



Publication #15

FROM KATE, PAULA,
DANIELLE AND RITA

The SD47 Early Learning Team is very excited to continue to share the great outdoors with all of you.

This is our second publication dedicated to **Outdoor Adventures**.

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

Contents

SD47 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

This week's theme is:

**Outdoor
Adventures #2**

SD47 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- Colours of the Week
- 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.

CAMPFIRE MUFFINS

Ingredients:

- Six oranges
- One muffin mix
(the kind where you just add water)

Instructions:

1. Cut oranges in half and scoop out all the orange flesh. Save orange flesh for another time or strain and drink the orange juice.
2. Fill one half of emptied orange with muffin mix.
3. Cover the filled orange half with empty orange half and then wrap in three layers of aluminum foil.
4. Toss them in the fire. Keep turning the aluminum balls over and over in the fire. The muffins should be cooled in 10-15 minutes. You can pull them out and check them to see if they are firm in the middle.
5. Unwrap and eat with a spoon!



TRAIL MIX

Ingredients:

- 2 cups mixed nuts or peanuts
- 1 cup raisins
- 1 cup chocolate chips or chocolate coated candies

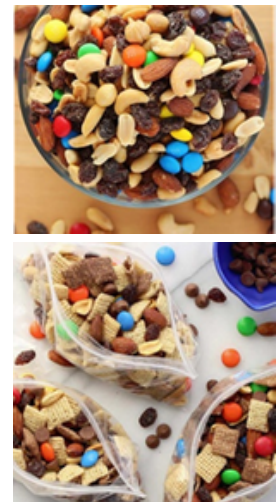
The options are endless when it comes to making trail mix. Here are just a few ideas.

- Nuts and seeds such as sunflower seeds, cashews, almonds, peanuts and pecans
- Goldfish crackers or any baked cheese crackers
- Dried fruit
- Dry cereal
- Pretzels
- Small candies or chocolate chips

Instructions:

- Combine all of the ingredients in a large bowl and gently stir to combine. Keep stored in an air tight container or zip top bag.

This is always a yummy snack you can take with you whether you are outside playing, going for a walk, or just whenever you are feeling munchy. It's fast to make and so fun for kids to help make.



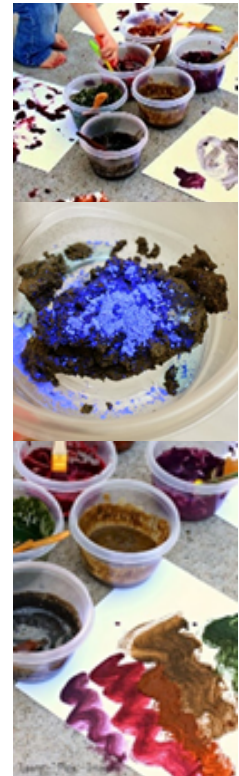
MUD PAINTING

Supplies:

- Mud
- Powdered Tempura (see substitutions below)
- Water
- Heavy Cardstock
- Paint Brushes
- Containers for different colors of mud paint
- Dawn Dish Soap (optional)

Instructions:

1. Add a large scoop of mud to each container then sprinkled powdered tempura paint over it. Use about 1-2 tablespoons of each color. Food coloring, liquid watercolor paint, or even regular tempura paint can be substituted if you don't have powdered tempura on hand.
2. Next add a small amount of water and a squirt of Dawn (optional). Dawn helps the mud paint spread easier on paper and also helps keep clothing stain free. It's a good idea to keep water and spoons nearby in case the paint settles and becomes too thick.
3. Be sure to use a thick cardstock or even poster board or cardboard.



ICE SCULPTURES

Supplies:

- ice cube trays
- small plastic containers
- food colouring or liquid water colours
- water bottle(s)

Depending on how much ice you'd like to make, you may need to start a day or so earlier.

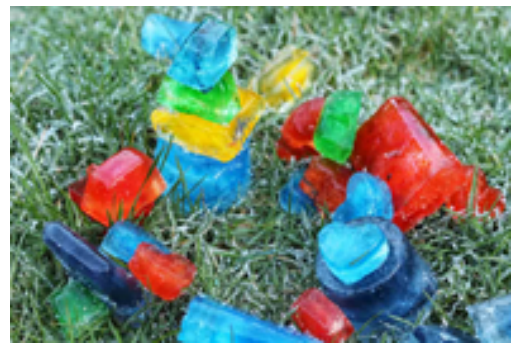
Instructions:

How to Make Coloured Ice

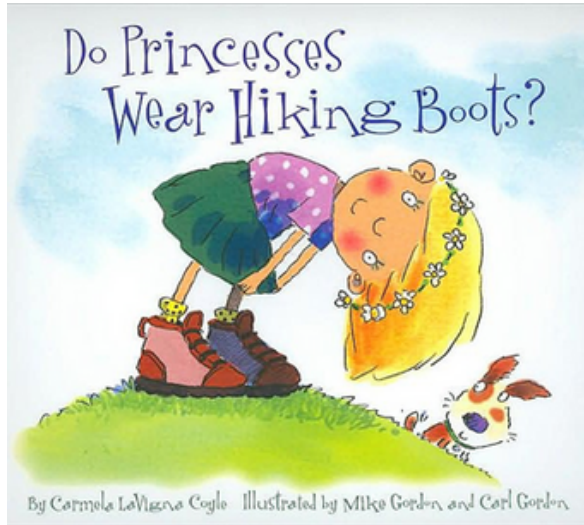
1. Fill a jug with water and add a few (5 or 6) drops of food coloring to your water before filling your trays, this will make the ice not so dark. The more ice you have the more fun it is for this activity.
2. After the ice is frozen you can dump the ice cubes into a freezer bag and keep making more ice cubes, until you are happy with the amount of ice cubes you have.

