



Publication #18

FROM KATE, PAULA,
DANIELLE AND RITA

This week's theme is:
Groundhogs

February is the month we
celebrate Groundhog day!

Groundhog day is on **February 2, 2021.**

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EARLY LEARNING INFORMATION



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SPECIAL FEATURE - Alyssa Dixon

Hi Parents,

I hope you and your families are doing well. I certainly miss coming to meet with you and your little ones at Strong Start but I know that day will come again soon. I wanted to let you know that our speech and language program is up and running! We see children from birth to Kindergarten entry and help support their speech and language development. Right now, we can meet families in-person, over the phone or on Zoom; whichever works best for you. You can also call me any time if you have questions about your child's speech and language development or if you would like to schedule an appointment: 604-485-3310.

While you're spending lots of time at home playing with your little ones, I wanted to share one of my favourite play activities: **Mr. Potato Head.**

This toy is a favourite for many reasons, but I mostly love it because children can use their imagination. Here are some of ways that Mr. Potato Head can be used to support speech and language development:

1. **Descriptions:** When dressing up Mr. Potato Head, you can talk about the different parts by using description words that include size, shape, colour, or action. For example, you can talk about Mr. Potato Head's big, stinky feet or his blue and purple eyes.
2. **"WH" Questions:** You can learn lots about Mr. Potato Head by asking questions about him. Start with easier questions such as "Where is Mr. Potato Head's nose?" and "What does Mr. Potato Head need here (point to mouth spot)?" or more difficult questions such as "Where does Mr. Potato Head go to take a bath?" or "Why is Mr. Potato Head tired?".
3. **The Five Senses:** When you're putting on Mr. Potato's pieces you can talk about how ears are for hearing, mouths are for tasting, eyes are for seeing, noses are for smelling and hands are for feeling. What do you think Mr. Potato Head hears?
4. **Action Words:** When dressing up Mr. Potato Head you can pretend that he is "running", "eating", "talking", "hiding", "singing" or anything that you and your child think he might be doing!
5. **Categories:** By putting each of the pieces into different categories you can help children understand how different pieces are the same or different (i.e. categorize by body parts, colours, shapes).

I hope you have fun playing with Mr. Potato Head at home! Again, feel free to call me any time if you have any questions about your child's speech and language development.

Take care,

Alyssa Dixon

(Speech & Language Therapist; Powell River Community Health; 604-485-3310)

VIRTUAL STRONGSTART

See SD47 Early Learning website: **[CLICK HERE](#)**

GROUNDHOG BREAKFAST

Ingredients:

- Toast
- Bananas
- Raisins
- Marshmallows

Instructions:

Make these adorable groundhogs by making toast, then after buttering it adding a round banana slice for his nose and one cut in half for his ears. Add a couple of raisins for his eyes and on his nose and the marshmallows for the teeth.



YUMMY!

GROUNDHOG BAKED POTATO SUPPER

Ingredients:

- Baked potatoes (for the groundhog)
- Black beans (for his burrow hole)
- Peas ((or salad) for the grass)
- Cheese

Instructions:

1. For the groundhog's eyes use cheese and black beans skewered on a toothpick.
2. Use a black bean for his nose.
3. Use cheese pieces for his teeth and ears.

This is a fun project to do all together. You may want to add some snow with sour cream and grated cheese.



POP-UP GROUNDHOG

Supplies:

- empty toilet paper roll
- white, brown and green construction paper
- black sharpie
- popsicle stick
- scissors
- glue
- tape



Instructions:

1. Start by cutting a big heart out of brown paper for the face, as well as two ears.
2. Then cut a tiny white heart for the groundhog's teeth and two oval eyes.
3. Glue the pieces on like the picture, (the teeth are so great!)
4. Grab a black sharpie to draw a heart nose, six whiskers and pupils on the eyes.
5. Next you will need a recycled toilet paper roll and a thin piece of green paper. Glue the green strip of paper around the top of the TP tube about an inch down. Have the kid's use scissors to cut slits all around the paper to make green grass.
6. Tape the groundhog to a popsicle stick.
7. After that, pop him in the hole! :)

I think this little groundhog turned out pretty cute! He is ready to see his shadow!



