



Publication #27

FROM KATE, PAULA,
DANIELLE AND RITA

This is our third
publication focusing on
the five senses.

This week's theme is:
HEARING

Contents

E.L. Information	Page 2
Recipes	Page 3
Art Activities	Page 4
Books	Page 5
Songs/Rhymes	Page 6
Outside/Gross Motor	Page 7
Resources	Page 8
StrongStart GO	Page 9
The Back Page	Page 10

To contact SD47 Early Learning:
send email to
rita.john@sd47.bc.ca

EARLY LEARNING INFORMATION

PAGE 2

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

PAGE 3

POPCORN

Ingredients:

- 1 tablespoon oil
- 2/3 cup popping corn

1. In a large, heavy pot, heat the oil over medium-high heat. Add one kernel of popping corn and place the lid on the pot.
2. When the kernel pops, add a single layer of the popping corn to the pot and shake to coat the kernels in oil. (This trick lets you know the pot has reached the right temperature). Place the lid back on the pot.
3. Cook with the lid on, shaking the pot occasionally so that the popcorn cooks evenly. You'll hear popping for a few minutes and then it will slow. Once the popping has slowed to 2-3 seconds between pops, remove from heat. It's easy to burn popcorn, so be sure not to overcook.
4. Add your desired seasonings directly to the pot, or to a bowl with the hot popcorn and shake or toss to combine.



HERE ARE JUST TWO EXAMPLES OF DIFFERENT TOPPING FOR YOUR POPCORN:

HOMEMADE CINNAMON SUGAR POPCORN

Ingredients:

- 3/4 C Coconut Oil
- 3/4 C Pure Cane Sugar
- 3 TSP Cinnamon
- 5 C Popcorn (popped)

Instructions:

1. PREHEAT oven to 350.
2. Place popcorn on large cookie sheet.
3. In Bowl, whisk together Coconut Oil, Sugar and Cinnamon.
4. Drizzle Cinnamon mixture over popcorn, tossing together until coated.
5. Bake in oven for 6-8 minutes until heated.
6. Remove, let cool. Enjoy!

GARLIC PARMESAN TOPPING

Ingredients:

- 1/4 cup (1/2 stick) butter
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon parsley flakes (dry)
- 1/2 cup parmesan cheese

Instructions:

1. While the popcorn is popping, melt the butter on the stove or in a microwave.
2. Add the granulated garlic, parsley, and a small pinch of salt to the popcorn. Stir.
3. Drizzle the butter over the popcorn. Stir.
4. Add the parmesan cheese to the popcorn and stir until combined.

WATER XYLOPHONE

WHAT YOU NEED:

- A variety of drinking glasses
(use all the same size or a variety of different shapes and sizes)
- A pitcher of water
- Spoons and/or wooden sticks
(the wood end of a paint brush works well)
- Food coloring
(or liquid watercolors)



STRING TELEPHONE

How to make your telephones:

- Push a nail into the bottom of two plastic cups, thread some yarn through and tied a knot inside.

To make best use of the phones, you have to stand far enough away that the string is taut. This allows the vibrations to travel more easily from cup to cup, producing a clearer sound.

Here are a few experiments to try:

1. Use different types of strings and observe how the strings change the quality of sound. You can try yarn, cotton twine, fishing line, kite string.
2. Try different string lengths. How long can you make the line and still hear each other?
3. Try making the string slack. Can you still hear anything?
4. Try using tin cans or paper cups. Do they make a difference?



PAINTING WITH MUSIC

Materials needed:

- a selection of paper
- paints or marker pens
- your choice of music

OPTIONAL- A selection of other art materials (glue, glitter, etc.)

Directions:

1. Set out paper, paints and/or marker pens. This is a good time to have a wide selection of art materials to choose from if you'd like.
2. Play a piece of music and take inspiration from the music.

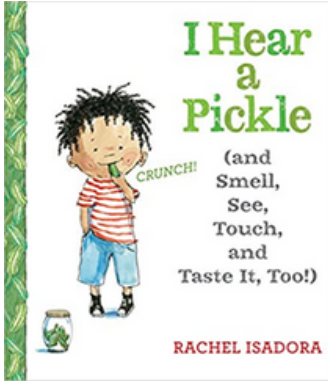
You might play one of your favourite songs, or try some other styles of music like jazz, classical, punk or funk.

Have fun listening and letting the creative juices flow!!

