



**December 2019
January, February
2020
Program Resources**



**Science
Sensory/Art
Language/Listening
Construction/Block
Quiet Activities
Active Physical Play – Indoor & Outdoor
Allowed & Disallowed Items in Program**



**ENJOY!
Program Resource Team**

Cool Science

Exploding Baggie Experiment

Purpose: To explore the wonder of gases

Materials Needed:

- Ziploc sandwich bag
- A tissue
- 3 tablespoons of baking soda
- $\frac{1}{4}$ cup of warm water
- $\frac{1}{2}$ cup of vinegar
- Food colouring (optional)

This experiment can be done in a sink, a deep, large container or can be done as an outdoor science experiment.



Directions:

1. Add water, vinegar and any colouring to the bag. Unfold the tissue and add the baking soda to the center of the tissue. Fold the tissue so none of the baking soda falls out.
2. Place the baggie in the sink, container or set outdoors. Open the corner of the bag and stick the tissue with the baking soda in it inside. Quickly re-seal the bag. Observe the tissue getting wet. Stand back to watch!

How It Works:

When the baking soda and vinegar mix, it results in a chemical reaction that produces carbon dioxide (CO_2) along with water (H_2O) and sodium acetate. When the carbon dioxide is trapped, it explodes!

When having fun experimenting, try and answer these questions;

1. What amount of baking soda creates the best reaction?
2. Which size bag creates the fastest pop?
3. Will cold water affect how fast the bag inflates?
4. Can this experiment be done without using water?

Older kids can record data, make careful measurements, and re-test. Younger kids will enjoy the playful aspect of it all.

Dry Erase and Water “Floating Ink”

Purpose: To explore the chemistry of dry erase markers

Materials:

- A glass/ceramic plate with a smooth surface
- Different colours of dry erase markers
- Water



Instructions:

1. Draw a shape, or lines on the plate.
2. Pour water onto the plate. Within seconds you'll see the dry erase ink reacting with the water, and the shape or drawings will begin to lift.
3. Add more water and the ink will lift away from the bottom of the dish and float to the surface of the water. Very cool!

Experiment using a **plastic plate**. Experiment with different types of drawings-letters, pictures, outlines, solid shapes etc. Experiment using different coloured markers.

Record your observations and results.

Which drawing surface works best?

Do solid shapes float better than stick figures or letters?

Did some colours work better than others?

How does it work?

The marker leaves behind a mixture of pigments and a type of alcohol mixed together. The alcohol dissolves and the pigments are left behind as a solid. Glass is so smooth that the solid slides right off when it gets wet!

Fun Fact!

You don't need a white board to get creative with dry erase markers. Plastic dishes work really well!



Salt Painting

Purpose: To explore...

- What happens when salt is added to paint
- Textured art experience
- Using various mediums in applying art techniques



Watercolour Raised Salt Painting

Materials Needed:

- Heavy card stock
- Table salt
- Squeeze bottles of glue
- Liquid water colours



Note: If you don't have water colours, simply use watered down food colouring for this activity.

Directions:

1. Squeeze glue designs on cardstock
2. Sprinkle with salt until glue is thoroughly covered. Tip off excess salt.
3. Gently paint of the salt covered glue design or use eye droppers instead of a paint brush.

DIY Puffy Paint

Purpose: to experiment with layers of texture and colour

Materials Needed: flour, water, baking soda, food colouring, salt and squirt bottles



Directions:

1. Mix together flour, baking soda, salt
2. Add water for desired thickness
3. Mix in desired colour and pour into squeeze bottles and create winter puffy painting.

Sparkly Aluminum Foil Art

Purpose: Experimenting with different artistic techniques and materials

Materials Needed: aluminum foil, glue and glitter

Create sparkly winter art and designs using aluminum foil. Add glue and glitter to create a sparkly effect.



Creative Winter Scenes

Invite the children to use their imaginations to create winter wonderlands using open ended materials such as cotton balls, pompoms, paint, twigs, paper, Q-tips, tissue paper, foam balls, etc.



Construct a 3D Winter Wonderland diorama

Construction/Block

Inspire the children to take LEGO building in a new direction! A 30-Day Lego Challenge!