FOOT AND HAND PRINT GROUNDHOG

Supplies:

- card stock or heavy paper
- brown and green paint (and paint brush)
- black marker

Instructions:

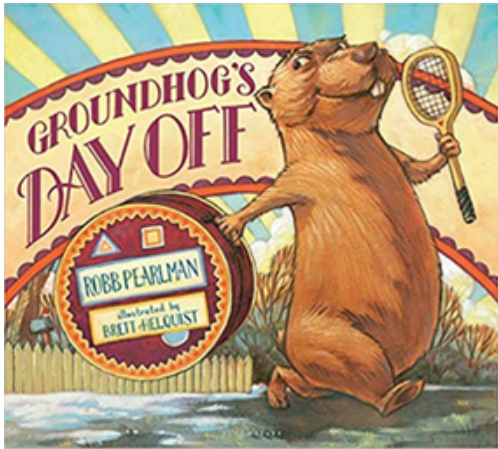
1. Paint the bottom of your child's foot. This can be tricky if they are ticklish.
2. After this dries have them draw on the face.
3. Paint hands green and add two green hand prints for the grass.



Not only is it fun to paint with your hands and feet, this is a great keeper.

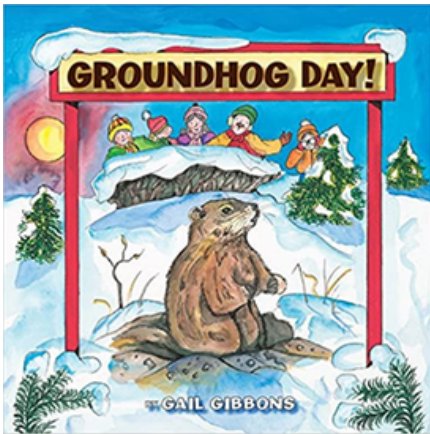
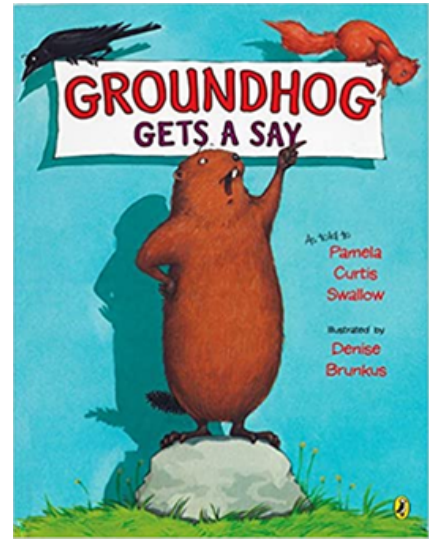
BOOKS

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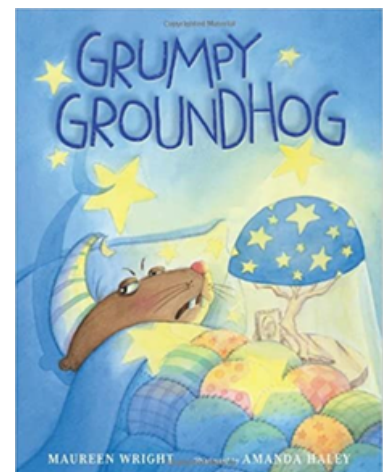
HEAR STORY
[CLICK HERE](#)

HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)

HEAR STORY
[CLICK HERE](#)



SONGS/RHYMES

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SEE MY SHADOW

Sung to: "Frere Jacques"

See my shadow, See my shadow
Move this way, Move this way
Doing things that I do, Doing things that I do
Follow me, Follow me



MR. GROUNDHOG

Sung to: Twinkle, Twinkle, Little Star"

Mr. Groundhog in the ground.
Pop your head up, look around.
Do you see your shadow?
Look up high and look down low.
Mr. Groundhog in the ground.
Pop your head up, look around.