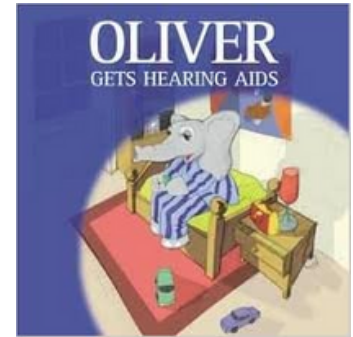


BOOKS

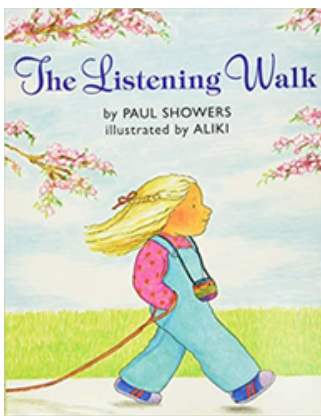
PAGE 5



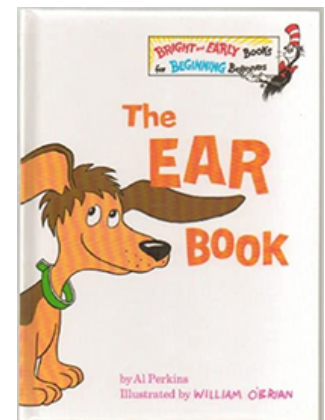
HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)

OPEN, SHUT THEM

Open them, shut them,
Open them, shut them.
Give a little clap!
Open them, shut them,
Open them, shut them.
Put them in your lap!
Creep them, creep them, creep them, creep them,
Right up to your chin!
Open up your mouth....but don't let them in!

Open them, shut them,
Open them, shut them
To your shoulders fly!
Now like little birdies let them flutter to the sky!
Now falling, falling, falling, falling all the way to the ground!
Now quickly pick them up again, and turn them round and round.
Faster....faster....faster! Slower.....slower....slower!

Open them, shut them,
Open them, shut them.
Give a little clap!
Open them, shut them,
Open them, shut them.
Put them in your lap.



ON MY HEAD

Tune: Old McDoanald had a Farm.
On my head I have two ears;
Listening all day long.
And if I didn't have them there,
I couldn't hear this song!
With a listen here,
And a listen there,
Here a listen, there a listen,
Everywhere a listen, listen.
On my head I have two ears;
Listening all day long!



THE LISTENING SONG

Tune: Frere Jacques
Eyes are watching,
Ears are listening,
Lips are closed,
Hands are still,
Feet are very quiet,
You should really try it.
Listening well, listening well



CLAP A FRIEND'S NAME WITH ME!

Tune: London Bridge is Falling Down
Clap a friend's name with me!
Name with me! Name with me!
Clap a friend's name with me!
Let's clap (name).

Variations:
snap, stomp, pat (knees), bump (hips), flap (elbows)

From: [Teaching Mama](#)

MAKE SOME MUSIC

Tune: She'll be Coming Round the Mountain
Let's make music with our fingers; go rap, rap, rap.
(Drum fingers on floor)
Let's make music with our fingers; go rap, rap, rap.
Let's make music with our fingers; let's make music with our fingers,
Let's make music with our fingers; go rap, rap, rap.

Variations:
- Let's make music with our feet; go tap, tap, tap.
- Let's make music with our hands; go clap, clap, clap.
- Let's put them all together; go rap, tap, clap.



DANCING WITH STREAMERS

To make streamers you can tie ribbon onto canning jar rings, just hold tissue streamers in your hands, or you can even use toilet paper!



1 - ELEPHANT'S TRUNK - Show kids how to hold the streamers up to their noses to look like an elephant while stomping around the room to this song: **Saint Sean's: Carnival of the Animals~L'Elephant (The Elephant)**

2 - PONY TAIL - Have kids hold their streamers behind them at their lower backs and gallop around the room pretending to be ponies! **Mozart: Horn Concert #4**

3 - HELICOPTER- This time, show kids how to hold their streamers up high above their heads, swinging them around like a helicopter along with the song! **Wagner - Ride of the Valkyries - Furtwangler**

4 - POP GOES THE WEASEL - This is a great one for teaching impulse control and timing. During the lead-in part of the song, have kids hold their streamers in a ball with both hands. When the big moment comes (POP! Goes the weasel!), have them throw their streamers up into the air and then catch them. Repeat! **Kids Song and Nursery Rhyme - Pop Goes the Weasel Piano Instrumental**

