Decide on a target number of points – perhaps 5 or 10
- Children face each other and count to 3
- On “3” they put out one hand-either as a fist or with 1, 2, or 3 fingers extended
- Saying at the same time a number between 1 and 6
- Add up the number of fingers extended
- If a child guesses the exact number of fingers shown they score 2 points
- If they guessed the nearest the number of fingers, they score 1 point
- If there is a tie, no points are scored
- The first to reach the target number of points wins

Kim’s Game (England)

Equipment: at least 10 small things, a tray, a scarf or piece of cloth Small Space

- Put 10 things on a tray and cover all the items with the cloth
- Show the players the objects under the cloth for 10 seconds and then cover them
- Ask the players what is on the table and see if they remember all 10 things
- This can also be played in teams to see which team can remember most of the items

Paper Plate Shadow (Drama)



Equipment: 1 paper plate per player

- Instruct players to shadow or do exactly what you do with the paper plate
- Movements can be around head, behind back, between legs, up and down, turn around in a circle etc.
- You can select various leaders

I’m Thinking of...

- Leader says “I’m thinking of a word that rhymes with long
- Then everyone has a turn at giving an answer
- Answers cannot be repeated
- Alternately, it could be “something green”, tall, large, tiny, “I eat at the movies” etc.

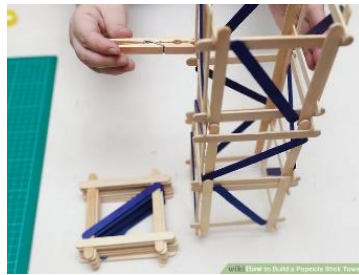
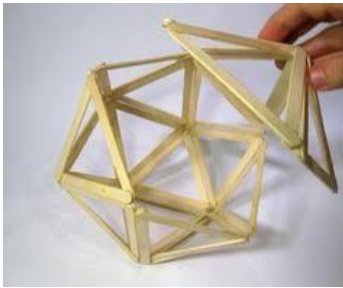
Extended Projects

What are Extended Projects?

Extended projects are ongoing learning experiences that are taking place in the program. They are projects that children can work on over a few days. Children can get involved in planning, managing and carrying out their ideas.

The following are STEM extended projects ideas that can inspire to create, using popsicle sticks and other fun materials.

3D Structures



Houses



Bird House



Boat

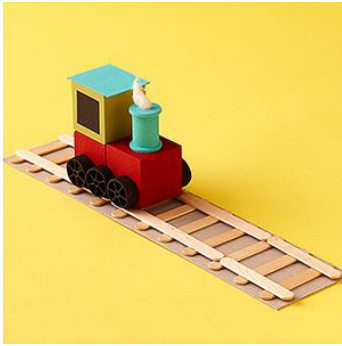


Other Fun Ideas

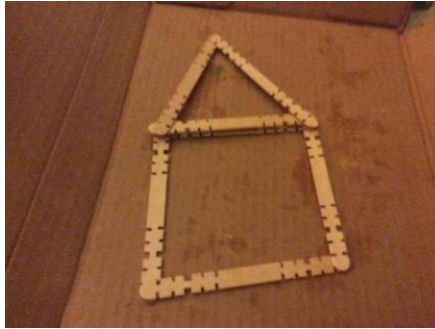


Extended Projects for Kindergarten

Creating and Learning with Popsicle Sticks



**Petting Zoo
for Dramatic play**



**Keepsake Box
for storing tiny treasures**



**Sailboats
to float in water**



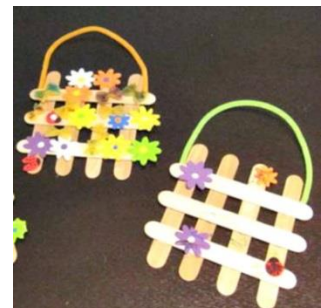
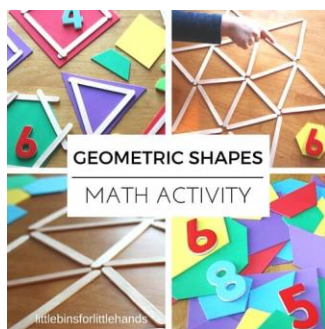
Exploring 2D Shapes



Creating 3D Structures



Fun Idea





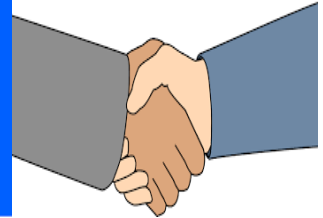
Good Morning or Goodbye Greetings

(LO communication, social)

HUG



HANDSHAKE



HIGH-FIVE



FIST BUMP



You can post this activity at the entrance of your program. You will find out how each child would like to be greeted.