I'M A LITTLE GROUNDHOG

Sung to: "I'm a Little Teapot"

I'm a little groundhog short and stout,
February second I will come out.
If I see my shadow they will shout,
"Six weeks more winter without doubt!"



A SHADOW, A SHADOW

Sung to: " a tisket, a tasket"

A shadow, a shadow
Look for a shadow
Pop out of your hole and look around
Look for a shadow
Mr. Groundhog, Mr. Groundhog
Come out of hiding
Look at the sky and look for clouds
How much longer till spring

NINE LITTLE GROUNDHOGS

One little, two little,
Three little groundhogs,
Four little, five little,
Six little groundhogs,
Seven little, eight little,
Nine little groundhogs,
Sleeping down under the ground.



SHADOW GAMES

This is a great activity to do outside, if you have some sunshine and can see your shadow. If the sun is not out you can do these activities inside using lights.



Shadow Activities:

Simon Says or **Follow the Leader**- Chooses a leader and follow their shadows as they move into and out of different positions.

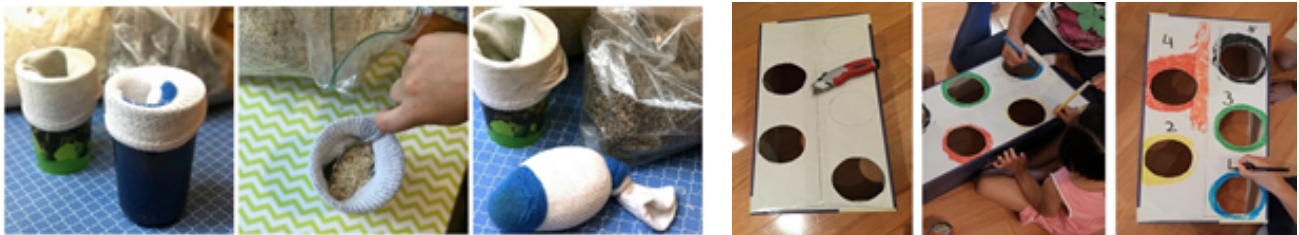
Shadow Tag- Instead of regular tag where you touch the other kids this time you are stepping on their shadows to tag them.

Shadow Statutes - Calling out shapes, letters or numbers and having the kids see if they can make those shapes with their shadows. Or calling out different movements like standing on one foot, reaching up high to touch the sky, walking on all fours. Ask the kids to make up some fun movements as well.

Shadow Movement Songs- singing songs like 'Head and Shoulders' or 'I'm a Little Teapot'. See how the shadows change with each movement.



BEAN BAG TOSS



If you don't have bean bags you can always fill socks with dry rice or beans and tie them off with a knot or with an elastic.

Using a cardboard box, cut holes in the top big enough for the bean bag or sock go through. If you are feeling creative the kids can paint or decorate the box however they would like.

Have fun seeing if they can throw them into the hole.



Groundhog Day Crafts For Kids
[click here](#)

5 STEM activities for Groundhog Day
[click here](#)

Groundhog Facts For Kids
[click here](#)

Groundhog Day for Kids
[click here](#)

Fun Facts About Groundhogs
[click here](#)

Priscilla the Baby Groundhog | Sam's Zookeeper Challenge
[click here](#)

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, only 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 then 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](#).

What is so great about the GREAT OUTDOORS?

Here is a link to a TED Talks presentation by 11 year old [Matthew White](#), entitled:

Lessons We Can Learn From Nature

To watch the TED Talks above: [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".

Did you know? According to the BC Conservation Data Centre, there are 810 moss species and varieties in B.C.

Challenge your knowledge of nature!
The next time that you are outside, see if you can find different types of moss.

For more moss muse, go to: [CLICK HERE](#)



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.