Building the Ice Sculptures:

1. To get your ice cubes to stick together use a water bottle filled with very cold water. Dribble a little water over the ice cubes until it freezes in place.



This is a great activity to do in the snow or on a freezing day. The colder the weather, the longer the sculptures will keep standing.



[HEAR STORY](#)
[CLICK HERE](#)

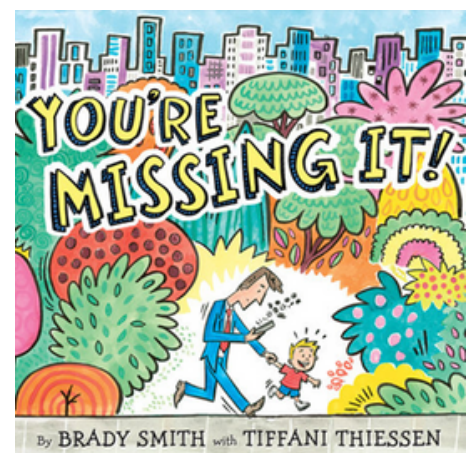
[HEAR STORY](#)
[CLICK HERE](#)



[HEAR STORY](#)
[CLICK HERE](#)



[HEAR STORY](#)
[CLICK HERE](#)



SONGS/RHYMES

ANY DAY IS A GREAT DAY FOR AN OUTSIDE ADVENTURE!

It's all about being prepared for the weather.

PAGE 6

Check out the "LINK TO SONG" for each song below, to hear how the song sounds.

WHATEVER THE WEATHER

Whatever the weather is today
will tell me what to wear if I go out to play.
The temperature outside could be cold or warm
foggy, smoggy, freezy, breezy, rainy with a storm.

Do I need a coat?
Do I need some boots?
Do I need some mittens
or a bathing suit?
I've got shorts and sweaters.
Earmuffs too.
Goggles, sandals, lots of hats.
Even have my Grandpa's spats.

Whatever the weather is today
will tell me what to wear if I go out to play.
The temperature outside could be cold or warm
foggy, smoggy, freezy, breezy, rainy with a storm.

by Jackie Silberg
[LINK TO SONG](#)

WHAT ELSE DO I NEED?

It's sunny, it's sunny,
What else do I need?
Sunscreen and some sunglasses too,
That is what I need.
It's chilly, it's chilly,
What else do I need?
Mittens and a jacket too,
That is what I need.
It's raining, it's raining,
What else do I need?
Umbrella, rain boots, and slicker too,
That is what I need.
It's freezing, it's freezing,
What else do I need?
A winter coat, scarf, hat, and gloves,
That is what I need.

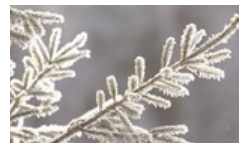
Learning to Dress for the Weather
Listen and Learn
[LINK TO SONG](#)

WEATHER

Can you tell me what the
weather is like?
Weather is like?
Weather is like?
Can you tell me what the
weather is like outside
on this beautiful day?

The weather is _____
The weather is _____
The weather is _____
Outside on this beautiful day!

Song for Teaching Classroom Transitions
Music 4 Preschoolers™
[LINK TO SONG](#)



WHAT'S THE WEATHER

What's the weather, what's the weather,
Like today, like today?
Look outside the window.
Look outside the window.
Can you say?
Can you say?
It's a sunny,
it's a sunny, sunny day, sunny day.
Go out in the sunshine. Go out in the sunshine. Play, play, play, play, play, play.

What's the weather, what's the weather,
Like today, like today?
Look outside the window.
Look outside the window.
Can you say?
Can you say?

Other verses:
Cloudy....
Windy....
Rainy....
Snowy....

Lyrics by Rachel Sumner
[LINK TO SONG](#)



SING AND DANCE

Grab your umbrella, or don't, and just get out there and belt out a song. I'm guessing "Let It Go" will likely be on the playlist.



MATCHBOX SCAVENGER HUNT

How many different things can you fit in your matchbox?

- They have to all be different.
- Take your time and see what you can find.
- You can take a magnifying glass on your scavenger hunt to help to investigate your discoveries.

Can you see intricate patterns, colour and interesting textures?





The Magical Family Penny Walk

[click here](#)



50 Fun Things to Do Outside With Kids As A Family

[click here](#)



31 Outdoor Activities for Kids

[click here](#)

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, 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?

Nature Canada, a Canadian charitable organization dedicated to connecting people to nature, has published an interesting document that discusses the health impacts of too much screen time.

You can find information links here:

Nature Canada Website: [LINK #1](#)

Document: [LINK #2](#)

Children who spend time in nature are more likely to:

- Be more creative and confident;
- Value nature as part of their identity;
- Become stewards and champions for nature;
- Grow up to respect and protect the natural world;
- Recognize the benefits of nature as they become the next generation of scientists, policy makers, environmentalists, teachers, physicians, artists, urban planners and parents.



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 you are outside, identify **Western Sword Fern** and pay particular attention to the interesting shape of the new growth. What does it remind you of?



For more information about **Western Sword Fern** : [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.