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Publication #29

FROM KATE, PAULA,
DANIELLE AND RITA

This is our fifth and last
publication focusing on
the five senses.

This week's theme is:
SIGHT

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

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- varied themes to the end of June 2021
- 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

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DELICIOUS CARROT SMOOTHIE

(For Eyesight)

Ingredients:

- 1 cup carrots
- 1 ½ cup orange juice with pulp
- 1 banana
- 2 tbsp ginger juice.
- Pinch of salt.



Instructions

- Blend in a blender or magic bullet
- It is best when it is served it chilled!

SNACKS WITH EYES

MAKE FOOD COME ALIVE BY ADDING EYES

It's so easy to do and eyes make everything instantly fun!

FUNNY FACE APPLES

Using marshmallows to jazz up simple apples with oversized eyes and the kids love them. Take a marshmallow and cut it in half, then add a dot with an edible pen or a dab of black icing.



FUNNY FACE BAGEL

Make your bagel with your favorite filling. For the eyes cut a mini Babybel cheese in half lengthwise and a piece of blueberry for the center.



TO MAKE SIMPLE EYES

Cut miniature or large marshmallows in half. (Depending on how big you want your eyes to be) Then add a dot with an edible pen or a dab of black icing.

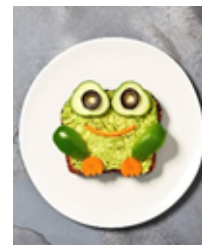


FOR SAVORY EYES

Slice a piece of white cheese (Mozzarella or Monterey jack cheese) as thick as you would like. Then using a large straw cut out your circles. Then with a smaller straw cut out the centers of your circles and piece of an olive or dark vegetable. Pop the little pieces of olive into the cheese circle.

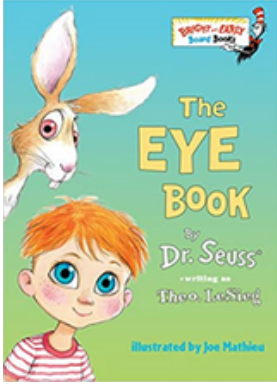


VOILA! EDIBLE EYEBALLS!



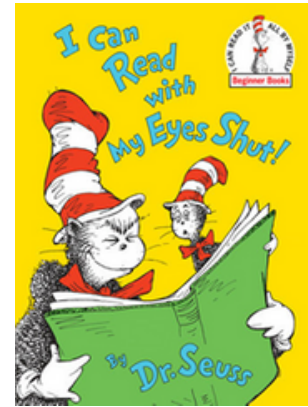
BOOKS

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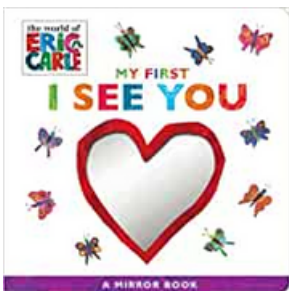
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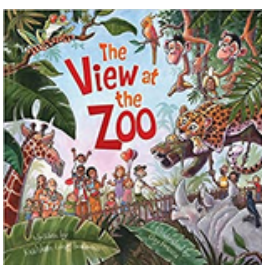
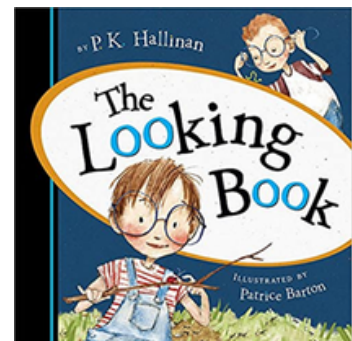
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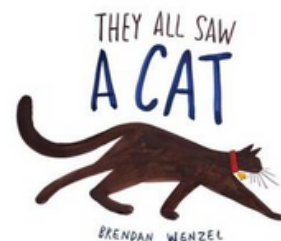
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5 SENSES SONG

Tune: Old McDonald Had a Farm

On my face I have two eyes;
Use them every day.
They are used to help me see
When I work and play.
With a look, look here,
And a look, look there,
Here a look, there a look,
Everywhere a look, look.
On my face I have two eyes;
Use them every day!

