

StrongStart DO

StrongStart Discover Online

Virtual Inspiration for Families at Home

How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration and learning, when children have the right clothing for the season it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious, let children lead and have fun!

Supporting Outdoor Play Year Round

www.getoutsideandplay.ca
www.befitforlife.ca



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Publication #14

FROM KATE, PAULA,
DANIELLE AND RITA

Welcome to 2021!

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

We are dedicating two publications to **Outdoor Adventures**.

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

This week's theme is:

Outdoor Adventures #1

SD47 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 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.

BANNOCK

This bannock recipe will come in handy during a day hike or an overnight camping trip. Mix the dry ingredients at home and then seal them in a zip-lock bag. The basic dry mix will stay fresh for up to a month if kept sealed, dry, and reasonably cool.

Dry Ingredients:

- 1 cup flour
- 1 tsp. baking powder
- 2 tbsp. sugar
- 1/4 tsp. salt
- 3 tbsp. margarine
- 2 tbsp. skim milk powder (optional)

Instructions:

Make dry mix before you head out on an outdoor adventure:

- Mix the flour, baking powder, salt, and milk powder. Cut in the margarine by hand or with a mixer on low, until the mixture resembles a coarse meal. Seal it in a zip-lock bag. Squeeze out excess air.

Bannock on the trail:

- Add enough COLD water to the prepackaged dry mix to make dough.
- Roll the dough into a ribbon, no wider than an inch. Wind this around a preheated greased green hardwood stick and cook over a fire, turning occasionally, until the bannock is cooked.

Alternative cooking method:

- Grease and heat a fry pan. Form the dough into cakes about 1/2" thick. Lay the bannock cakes in the warm frying pan. Hold them over low heat, rotating the pan a little. Once a bottom crust has formed and the dough has hardened enough to hold together, turn the bannock cakes.
- Bannock is yummy with butter and jam!



TIN FOIL DINNER

Ingredients:

- 1 red bell pepper
- 2 ears corn
- 1/2 large yellow onion
- 4-5 small red potatoes
- 1 medium sized zucchini
- 1 package (13 ounces) Smoked Turkey Sausage
- 5 tablespoons olive oil
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon garlic powder
- 1 teaspoon paprika
- Seasoned salt and pepper
- Optional: chopped parsley



Instructions:

- Chop up vegetables to bite sizes and add to tin foil.
- Wrap up and stick on coals in fire.

There are so many options for Tin Foil Dinners. Be creative and let the kids help decide what would be yummy.

APPLE BIRD FEEDERS

Supplies:

- 2 cups birdseed
- 2/3 cup water
- 2 Packets unflavored gelatin
- 4 apples
- 8 small screws
- Twine



Instructions:

1. Bring water to a boil, add gelatin, and stir until completely dissolved.
2. Mix the birdseed into this mixture.
3. Cut the apples in half lengthwise and hollow out the insides with a spoon or knife.
4. Fill each apple with birdseed mixture, set on a sheet pan, and put in the fridge for 1-2 hours or until firm.
5. Poke a screw into the top of each apple and tie a piece of twine to it.
6. Hang outside for all the birds to enjoy!

NATURE-FILLED ICE SUN CATCHERS

Supplies:

- A Container
(aluminum plate, cake pans, plastic containers)
- Nature Treasures
(seeds, leaves, berries, pine needles, twigs, grasses, branches etc)
- Water

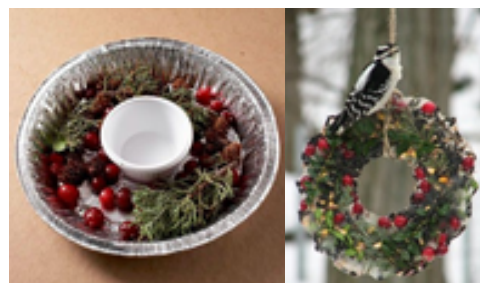


Instructions:

1. Arrange nature treasures in container
2. Add water
3. Freeze (outside if it is cold enough or in the freezer)
4. Pop out of the container and hang outside (you may need to drill a hole or add twine before you freeze)

They look beautiful hanging in the sun but will melt quicker than in the shade.

Here is another option where you can make a frozen wreath.





HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)



HEAR STORY
[CLICK HERE](#)

A fun video filled with songs
to sing along to!

[CLICK HERE](#)



BEAR HUNT

Goin' on a Bear Hunt
I'm not afraid
It's a beautiful day
The sun is shining
The birds are singing
The bees are buzzing
What's that?
Tall grass
(Sweeping arm motions making swishing sounds)
Going on a Bear Hunt
I'm not afraid
What's that?
It's a tall tree
(Arm motion climbing up then climbing back down)
Going on a Bear hunt
I'm not afraid
What's that?
Ohh, it's mud
(March through the mud making sloshing mud sounds)
Going on a Bear Hunt
I'm not afraid
What's that?
It's a river
We're going to have to swim
(Swim the river)
Going on a Bear Hunt
I'm not afraid
What's that?
Ohh it's a dark cave
(Make gestures and sounds)
I can't see anything
I can feel something
I can hear something
We better take out our flashlights
(Take out flashlight and flick it on)
Oh it's a bear
RUN!
(Repeat the sequence in reverse quickly and dramatically,
slapping thighs and doing all the actions for each verse)



LITTLE RED WAGON

Bouncing up and down in my little red wagon
Bouncing up and down in my little red wagon
Bouncing up and down in my little red wagon
Won't you be my darling?

