



Publication #26

FROM KATE, PAULA,
DANIELLE AND RITA

This is our second
publication focusing on
the five senses.

This week's theme is:
TOUCH

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EARLY LEARNING INFORMATION

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VIRTUAL STRONGSTART

SD47 STRONGSTART WEEKLY PUBLICATIONS

The Early Learning team is excited to share weekly publications featuring fun ways to share time with children. These publications are emailed to registered families as well as posted on the Virtual StrongStart (StrongStart DO) webpage.

SD47 STRONGSTART ON INSTAGRAM

School District 47's Instagram site is: [sd47strongstart](https://www.instagram.com/sd47strongstart).

Daily posts follow this schedule:

- Monday- The Five Senses
- Tuesday- StrongStart Smile Search
- Wednesday- I-Spy
- Thursday- Around Powell River (People and Places)
- Friday- Good Citizen of the House

The StrongStart Smile Search location changes each Tuesday. Families can visit the location and have fun finding the smile. We would love to post a picture of you and your family beside the StrongStart smile (you can send your picture to us).

We would love you to write a comment below any activity or idea you are inspired by. If you have picture you would like to share on our Instagram site, send it to rita.john@sd47.bc.ca.

RECIPES

PRETZELS

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This is a great kid friendly recipe! Best part is there is no electric mixer required just a zippered plastic bag.

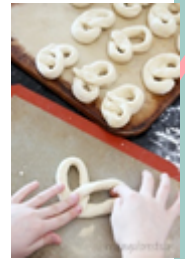
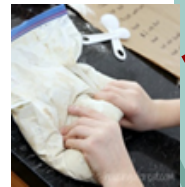
Ingredients:

- Zippered Plastic Bag (gallon size- make sure it seals well)
- 1 1/2 c .warm water (130°F)
- 1 tbsp. rapid rise yeast (active dry or instant yeast works well)
- 1 tsp. salt
- 1 tbsp. sugar
- 3 3/4 to 4 c. flour
- 1 egg, beaten (to use brush on the top of the formed pretzels)
- Coarse sea salt for sprinkling



PRETZEL DIRECTIONS:

- In a gallon zippered plastic bag, add the warm water and yeast. Seal the bag and have the kids squish/shake to combine. Its okay if there are some yeast lumps.
- Next, add the sugar and salt. Seal the bag up again, and shake some more.
- Then dump 2 cups of the flour into the bag (you will be adding the rest of the flour in a bit). Seal bag and knead with fingers to blend all the ingredients together.
- Add remaining flour to the bag a little at a time. Seal the bag and knead until dough doesn't stick to the sides of the bag.
- Once everything is combined, turn the dough out onto a floured surface. Knead the dough for about 3 minutes until smooth and elastic. Form into a ball and cover with a tea towel or plastic wrap.
- Let the dough rest 10 minutes or until dough doubles in size.



FORM THE PRETZELS:

- Cut your dough into balls and make into pretzels as big or as small as you like.
- Brush each pretzel with an egg-wash. To make the wash, simply beat an egg and brush the tops of each shaped pretzels.
- While the pretzel is still wet, sprinkle with coarse sea salt.
- Let the pretzels rest until they are doubled in size, and bake.
- Bake at 425° F for 12-15 minutes. Turn the oven to broil for the last 5 minutes to get the tops nice and brown.

BUBBLE FOAM

Materials:

Tear free bubble bath

Water

Food coloring

Hand mixer or standing mixer

Instructions;

Mix 2 parts water to 1 part bubble bath.



To make rainbow bubble foam mix 1/2 cup water + 1/4 cup bubble bath, add a little food coloring then whip it with a hand mixer on med-high for one minute.

Use a big bowl, and you'll end up with stiff peaks. You'll just "know" when it's done and ready.



DANDELION PAINTING

This activity works really well with a good sized handful of dandelions. Picking dandelions is perfect for little hands to help with.

Put the paint into shallow dishes that are large enough to fit a small hand with a dandelion. Enjoy dabbing the dandelion into the paint and making wonderful pictures.



TEXTURED FINGER PAINT

Dish out your paint colors into separate containers. Explore your kitchen for fun textures and scents! Add the items you have found to your paints. Mix together and play!

Some Idea of thing to add to your paint:

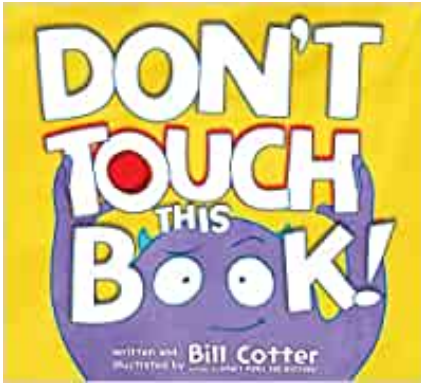
- Dry cereal
- Oatmeal
- Flour
- Salt
- Fresh herbs
- Flower petals
- Glue
- Ice pieces
- Sprinkles
- Etc.



