

Winter Package

2022/2023

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Abbreviations:

LE = Learning Expectations - For SAK programs

(Full-Day Early Learning Kindergarten Program's Learning Expectations)

LO = Learning Opportunity - For SAC programs

Continuum of Development (ELECT)

1. Language & Literacy

3

Share and Tell: Self Portraits

Potential LE: 25.1
Potential LO: 2.2

Materials

Mirror, glue, scissors, paper, loose parts, and decorative materials (such as cardboards, wires, pipe cleaners, feathers, rocks, stones, scraps of paper, fabric, wood, yarn, ribbon, markers, sticks, etc.), and writing materials (pencils, markers, etc.)

Optional: Pictures of each individual child

Optional: The book “I Like Myself” by Karen Beaumont



Guide

1. You may begin this activity by reading “I Like Myself.” Click this link to access a read aloud version of this story: <https://www.youtube.com/watch?v=7VjArGrLyQw>
2. Encourage children to look at themselves by using a room mirror, a handheld mirror, or pictures of themselves.
3. Begin the self-portraits by using the provided materials. Children can create their face or even their whole body.
4. Encourage children to share their portraits with their peers.

Tip: Extend this activity by having children write down information about themselves (or even each other) and posting it in the class with their self-portrait.

2023 New Year Mindfulness

Potential LE: 10.5
Potential LO: 3.7

Materials

Pencil crayons, markers, pencils, lined paper, and blank paper

Guide

1. Encourage children to reflect and discuss on some mindful open-ended questions:
 - a. What is something that you enjoy learning about?
 - b. What would you like to learn in this new year?
 - c. How could we achieve your goal/idea?
2. Children may draw and/or write down their answers.
3. Promote engagement among children by having them share their thoughts with their peers!



Tip: Use this time to collaboratively reflect with children on the program as a whole and create program goals that you can work on together. This will foster a sense of community and belonging.

2. Physical Literacy

Lego Challenge Activities

Potential LE: 7.3
Potential LO: 4.11

Materials

Legos
Additional: Soft balls or bean bags and/or music



Guide

Tip: Promote belonging and creativity by providing children opportunities to lead these activities!

Lego Bowling	Lego Freeze Dance	Lego Run
<ol style="list-style-type: none"> 1. Get the children to build towers of different heights and then attempt to knock them down with soft balls or beanbags. 	<ol style="list-style-type: none"> 1. Every team is given the same number of pieces of Lego on a table or other hard surface away from the dance floor. 2. Before you begin, decide on a category (e.g., buildings, food, robot). 3. Play the music and dance. When the music stops, players must run to their collection of Lego and build an object from their chosen category. As soon as the music restarts, players must leave their Lego and dance away until the next break in the music. 	<ol style="list-style-type: none"> 1. Provide enough pieces of Lego for the number of children in your group and place pieces of Lego in each corner of the gym/playground. 2. Begin the game in the center of the gym/playground. Yell out a colour ("YELLOW") and an action ("JUMP"). Everyone must jump to find a yellow Lego piece and bring it back to the center. Examples of actions: Crawl, tiptoe, gallop, baby steps, waddle, run, etc.

3. Outdoor Play in the Winter

Snow Bocce Ball

Potential LE: 8.1
Potential LO: 5.1

Materials
Materials for throwing (balls, vinyl beanbags, snowballs) and Materials to use as a target (ping pong ball, hula hoop, bucket, cardboard, etc.).



Guide

1. The objective of this game is for players to take turns to throw the object as close to the target as possible. Watch Bocce Ball rules: <https://www.youtube.com/watch?v=mkZTIXKOnbc>
2. Children decide on a target for their snow bocce game. Once the target is decided, children take turns throwing their object at the target.

Tip: Feel free to add new rules to make the game more challenging such as throwing with your non-dominant hand, having two children throw the object together, throwing from different angles, etc. Children may also create their own target out of snow!

Game of Tag with New Challenges

Potential LE: 7.1
Potential LO: 5.1

Materials
Open space to move freely.



Guide

Tip: Feel free to have children create their own variations to make their games more challenging!

Snow Animal Tag

All players imitate moving like the animal they choose (polar bear, penguin, seal, etc.).

Snow Footprint Tag

This game is similar to the Pacman tag game (where children only run on the lines of the gym floor). All players, including the tagger, are only allowed to move in snow footprints.

Unfreeze Yourself Tag

This game has the same rules as Freeze Tag. When you are tagged, you freeze in your spot. In this version, players can unfreeze themselves by doing an agreed upon action (10 jumping jacks, 10 pushups, etc.).