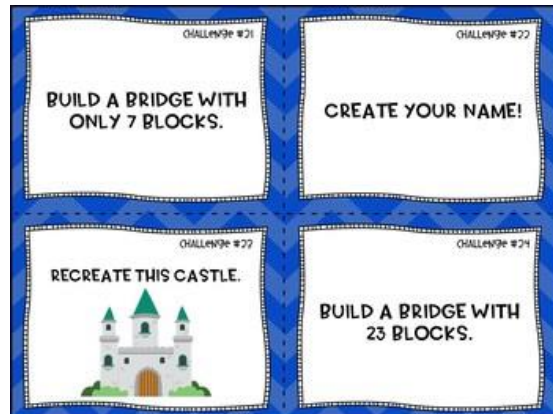
Turn it into a LEGO CLUB!

This challenge will foster:

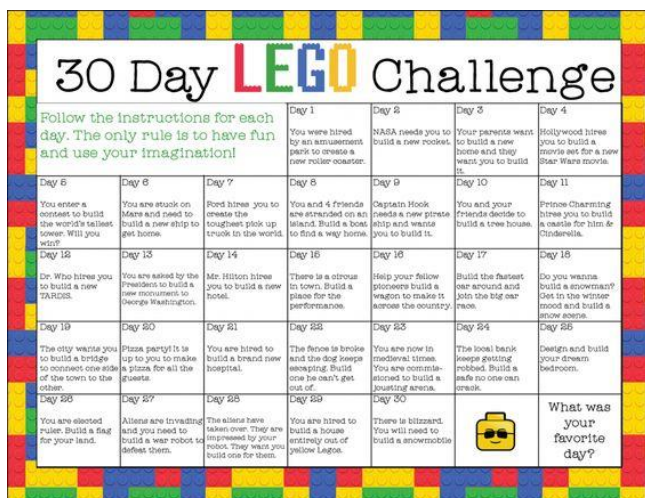
- Teamwork/social skills
- Creativity
- Problem-solving/mathematical thinking
- Communication skills
- Lateral thinking and planning skills

Here are a few ways that this activity can be implemented. Enlist the children's help and ideas.

1. Create Lego task cards



2. Create a 30-day calendar with Lego tasks for each day



3. Record Lego challenges on chart paper



30 DAY LEGO CHALLENGE! SHARE YOUR CREATIONS #CQLEGOCHALLENGE

- 1 – Build a boat that floats.
- 2 – NASA hired you to build a rocket.
- 3 – You're going camping! Build what you need!
- 4 – Build your favorite cartoon character.
- 5 – Build with your eyes closed for 5 minutes.
- 6 – Build anything using exactly 100 LEGO's
- 7 – Organize your LEGO's by rainbow color and build a rainbow.
- 8 – Create a castle fit for a King and Queen.
- 9 – The local bank keeps getting robbed. Build a safe no one can crack!
- 10 – What's your favorite food? Build a food truck that serves it for dinner!
- 11 – Add some eyeballs to a few LEGO's and build a goofy eyed monster.
- 12 – You're going on a safari. Build the jungle, your jeep and whatever else you'll need!
- 13 – You've entered a contest to build the world's largest skyscraper. Good luck!
- 14 – Build a treehouse fit for adventures.
- 15 – You get stranded on an island, build a boat to get you home!
- 16 – Southwest Airlines hires you to build their newest airplane.
- 17 – Create an aerial view of a farm.
- 18 – Aliens have taken over Earth! Build their spaceship.
- 19 – Aliens and Earth are at war. Uh-oh!
- 20 – "We're not in KS anymore!" Create the Emerald City and the Yellow Brick Road.
- 21 – You just got elected "King/Queen of LEGO Land." Create a new flag for your land!
- 22 – Enlist help and build an erupting LEGO volcano.
- 23 – Design the grandest hotel you can imagine.
- 24 – Create the tallest, most wild, rollercoaster you've ever dare to ride on.
- 25 – Build as true replica as you can of your home.
- 26 – Wash all of your LEGO's in a bin of hot, soapy water.
- 27 – Write a LEGO comic strip story.
- 28 – Build a LEGO monument of your family.
- 29 – Create a water park!
- 30 – You're going on a whale watching vacation – build your submarine.

Extended LEGO Activities/Games

LEGO Guessing Contest

- Fill a jar with LEGO bricks. Invite the children to guess how many bricks are inside. Have them write down their name and answer.



LEGO Tower Challenge

- In teams or individuals, see who can build the tallest tower out of LEGO bricks before time runs out



Sky High LEGO Challenge (great for SAK)

- Give each child a small pile of LEGO and have them sit in a circle on the floor. Put 1 brick in the middle. Going around the circle, each child adds 1 piece from their pile to the top of the growing tower. How high can it be built before it tumbles?

LEGO Relay Race

- Group children together and set them up in teams for a race, where they scoop up LEGO's onto a spoon, race-walk to the other end of the room and dump into a cup. The first team to fill up their cup wins.