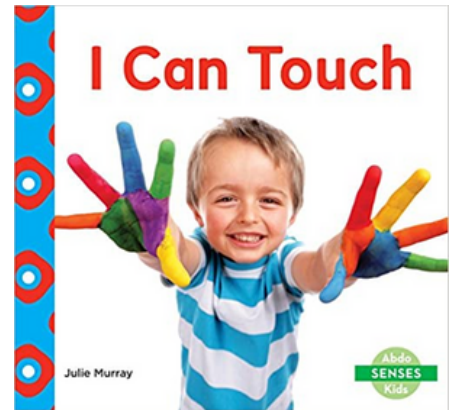
Paint bushes are fun to use, if getting hands dirty is hard.

BOOKS

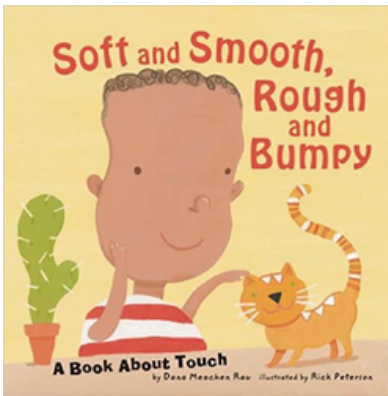
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HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
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SPRINGTIME SONG

Tune: Did you ever see a Lassie?

My eyes can see it springtime, its springtime, its springtime.
My eyes can see it springtime, the grass is so green!
The green grass, the flowers, the sunshine and showers.
My eyes can see its springtime, and I am so glad.
My ears can hear its springtime, its springtime, its springtime.
My ears can hear its springtime, the birds sweetly sing.
The birds sing, the lambs bleat the frogs croak, the bees buzz.
My ears can hear its springtime, and I am so glad!
My body can feel its springtime, its springtime, it's springtime.
My body can feel it's springtime, the air is so warm.
The warm air, the breezes, no frost and no freezes.
My body can feel it's springtime, and I am so glad!



STRETCHING

Stretch up, up we go.
Stretch way up above your nose.
Bend over, down we go.
Stretch way down to touch your toes.

HEAD AND SHOULDERS

Head, shoulders, knees and toes
Knees and toes
Head, shoulders, knees and toes
Knees and toes.
Eyes, ears, mouth, and nose
Head, shoulders, knees and toes
Knees and toes

WIGGLE TIME

(Movement)
Wiggle your shoulders,
Wiggle your nose,
Wiggle your fingers,
Wiggle your toes.
Now wiggle, wiggle, wiggle, all of you,
From the top of your head to the tip of your toes!!!



MY HANDS

My hand can do a lot of things.
I'd like to name a few.
They can turn a doorknob,
Pet a cat,
Do hard jobs,
And have fun. Yet,
The favourite thing these hands can do
Is make the signs that mean "I LOVE YOU" (do this in sign language)



"I LOVE YOU"
(Sign language)

TEDDY BEAR, TEDDY BEAR

Teddy Bear, Teddy Bear, turn around
Teddy Bear, Teddy Bear, touch the ground
Teddy Bear, Teddy Bear, jump up high
Teddy Bear, Teddy Bear, touch the sky
Teddy Bear, Teddy Bear, bend down low
Teddy Bear, Teddy Bear, touch your toes
Teddy Bear, Teddy Bear, turn off the light
Everybody say shhh!
Teddy Bear, Teddy Bear, say goodnight



BUBBLE WRAP STOMP PAINTING

You will need:

- Tempera paint
- Easel paper
- Tape
- Scissors
- Paint brush
- Paper plate
- Bubble Wrap



Instructions:

1. Cut the easel paper and tape it down to the floor.
2. Squirt some paint on a paper plate.
3. Loosely wrap and tape the bubble wrap around your child's foot. If your child is wearing long pants, pull or roll them up.
4. Paint the bubble wrap on the bottom of your child's foot or if you would like, let them step into the paint.

SENSORY WALK

You will need:

- Large sensory containers
(make sure they are large and shallow enough to walk through)
- Selection of sensory materials.

Use different textures for each container.