Frozen Sun Reflectors

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Potential LE: 24.3
Potential LO: 4.5

Materials

Vinyl gloves, nature items (twigs, leaves, rocks, etc.), ribbon/string/yarn, tape, scissors, water, freezer, food colouring/paint.

Guide

Please note: This is a multi-step activity that can be extended over a few days.

1. Begin by going outside and collecting nature items with the children.
2. Once back inside, ask children to fill their glove with their nature items and drops of paint/food colouring.
3. Children can choose how to customize the shape of their glove. Examples include:
 - a. Use the glove as is.
 - b. Tie off the ends of the fingers to make a ball shape.
 - c. Manipulate the gloves to make sign language letters (Get creative! Use tape, elastics, pipe cleaners, string, etc).
4. Fill the glove with water.
5. Place a loop of ribbon/string/yarn in the glove to create a hanging sun reflector.
6. Tie the opened end of the glove. You may use ribbon, string, pipe cleaners.
7. Place in freezer for at least 3 hours. When fully frozen, allow to sit for 10-15 minutes outside.
8. Use scissors to cut the glove off the ice.
9. Children can hang their Frozen Sun Reflector outdoors on tree branches, fences, etc.

Tip: To stimulate inquiry, take some time with the children to observe how the light of the sun reflects off the natural materials and the changes that happen over time.



Building a Snow Den in the Outdoors

Potential LE: 24.4
Potential LO: 4.2

Materials

Cardboard boxes, tarp/fabric (creative zone supplies large pieces of fabric), clothespins or clamps, shovels, and buckets

Guide

1. Have children gather materials to create their own den.
2. Support children by taking directions and asking questions about how they want to build their den.
3. Children may want to include additional materials to support their construction. Encourage them to brainstorm, experiment and problem-solve on how they can build a sturdy den.

Tip: Think about how children's interests can extend this activity. What else might they want to build? What materials would they like to include to enhance their play?



4. Science

7

Science Experiment Using a Hanger Scale

Potential LE: 16.1
Potential LO: 4.7

Materials

Hanger, 2 paper/plastic cups, yarn, hole puncher
scissors, items to weigh (water, snow, ice, rocks, pebbles, leaves, etc.)



Guide

1. Using the hole punch, make 4 holes near the top of each cup, placing the holes equal distances apart.
2. Cut 8 lengths of yarn, make sure they are the same length.
3. Thread the yarn through the holes in one of the cups/containers.
4. Align all ends of the yarn/ and tie them into a single knot. This knot will be used to hang the cup.
5. Repeat for the second cup.
6. Hang your coat hanger somewhere where it can swing easily.
7. Ask children to find different items from around your program to fill each cup with.
8. Children can place different objects in each container to see which item is heavier.

Tip: Extend and support children's inquiries by asking open ended questions such as "I wonder what will be heavier, ice or snow? Water or rocks? How much of each object would it take to have a balanced scale?" etc.



Ramp Challenge

Potential LE: 13.3
Potential LO: 4.10

Materials

Cardboard box, tape, scissors, timers.
Optional: aluminum foil, fabric, wax paper etc.



Guide

1. Have children create ramps out of cardboard.
2. Encourage children to gather the object they want to experiment with. This could be ice cubes, snowballs, cars, etc.
3. Children can use the object to roll down their ramp. Think about how you can add challenges: *What objects will go down the ramp in less than 5 seconds? 1 second? Can the object roll down the entire ramp without it losing contact?*
4. Support children's learning with observational comments and by asking open-ended questions, provoking their critical thought and inquiry.

Tip: Experiment with changing the elevation of the ramp, angle of the ramp, and placing different materials on the ramp (aluminum foil, fabric, wax paper, etc.). This can be an indoor or outdoor activity.

Potential LE: 13.3
Potential LO: 4.5

Materials

Any type of paper, magnets, paint, various metal and non-metal items, a plastic tray, tape, and spoon.



Guide

1. Invite children to set up this activity with you. Prompt children to gather metal and non-metal items from their environment and place them on their paper.
2. Encourage children to choose their paint colours and place small dollops of paint over the collected items.
3. Ask children to wave their magnet over the items and observe what happens.
4. To provoke exploration and inquiry, ask children open-ended questions such as:
 - a. *How did this happen?*
 - b. *What will happen next?*
 - c. *What does that feel like?*
 - d. *What would you like to make?*

Tip: Reflect on what other areas of science could this activity lead to? What activities could extend their interests?

