



Publication #31

FROM KATE, PAULA,
DANIELLE AND RITA

Double the fun this week with
two themes!

We know that movement is part
of gross-motor activities, but how
can movement be used to make
art and recipes fun?

This week's themes is:
**MOUNTAINS AND
MOVEMENT**

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EARLY LEARNING INFORMATION

VIRTUAL STRONGSTART

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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](#).

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.

NEW TO STRONGSTART

School District 47 has a StrongStart YouTube Site: [SD47StrongStart](#) [CLICK HERE](#)



A 13-week social media information campaign is starting May 17, 2021:
“Awareness on Social & Emotional Development in the Early Years”
for Parents and Caregivers.

This campaign, called **“FEELINGS FIRST”**, is created by Child Health BC on behalf of the BC Healthy Child Development Alliance. The information from this campaign will be shared on the [sd47strongstart](#) Instagram site and the [sd47strongstart](#) YouTube site.

Child Health BC is hoping you will take some time to fill out the pre-campaign survey: [CLICK HERE](#).

MAKING BUTTER

INGREDIENTS:

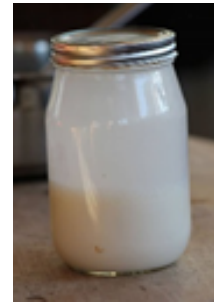
- Fresh cow's milk cream, or heavy cream (whipping cream from the store)
- Mason jar with lid

DIRECTIONS:

- Place the cream in a mason jar, ideally no more than 1/3 of the way full. (You want to have plenty of air space for the "butter concussion" splashing action that turns the cream into butter.
- Put the lid on tight and then SHAKE! And SHAKE some more! Take turns when your arms get tired.
- You will notice the cream start to become heavy, and thicken, and eventually the buttermilk will separate from the butter. This can take anywhere from a few minutes to a half hour or so, and will go faster if your cream has been warmed to room temperature. You will start to see granules of butter, separated from the buttermilk.
- Rinse the butter with cold water. You will want to use your hands to squish the butter and get all the buttermilk out. This will help prevent your butter from going rancid quickly.

Optional: Mix some salt, honey, or herbs, etc. if you want to add some flavor to your butter.

Serve the butter on a plate. Enjoy!



OCEAN IN A BOTTLE

INGREDIENTS:

- 20 ounce smooth water bottle (the longer the container the better the wave action will be)
- Baby oil
- Fine glitter (optional)
- Blue food coloring

DIRECTIONS:

1. Add water to the bottle. Fill a little more than half way.
2. Add four drops of blue food color; swirl to mix.
3. Once the water has settle down and all bubbles are gone, tilt the bottle to the side and slowly pour in the baby oil making sure to get as little air in the bottle as possible.
4. Add glitter;
5. Seal with a waterproof glue and tightly screw on lid. (Glue: Gorilla brand 100% Silicone Sealant Clear).



SPINNING ART

SUPPLIES:

- paper plates, thick paper or cardstock
- paint
- salad spinner
-

GETTING STARTED:

- Cut out the center of a paper plate or cut paper into a circle that will fit into the salad spinner
- Put dots of different colours of paint on a plate, drop them down in the salad spinner.
- SPIN, SPIN, SPIN to create fun designs with your paint.

Other ideas:

- Tape down a leaf on your paper plate and add paint to the leaf and spin away!
- Make your paper into other shapes like a heart
- Use different coloured paper and some sparkly paint



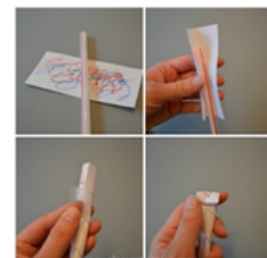
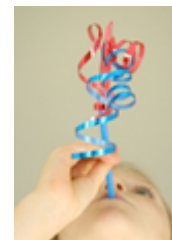
STRAW ROCKETS

MATERIALS:

- Straws
- Printer paper (light-weight paper)
- Tape (or glue)
- Scissors
- Curly ribbon (Optional)

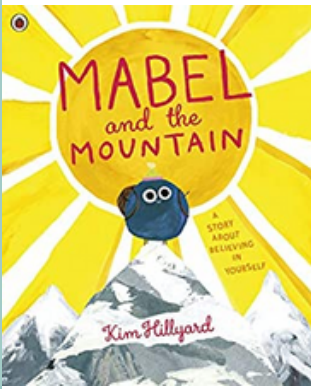
DIRECTIONS:

1. Cut a piece of 8 x 11 printer paper into 12 pieces. Each piece is about 2" by 4" -they really do not have to be exact at all.
2. Decorate the paper. Using crayons or markers. Stickers are fun - but can weigh down your rocket!
3. Roll the paper strip loosely around the straw.
4. Tape the roll along the edge to keep it rolled. You could also use glue - but tape is quicker, and you don't have to wait for it to dry!
5. Fold the top of the paper tube down and tape it. Add some curly ribbon if you would like.
6. Put the paper tube on the straw - and BLOW!