Active Physical Play-Indoor & Outdoor

(LO could be physical, social, emotional, numeracy)



Down, Down, Down (Australia)

Equipment: 1 medium ball for each team of 2 *# of Players:* teams of 2
In/Outdoors *Medium Space*

- 2 players throw ball back and forth to each other
- When 1 of the players drops the ball, both say “down, down, down”
- Player who dropped the ball gets down on 1 knee, elbow, chin etc.
- Game continues until 1 of the players cannot go “down” anymore

2's and 3's (Barbados)

Equipment: None *# of Players:* All *In/Outdoor* *Large Space*

- Players run or skip around
- Leader calls out a number, 2 or 3 and participants form themselves into groups of that number
- Any player not in a group joins the leader and decides on what number to call
- Play until most all players are now helping the leader

One Foot at A Time

- Players line up in relay fashion or along the large line in the gym individually
- Each player must go as fast as they can from a starting point to a goal line by putting 1 foot in front of the other with no space in between

Feet in Action

- Decide on 4 actions having to do with feet. For example:

1	Hop on right foot	2	Hop on left foot
3	Touch toes	4	Sit down with legs crossed
- Players run freely around the room
- Clap your hands a certain number of times, and players do the action that goes with that number. So, if you clap 3 X, all players must touch their toes and keep it up until the signal is repeated
- If they make a mistake, they can jump up and down 5 X keeping both feet together

Highest Hand

Equipment: deck of cards

- Players run laps around gym for a set time
- Each time they have completed a lap, hand them a card
- Tally the value of cards at the end to see who has the highest number

Valentine Relay Race



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

- Divide group into teams and line up in relay formation
- Place the hearts for each team at the far end of the room (1 for each person on the team)
- First person runs up, choose 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

Human Ladders

- Players find a partner. Partners face each other, sitting with legs crossed and about 2 metres between them
- Assign each pair a number
- As you call out each number, the pair with that number must stand up and race each other down the centre of the ladder
- Once a player reaches the bottom of the ladder, they must run around the outside of the ladder to the top and then head back down the centre until they return to their original spot
- Another way to play is that the partner who arrives first gains a point for their team (the line they are in)
- Game finishes when players on 1 side have earned a set number of points or when the game has peaked
- Don't let them put their feet out in front of them or their hands behind them as these actions are a safety hazard

Oddball



Equipment: Soft ball # of players: All, but in small groups In/Out Small Space

- Gather players in a circle and give 1 player the ball
- Call out an odd number which is a single digit number, such as 5
- Start passing the ball from player to player counting by ones
- When a player gets the ball on an oddball number, they need to begin passing the ball in the opposite direction
- The oddball number is one that also ends in your starting number with the 5 for example 15, 20, 25 etc.
- Keep counting and switching directions with the oddball number
- Frequently call out a new oddball number

Quiet Games



Clue (Can also be Transition)

- Staff think of a person, place or thing that is winter related and gives clues.
- Children guess what it is
- Example: I'm thinking of an activity that you can do on snow. It is fun on a hill. I can go with my friends. (Continue using clues for **tobogganing**)

Winter Tongue Twisters

- Winter winds whistle and whip about William
- Sally aimed snowballs at Sanita
- Smiling snowmen sporting scarves
- Soft snow sailed and settled softly on cedars
- Incredible icicles encircled the ice igloo

Paper Plate Shadow (Drama)

- Each player has a paper plate
- 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

Robots (Drama)

- Play in an area with lots of room
- Players pretend to be robots
- Program the "robots" to go STRAIGHT when they hear 1 BEEP, TURN AROUND when they hear 2 BEEPS and STOP when they hear 3 BEEPS
- BEEP once to start your robots
- Have them continue walking straight until they hear 2 or 3 BEEPS
- Instruct them to simply walk in place if they are in danger of colliding with someone or something
- Encourage them to listen carefully for the BEEPS

Holiday Charades/Pictionary

- On index cards or paper print the following items. Divide participants in equal teams and have each act out their charade or alternatively play using paper for Pictionary

reindeer
ornaments
Mrs. Claus
carolers

sleigh
jingle bells
Santa
cookies

stockings
candy canes
chimney
tree

presents
elves
Santa's list
candles

Blackout in the Workshop – Participation Story



As a sit-down story:

SANTA: Ho Ho Ho
Mrs. Claus: Oh my!

Elves/Elf: Hee Hee Hee (giggling)
Rudolph: Ta Da!