One wheel's off and the axle's dragging
One wheel's off and the axle's dragging
One wheel's off and the axle's dragging
Won't you be my darling?

Johnny has a hammer and he can fix it
Johnny has a hammer and he can fix it
Johnny has a hammer and he can fix it
Won't you be my darling?

Bouncing up and down in my little red wagon
Bouncing up and down in my little red wagon
Bouncing up and down in my little red wagon
Won't you be my darling?

TRADITIONAL SONG ABOUT PLAY

Oh PLAYMATE, come out and play with me
And bring your dollies three.
Climb up my apple tree,
Look down my rain barrel
Slide down my cellar door
And we'll be jolly friends forever more



Sung to the tune of "Are you Sleeping" or "Frere Jacques"
Walking, walking
(children walk in place or in circles)
Walking, walking

Hop, hop, hop
(children hop in place or in circles)
Hop, hop, hop

Running, running, running
(children run in place or in circles)
Running, running, running

Now we stop
(children stop)
Now we stop

WELLIE BOOT PAINTING

- Take one child (and an adult!) in wellie boots, a tray of bright paints and lots of cardboard sheets.
- Dip feet in paint and walk, stomp, dance, jump and run to your heart's content!
- Create a beautiful, rainbow, mess of colours.

Examine the lovely patterns created from the prints and compare them!



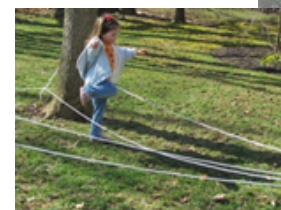
What this gross motor experience offers families?

- * outdoor play
- * colour mixing and exploration
- * examining the effect of printing with objects
- * comparing big and small prints
- * gross motor play: jumping, stomping, striding, tip-toeing, skipping
- * having a HUGE amount of fun together (adult participation compulsory!)

ROPE MAZE

How to Play:

- With rope or twine tie onto nearby trees, stumps or bushes to make a maze the kids can walk or crawl under.
- You can even do a maze just on the ground, by laying the rope or twines in a straight line or in curly shapes.
- Have the kids either balance on the rope around the maze or walk or jump into the sections trying not to touch the rope.





RUN
WILD



MY
CHILD



100 Outdoor Adventures to Do
Before Your Kids Turn 10

[click here](#)

Run Wild My Child

over 100 outdoor winter activities

[click here](#)

11 Surprising Outdoor Winter Activities

No Snow Required!

[click here](#)

Entertaining And Affordable

Outside Games For Kids

[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.

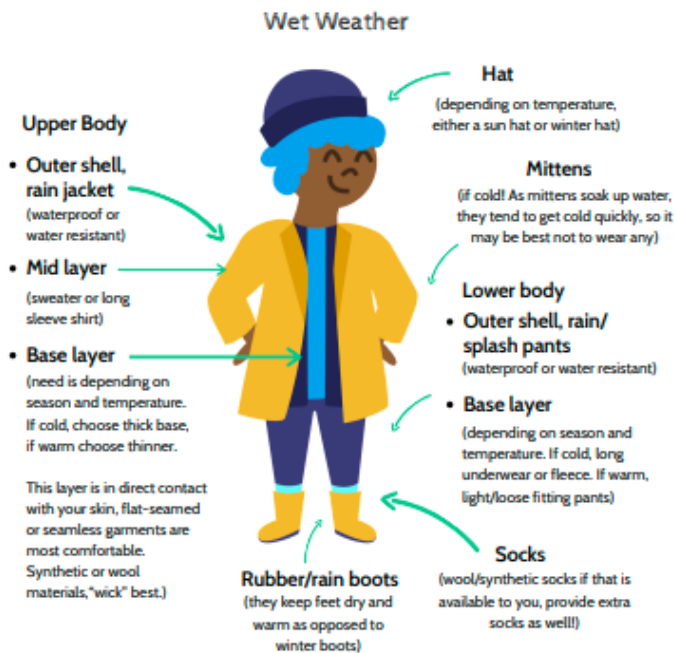
-- ATTENDANCE:

- 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?

What to Wear for Outdoor Teaching and Learning



HELPFUL TIPS

- For educators, pack the following extra gear when in your kit/when out on a hike:
 - socks, mittens, 2-3 pairs of rubber boots, handful of grocery bags (these can be used to prevent further wetness, as they act as a protective layer in rubber boots/winter boots against further seepage. They can keep the new dry socks dry!)



THRIVE OUTSIDE
thriveoutside.ca



@childnaturecanada



@cnalliance

If you are feeling fortunate to live where we live, especially during the COVID-19 global pandemic, you are not alone.

Check out how regional differences across the country affect access to the outdoors.

[CLICK HERE](#)

Our fore-fathers have also valued sharing the great outdoors with children. This quote is from a novel first published in 1860.

"We could never have loved the earth so well if we had had no childhood in it, if it were not the earth where the same flowers come up again every spring that we used to gather with our tiny fingers as we sat lipping to ourselves on the grass, the same hips and haws on the autumn hedgerows, the same redbreasts that we used to call 'God's birds' because they did no harm to the precious crops. What a novelty is worth that sweet monotony where everything is known and loved because it is known?"

(From "The Mill on the Floss" by George Eliot)

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, identify **Oregon Grape**.

For more information about **Oregon Grape** : [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.