It's best to do this activity outside as it could get messy as the kids move from bin to bin

Here are some ideas:

- Water (various temperatures)
- Sand
- Flour
- Grass
- Sticks
- Shaving cream
- Water beads
- Yarn
- Leaves
- Rocks
- Bubble wrap
- Pom poms
- Textured pillow
- Lego base plate
- Wet newspaper
- Dried beans
- Dried cereal or rice
- Wooden beam or board
- Various paint colors
- cooked spaghetti noodles





Four Activities to Learn About Touch
[click here](#)

Sense of Touch (Video)
[click here](#)

Sensory Walk:
A fun sense of touch activity for kids!
[click here](#)

Enjoy our 25 sensory activities for kids!
[click here](#)

50 Plus Sensory Play Ideas For Kids
[click here](#)

WEBSITES:

Stay at Home
Educator



StrongStart GO

StrongStart in the Great Outdoors

In-person StrongStart program in Powell River Parks

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StrongStart Outreach, in collaboration with the ORCA Bus project, is offering StrongStart GO- an outdoor program ([see schedule here](#)).

DETAILS OF THE PLAN INCLUDE:

-- The program will take place outside the bus. Participants should come prepared for any weather. The program will be offered in parks around the community. The StrongStart team has created suggestions on how to prepare for an outdoor program: [click here](#)

-- REGISTRATION:

- All participating children must be registered with the school district before they can attend.
- Completed registration forms are emailed to strongstart@sd47.bc.ca. **ALL REGISTRATION FORMS MUST BE SENT WITH THE CHILD'S BIRTH CERTIFICATE.** (other acceptable ID include: Certificate of Citizenship, Documents issued by Immigration Canada, Canadian Passport/Visa, Permanent Resident Card, Aboriginal Status Card).
- A fillable registration form can be accessed here: [StrongStart Registration Form](#). Registration forms are also available at the School Board Office (4351 Ontario Avenue).

-- SIGN UP FOR PROGRAM:

- **Families will express interest in attending by leaving a message at 604-414-2635.** After leaving a message, families who receive phone confirmation of registration with the school district will be able to attend.

-- ATTENDANCE:

- Electronic attendance will be collected using either our iPad or personal devices by scanning a QR code.
- As part of attendance families will be asked to review the **Know the COVID-19 Symptoms Daily Health Check** document and verified that we have not answered yes to any of the questions each time they attend the program. The document can be found here: [Daily Health Check](#)

Participants are required to agree to the contents of the **StrongStart Safety Policies and Procedures** before attending their first session. This can be found here: [SS Safety Policies and Procedures](#).

ARE YOU INTERESTED IN INCREASING YOUR UNDERSTANDING OF CHILDREN'S "RISKY" OUTDOOR PLAY?

Mariana Brussoni (UBC expert on outdoor play and injury prevention) and her team have been working on understanding children's outdoor risky play and have created an information page about this. Have a look: [click here](#)

The webpage was developed in partnership with BC Children's Hospital, UBC and the BC Injury Prevention Unit.

What is so great about the GREAT OUTDOORS?

LoOSE pARts PlaY

Ribbons & FEaTHERS *EGG cartons and ACorns*

SHELLS and leaVES *wool & string* MILK CRATES AND BASINS

POTS & PaNs *Baking trays & MUD* Sand & SToneS

Kitchen utensils – spOOons, potatO masher, SIEVes
Hammer and nails *Sticks and stones* *twigs & felt*

Silk and tin foil *Tarpaulin & DRiftWOOD*

Velcro ROLLERS and Sponges *Brushes AND PAINT*

Dried pasta and PULSES *Guttering and TYRES* Cardboard

PLasTIC bottles and TOPs *DOLLY pegs and CURTAIN rings*

FuNNels and WAtER *Plant POTS* and wood Pallets

Rope, Wool and RiBBon *STRAW bales and wood*
KeYs and cove moulding *Bamboo and baskets*

SheeTS and ChALK *Hessian and buckets*

PrOmote cUrlosly and IMagiNaTions ThRough pLaY



www.playscotland.org



The image to the left is from the
website: **PLAY SCOTLAND**
[CLICK HERE](#)

FOR MORE INSPIRATION
ABOUT LOOSE PARTS
PLAY:

[click here](#)

DID YOU KNOW?

According to "[Discover the Forest](#)", (a website for tweens- kids 10 to 14), developed through a partnership between the U.S. Forest Service and the Ad Council, "The average American child can recognize 1,000 corporate logos, but can't identify 10 plants or animals native to his or her own region".

Have you noticed the Salmonberry blossoms that have bloomed in the recent sunshine?

Check out this week's native plant: *Rubus spectabilis*, Salmonberry.

For more information about Salmonberries go to:
[CLICK HERE](#)