5 - BUMBLEBEE - Have kids grasp streamers (one end in each hand) on either side of their bodies, like wings! Tell them to hold their streamers like this, flapping their arms a little, and running around the room like bumblebees! **Rimsky-Korsakov Tale of Tsar Saltan The Flight Of The Bumble Bee**

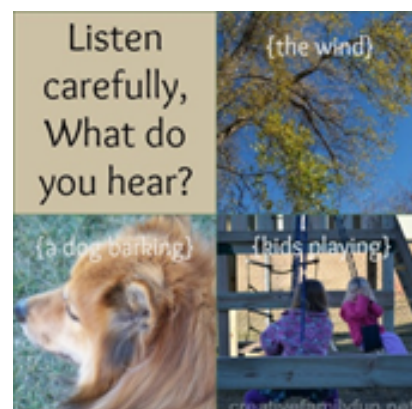
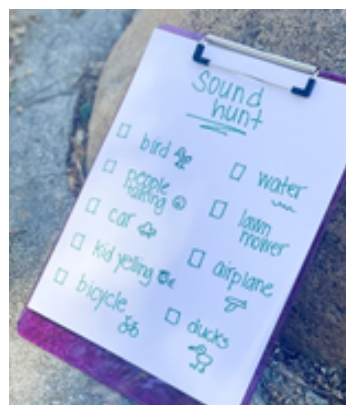
6 - TAKE A NAP - Whew! Those kids must be beat after all that moving and shaking! Play the song below and have kids stretch out on the floor, laying their streamers over their bodies like a blanket! **Baby Sleep Music - Rock-a-bye Baby (Piano)**

LET'S GO ON A LISTENING WALK

Head outside and go for a walk around your neighborhood, in the forest or along the beach. Listen to how many different sounds you hear. You can talk about what your child hears or have them draw what they hear, or have a list of things they can listen for. Enjoy all the different sounds.

Here are some ideas you can add to your listening walk list:

- A dog barking
- Cars driving by
- An airplane flying overhead
- Geese honking
- People talking
- Children giggling
- The wind whispering
- Buzzing bees
- Crows cawing
- A car door slamming





The Listening Game

Cosmic Kids Zen Den - Mindfulness for Kids

[click here](#)

15 Awesome Listening Activities for Kids

[click here](#)

Listening Games for Kids

[click here](#)

Listening Game - Guess the Sound

[click here](#)

Silly Listening Ears Craft for Audible Stories

[click here](#)

How the Ears Work

[click here](#)

WEBSITES:



StrongStart GO

StrongStart in the Great Outdoors

In-person StrongStart program in Powell River Parks

PAGE 9

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?

NATURE PLAY CAN ENCOURAGE CARE FOR THE EARTH

THE ISSUE

Childhood has moved indoors, leaving kids disconnected from the natural world.

MEANINGFUL OUTDOOR EXPERIENCES BENEFIT CHILDREN AND INSPIRE THEM TO LOVE AND CARE FOR NATURE.

Children who are connected to nature have better health, higher satisfaction with life, and pro-environment behaviors. ^{2,13}

HOW TO CREATE NATURE CHAMPIONS:

1. Provide fun, hands-on nature experiences
2. Take learning outside
3. Have kids note 3 good things in nature everyday to improve their connection to nature
4. Share your love of the outdoors with children
5. Repeat!

Meaningful, positive experiences in nature guide children, youth and adults toward care for nature ⁴

Time in nature during childhood and role models who care for nature are the two biggest factors that contribute to environmental stewardship in adulthood ^{4,5}

THE BENEFITS OF TIME IN NATURE:
Time outdoors in nature contributes to children's care for nature while supporting their healthy development. ^{2,10,13}

The image to the left is from the website:

CHILDREN AND NATURE NETWORK
[CLICK HERE](#)

The Children and Nature Network has some great research on the reciprocal benefits of time spent in nature.

[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".

Challenge your knowledge of nature! The next time that you are outside look for British Columbia's provincial flower:
the Pacific Dogwood (*Cornus nuttallii*).

For information about this native plant, go to:

[CLICK HERE](#)



FLOWER

The Pacific dogwood flower (*Cornus nuttallii*) was adopted as B.C.'s floral emblem in 1956. The Pacific dogwood flower blooms in April on trees that grow between 8-15 metres high. In the fall, the Pacific dogwood is striking with dark red berries and brilliant foliage.

From the Parliamentary Education Office Legislative Assembly of British Columbia