Making Ice Sculptures

Potential LE: 13.2
Potential LO: 4.10

Materials

Ice cube trays, small plastic containers, paper cups, water bottles and food colouring.



Guide

Please note: This is a multi-step activity that can be extended over a few days.

Part One: Make Coloured Ice

1. Collect containers, ice cube trays, cups according to the amount of ice you would like to create.
2. Ask children to mix different colours in cups of water.
3. Pour different colours into the containers/trays/cups you have collected.
4. Place in freezer and when frozen, empty into baggies. Repeat process if you would like to make more ice.
5. Once satisfied with the amount of ice, dump it all in a big container/bowl and go outside.

Part Two: Build Ice Sculptures

1. Children will find places to build in their outdoor space.
2. Use a water bottle filled with very cold water to get your ice cubes to stick together. To get started, dribble a little water onto the building foundation (snow, grass, pavement, etc.) and press an ice cube into it. Hold it until it is frozen in place. Each time you add another cube to the one before it, dribble a little water over the cubes, and hold for 10 seconds.

Tip: This is a great time to enrich children's scientific vocabulary such as Celsius, Fahrenheit, freezing temperature, thawing, and more!

5. Sensory & Art

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Glue Resist Snowperson Painting

Potential LE: 31.3
Potential LO: 4.3

Materials

Painting paper, white liquid glue, water, paints, paintbrushes, salt, loose parts (Small pompoms, googly eyes, yarn, twigs, buttons etc.)



Guide

1. Set up materials on a table and invite children to create their own glue resist snowperson.
2. Using glue, draw a snowperson on the paper.
3. Once glue is dry, use a wet brush to saturate the paper around the snowperson with water.
4. While wet add blue paint and sprinkle it with salt.
5. Once the page is dry, rub away the glue and begin decorating your snowperson!

Tip: Remember to focus on the process, not the product! Children may decide to create art pieces that are different from the intended activity.

Sculpt Your Own Salt-Dough Snowperson

Potential LE: 8.4
Potential LO: 4.7

Materials


1 cup flour, ½ cup salt, ½ cup water, large bowl, and loose parts (toothpicks, popsicle sticks, cardboard, shredded paper, rocks, buttons, ribbons etc.)

Guide

1. Begin by creating the dough with the children. Ask your children to measure, pour and stir ingredients (salt, flour and water) in a bowl.
2. Knead the dough with hands. If needed, add a bit of flour at a time to reduce stickiness.
3. Once the dough is ready, children can create their own snowperson and enhance their creations by using the loose parts materials available.

Tip: During the process ask children open-ended questions such as: “How does the dough feel?” Tell me about your snowperson. Why did you choose that material?”



<p>Potential LE: 24.4 Potential LO: 4.3</p>	<p>Materials</p> <p>Cereal or cracker boxes, pencil, and scissors</p>	
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Guide

1. Using scissors, cut the cereal box so you are left with the front panel of the box.
2. Using a pencil, map out how you want the pieces to look (curved pieces, straight edged, jigsaw, etc.).

Tip: Modify/adapt this activity to meet each child's developmental level. Some children may need support holding scissors.

6. Quiet Activities


Mindful Journaling

<p>Potential LE: 10.1 Potential LO: 3.7</p>	<p>Materials</p> <p>Paper/Notebook, and writing materials (pencil, marker, crayon, etc.). Optional: loose parts and glue</p>	
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Guide

1. Provide children the writing materials of their choice. They can write, draw, or even create a collage if the like.
2. Provide children with journal prompts such as:
 - a. What are three positive things that happened during your day
 - b. What are three things that could have gone better in your day
 - c. What is something that made you laugh today?
 - d. What is something that made you sad today?
 - e. What is a thought that kept popping in your mind throughout the day?
3. Children write down, create, and share their mindful reflections with their peers.

Tip: What other questions might you ask for journal prompts? How else can we promote mindfulness?


<p>Potential LE: 8.4 Potential LO: 4.1</p>	<p>Materials</p> <p>2 cups plain flour, 1 cup salt, 1 tbs oil, 1 cup cold water, 2 drops liquid food colouring, scented item (cinnamon, vanilla and peppermint, etc.)</p>	
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Guide

1. Introduce this as a calming sensory recipe activity. Provide each child their own materials to create their own calming dough.
2. Recipe: Children mix dry ingredients together. Then add water, food colouring, oil and your choice of scented item. Knead well.
3. Encourage children to measure, pour, and knead the dough.
4. As children are mixing, encourage mindful and calming actions (encourage deep breathing while mixing, deep inhale when pulling on the dough, deep exhale when squishing the dough, etc.) Knead it together until it is even and smooth.