As an active story in the gym:

Inform the children that when you say SANTA, they need to run to one end of the gym.
When you say ELVES/ELF, they run to the other end
When you say MRS. Claus, they run to the other end

It was the biggest night of the holidays. SANTA was in his workshop with all of the ELVES. They were busy putting the finishing touches on all the toys and games for the girls and boys. A few of the ELVES were in the middle of painting a wooden rocking horse, when suddenly the lights went out! SANTA said, “Oh no!” The ELVES gasped and couldn’t see, so they got a few brushstrokes of paint on each other.

SANTA put out his hand and tried to find a light switch on the wall. He tripped over MRS. CLAUS and fell on the floor. The ELVES helped her up.

SANTA felt around in the dark again and found the light switch on the wall. He flipped it up and down, but it didn’t work. He sent one of the ELVES to check the electrical box. Everyone heard thump, bump, crash as the ELF stumbled through the workshop toward the door.

MRS. CLAUS turned to SANTA and suggested that they play games in the dark while they waited. SANTA thought that was a good idea. He asked one of the ELVES next to him to say something and everyone had to guess who the ELF was by the sound of his voice. Then the ELF next to him did the same until they went around the workshop room.

Slowly, the door started to open. A bright light that was tinted red began to fill the room. In the doorway stood a huge figure with 4 legs and something sticking out of its head!

“Oh!” said all of the ELVES and MRS. CLAUS. “It’s RUDOLPH!” cried SANTA”

Sure enough the ELF who was sent to check the electrical box found RUDOLPH the red-nosed reindeer and asked for his help, because the wires in the box were broken. There was now enough light in the workshop so that the toys and games could be finished by the ELVES and loaded onto the sleigh for SANTA.

What Can We Use in Program?



See the list below for the answer to this question

Used corks	New unused are allowed
Borax and other powdered Detergents	Not allowed, label states keep out of reach of children
Shells	Yes, clean shells are ok. You can order them through the craft supplier or purchase them in a craft store.
Pinecones	No, if there is a known nut allergen
Chestnuts	No, if there is a known nut allergen
Acorns	No, if there is a known nut allergen
Contact lens solution	Not allowed, label states keep out of reach of children
Dry rice, pasta, beans	If it looks like food and children identify it as something to be eaten, then we would not offer
Fruit for crafts	Yes, fruit crafts that are implemented in a hygienic manner can be eaten afterwards or sent home
Gelatin (Jell-O)	Yes, but note that some people do not eat gelatin as it may contain pork or beef and therefore not vegan. Common foods with gelatin include; Jell-O, marshmallows, candy corn, and candy such as Peeps, gummy bears, fruit snacks and jellybeans
Homemade play dough	Yes, but single use and must be discarded or sent home with child after use. It is recommended that you purchase name brand, commercial Play-Doh as this can be used multiple times and does not need to be discarded after single use.
Paper towel rolls	Used rolls from home are not allowed but new cardboard rolls can be ordered through craft supplier or purchased in store

Shaving cream	No, label states keep out of reach of children
Recycled food trays	No, but recycled boxes are ok if they have not previously contained high risk allergens i.e. Nuts
Styrofoam/Styrofoam packing chips	Not allowed
Latex balloons, including water balloons	Not allowed
Cooked food for sensory bins	Not allowed
Baking soda	Yes, it is allowed
Flour	Yes, but not nut flours
Salt	Yes
Food colouring	Yes
Vinegar	Yes
Liquid dish soap	Yes
Nail polish	Not allowed
Nail polish remover	Not allowed
Temporary tattoos	Yes, with parental permission
Henna	Yes, if safe for children and with parental permission. A separate applicator for each child must be available
Face paint and/or makeup	Yes, if safe for children and with parental permission. A separate applicator for each child must be available
Toilet paper rolls	Used rolls from home are not allowed, only new rolls allowed if purchased in store or through craft supplier

Egg cartons	Used egg cartons from home are not allowed, but new cartons with out eggs (unless eggs are plastic) can be purchased in store
Bingo dabbers	Yes, offer only non-toxic dabbers in program
Coconut oil	No, if there is a known nut allergen (sub. with vegetable or canola oil)
Coconut shells	No, if there is a known nut allergen
Shea butter	No, if there is a known nut allergen
Nutmeg	No, if there is a known allergen in program
Spices	Allowed, unless known allergens in program

Important points to remember:

***Please ensure that good judgement is used when using any of these items in program with children.**

***When in doubt, contact your Area Manager via email for clarification.**

***Remember that hand washing is essential to avoid cross-contamination.**