On my face I have a nose;
Use it all the time.
When I sniff it I can tell
Vinegar from lime.
With a sniff, sniff here,
And a sniff, sniff there,
Here a sniff, there a sniff,
Everywhere a sniff, sniff.
On my face I have a nose;
Use it all the time!

In my mouth I have a tongue;
Use it when I eat.
Tasting with it I can tell
Sour from the sweet.
With a lick, lick here,
And a lick, lick there,
Everywhere a lick, lick.
In my mouth I have a tongue;
Use it when I eat!

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,
Everywhere a listen, listen.
On my head I have two ears;
Listening all day long!

On my body I have skin;
Feeling cold and heat.
It stretches from atop my head
Way down to my feet.
With a touch, touch here,
And a touch, touch there,
Here a touch, there a touch,
Everywhere a touch, touch.
On my body I have skin;
Feeling cold and heat!



ALL ABOUT ME

I have 2 eyes to help me see,
I have a nose to help me smell,
I have a mouth to help me taste,
I have 2 ears to help me hear,
I have 2 hands to help me feel,
And wave to a friend to show I care!

MY FIVE SENSES

I have two ears to hear with.
I have two eyes to see.
I have two hands to touch things.
They're all a part of me.

I have a mouth to taste with.
I use it also when I speak.
And a nose I use to smell things.
All my parts make me unique.

These are my five senses.
I use them every day.
They help me learn about my world and even help me play!

LOOK AT ME

Look at me!
Look at me!
I'm as happy as can be.
Every day my body will grow.
Every day more things I know.
Look at me!
Look at me!
That's why I'm happy as can be.



EXPLORING SIGHT

By using simple paper plate frames. (Paper plate with the middle cut out) Kids can focus on smaller details of the environment. Take a nature walk and spend time looking at things in nature using the frames you made.

Our woods are so big, with so much to see! By looking at a tiny little bit at a time you can concentrate on the sense of sight.



OBSTACLE COURSE

Building an obstacle course is a fun way to challenge your child in a fun way. There are many different obstacles you can make with things you have around your house. Have fun coming up with ideas together.

Here are a few ideas to help:

Hoola hop

Pool noodles (poke a pen in the ground to hold the noodles in place)

Balls

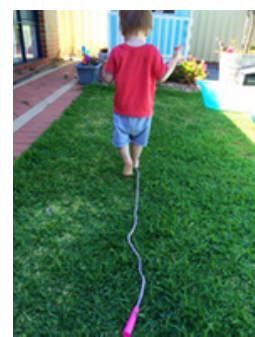
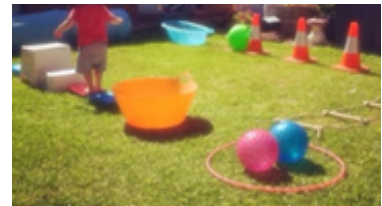
Buckets

Cones

Sticks (for jumping over)

Skipping rope

Etc.





5 Ways to Explore the Sense of Sight
[click here](#)

21 Five Sense Activities for Kids
[click here](#)

Inventors of Tomorrow

Hands-On Science and Engineering Education for kids age 3 – 6
Sight – Kids' Science Activities

[click here](#)

Preschool Activities that Feature the Five Senses
[click here](#)

5 Senses Activities For Preschoolers
[click here](#)

WEBSITES:

NO TIME FOR
FLASH CARDS



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?

FOCUS ON RISKY PLAY IN ADVERTISING:



The image to the left is from the website called:

The Empowered Educator, and is from an article on **Creating Natural Outdoor Play Areas.**

To view the website:

[CLICK HERE](#)



39 fun ways kids can play outside this spring - Active For Life

4. Play in the rain. Rain, rain don't go away: you give kids fun ways to play! Rainy days transform the outdoor world into wet and wonderful landscapes to explore. Grab those raincoats and rubber boots and head out for some rainy day play.

activeforlife.com

activeforlife.com offers 39 spring activities to encourage play in the great outdoors:

[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 you are exploring outdoors, look for Thimbleberry blossoms (*Rubus parviflorus*). Some people call them Redcaps.

For information about Thimbleberries (*Rubus parviflorus*):

[CLICK HERE](#)