Tip: Encourage children to immerse themselves in this sensory experience by feeling each ingredient, smelling each ingredient, and observing how they feel throughout the mixing process.

Creating Yoga Poses with Children

<p>Potential LE: 8.1 Potential LO: 5.1</p>	<p>Materials</p> <p>Open space to move around freely and Yoga Cards: https://thepyjamafoundation.com/wp-content/uploads/2020/05/Printable-Yoga-Cards.pdf</p> <p>You may use physical cards, or you can use your tablet to display the cards.</p>	
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Guide

1. During quiet time, explain to children that you will use this activity to wind down, relax and take a moment to be fully present in your body.
2. Show the children the different yoga cards and encourage them to choose a yoga pose they would like to do. Children take turns leading by demonstrating the yoga pose. Begin your stretches with a deep breath.

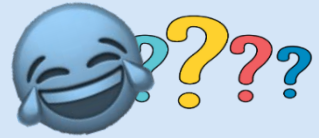
Tip: Children may want to do poses that you do not have pictures of. This could be a great way to encourage children to create their own Yoga poses and name it themselves!

7. Jokes & Riddles

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Potential LE: 1.6
Potential LO: 3.1

Make your transitions fun and interesting with these jokes and riddles. You can use these to foster a sense of belonging and well-being by working together to discover the answers to jokes and riddles. Laughter is medicine!



Why can't you tell an ice cube a joke? **Because it will crack up!**

Where do Snowmen go to dance? **To snowballs.**

How does a Snowman get to work? **By icicle.**

What do snowmen eat for lunch? **Icebergers!**

What is a Snowman's favorite drink? **Ice Tea**

What's ice? **Skid stuff!**

Why don't mountains get cold in the winter? **They wear snow caps.**

What do you sing at a snowman's birthday party? **Freeze a jolly good fellow!**

Why was the snowman's dog called Frost? **Because Frost bites.**

How do bees get to school? **By school buzzz**

Why is $2+2=5$ like your left foot? **It's not right.**

What do baseball players eat on? **Home plates!**

What do snowmen call their kids? **Chill-dren.**

What did the icy road say to the car? **"Want to go for a spin?"**

What falls in the winter but never gets hurt? **Snow.**

What does a gingerbread man put on his bed? **A cookie sheet!**

What can you catch in the winter, even with your eyes closed? **A cold.**

What did the tree say after a long, cold winter? **What a re-leaf!**

What does a barbershop serve in winter? **Cold cuts!**

Why was the king penguin's wife so misunderstood? **She was a total ice queen.**

7. Additional Resources

1. PLASP EarlyON Activity Blog:

- There are over 70 activities to implement with children on this blog. Each activity includes a brief description, materials needed, process and how to engage children during the activity. <https://www.plasp.com/Blogs/73-earlyon-activities.aspx>

2. Physical literacy:

- Need physical literacy activities? <https://getplaybuilder.com/>
- Looking to build children's motivation? https://schoolpap1.ca/wp-content/uploads/2021/08/SPA-PL-Activity-Booklet-Building-Motivation_FINAL_170821.pdf
- Resources, activities and more <https://schoolpap1.ca/>
- Yoga cards
 1. <https://thepyjamafoundation.com/wp-content/uploads/2020/05/Printable-Yoga-Cards.pdf>
 2. <https://www.kidsyogastories.com/wp-content/uploads/2016/08/Zoo-Animal-Yoga-Cards-for-Kids-FINAL.pdf>

3. Pearson's Special Days by the Month Calendar:

- <https://www.pearsoncanadaschool.com/index.cfm?locator=PS33Zs>

4. Early Learning for Every Child Today (ELECT) Document :

- You may refer to this document to guide your program planning, documentation and deeper understanding of children's learning and development. <https://www.dufferincounty.ca/sites/default/files/rtb/Excerpts-from-Early-Learning-for-Every-ChildToday.pdf>

5. The Kindergarten Program Document:

- Refer to Pages **306-318** for a quick view of "Overall Expectations with Related Specific Expectations" to guide your observations, documentation, and program planning for the SAK program. https://files.ontario.ca/books/edu_the_kindergarten_program_english_aoda_web_july21.pdf

Feel free to use these images as a self-regulation tool for children in your program:

BREATHING TECHNIQUES

Remember to breathe in
like you're smelling a flower



Then exhale
like you're blowing out a candle