Rat		1936	1948	1960	1972	1984	1996	2008
Ox		1937	1949	1961	1973	1985	1997	2009
Tiger		1938	1950	1962	1974	1986	1998	2010
Rabbit		1939	1951	1963	1975	1987	1999	2011
Dragon		1940	1952	1964	1976	1988	2000	2012
Snake		1941	1953	1965	1977	1989	2001	2013
Horse		1942	1954	1966	1978	1990	2002	2014
Goat		1943	1955	1967	1979	1991	2003	2015
Monkey		1944	1956	1968	1980	1992	2004	2016
Rooster		1945	1957	1969	1981	1993	2005	2017
Dog		1946	1958	1970	1982	1994	2006	2018
Pig		1947	1959	1971	1983	1995	2007	2019

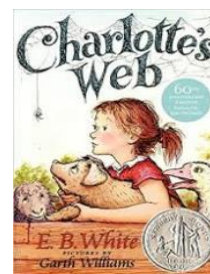
1.	You will receive a letter containing good news.
2.	Accept a surprise invitation and you will find you have fun.
3.	Something that you have been waiting for for a long time isn't what you expect.
4.	Something you had given up as lost turns up unexpectedly.
5.	Friends will be there to give you the help you need.
6.	Count the pennies carefully. You are not as well off as you think.
7.	A hug is just what someone close to you needs.
8.	Friends have some interesting information for you.
9.	Watch where you walk - you are in for some cuts and bruises!
10.	Try not to take your bad mood out on others, or you may find yourself falling out with a friend.
11.	Don't put things off, or you may find that someone else ends up getting what you want.
12.	Something is playing on your mind. You won't get the answer you want unless you ask.
13.	A long spell of hard work is nearly over, so keep going the finishing line is in sight.

Find your birth year and see what your Chinese Zodiac Animal is.

Here are samples of Chinese Fortunes for the Chinese Fortune Sticks (print a number on each stick using a marker) When you pick a stick from the can, refer back to the chart above and read your fortune. Feel free to create your own.



Write a story for a puppet show



Read a book about a pig





(LO Social, Communication, Cognitive)

Make Some Time

Materials Needed:

- Stop watch
- Salt or sand
- Scissors
- 2 jars of the same size
- Heavy paper
- Masking tape
- Hole punch



Directions:

Pour the salt or sand into a jar. Cut a piece of heavy paper that is big enough to cover the mouth of the jar. Punch a hole in the middle of the paper. Place the paper on the mouth of the jar with the salt or sand and place the empty jar on top. Tape the mouths of both jars together. Turn the jars over and watch the salt or sand fall into the other lower jar. How long does it take? The two connected jars allow a regulated flow of salt or sand from the top to the bottom jar.

Homemade Paper

Materials Needed:

- 10 pieces of toilet paper
- Empty water bottle
- Kitchen strainer
- Paper towel
- Old newspaper
- Plastic tablecloth
- Rolling pin
- Sheet of wax paper
- Food colouring (optional)



Directions:

Make sure you have plenty of work space and cover table with plastic along with the newspaper to limit the mess. Place 10 squares of toilet paper into a water bottle and half fill the bottle and close securely. If desired, add a few drops of food colouring.

Shake the water bottle for approximately 15 minutes (take turns). This is the process of making pulp. Once the mixture looks like slush pour the pulp into a strainer. Squeeze as much water out of the pulp as you can. Flip the strainer over and let the pulp fall onto the newspaper. Cover the pulp with wax paper and roll flat with rolling pin. Place paper towel over the rolled out pulp to absorb excess water. You may need to repeat this process several times. Allow to dry overnight and voila, you have your own piece of homemade paper. You can decorate your paper, use it to write a note, or make a craft project, like a gift tag or a pin. Be creative.

Fizzy Rainbow

Materials Needed:

- Large paper plate
- Eye dropper or spray bottle
- Box of baking soda
- Vinegar
- Food colouring



Directions:

Cover bottom of plate with baking soda. Add 3 or 4 drops of food colouring (of each colour if preferred) to the baking soda. Add 2 tsp. of water and mix. Add several drops of vinegar to the mixture and watch the magic of colour.



(LO Social, Emotional, Communication, Cognitive)