BOOKS

MOUNTAINS

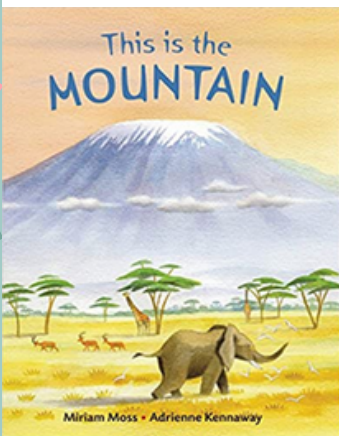


HEAR STORY
[CLICK HERE](#)

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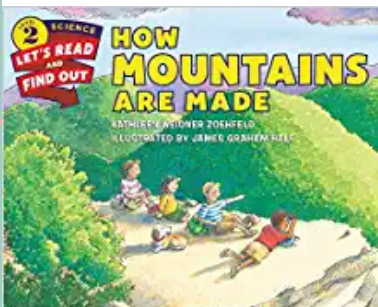
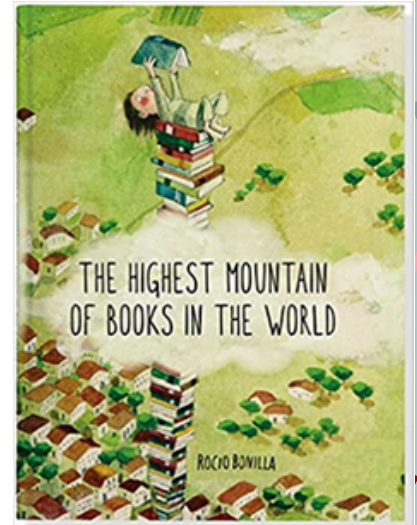


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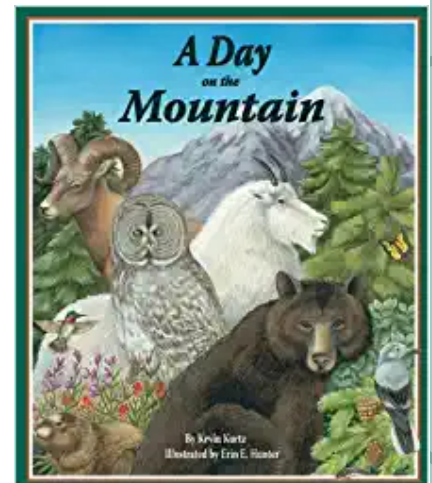
HEAR STORY
[CLICK HERE](#)

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



THE BEAR WENT OVER THE MOUNTAIN

The bear went over the mountain
 The bear went over the mountain
 The bear went over the mountain
 To see what he could see
 To see what he could see
 To see what he could see
 The other side of the mountain
 The other side of the mountain
 The other side of the mountain
 Was all that he could see

The bear went over the river
 The bear went over the river
 The bear went over the river
 To see what he could see
 To see what he could see
 To see what he could see
 The other side of the river
 The other side of the river
 The other side of the river
 Was all that he could see

The bear went over the meadow
 The bear went over the meadow
 The bear went over the meadow
 To see what he could see
 To see what he could see
 To see what he could see
 The other side of the meadow
 The other side of the meadow
 The other side of the meadow
 Was all that he could see

He found another bear there
 He found another bear there
 He found another bear there
 Who could have been his twin
 Who could have been his twin
 Who could have been his twin
 He found another bear there
 He found another bear there
 He found another bear there
 And off they went to play
 He found another bear there
 And off they went to play



I LOVE THE MOUNTAINS

I love the mountains.
 I love the rolling hills.
 I love the flowers.
 I love the daffodils.
 I love the fireside.
 When the lights are low...

Boom dee ah da. Boom dee ah da.
 Boom dee ah da. Boom dee ah da.
 Boom dee ah da. Boom dee ah da.
 Boom dee ah da. Boom dee ah da.

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 Boom dee ah da. Boom dee ah da.
 Boom dee ah da. Boom dee ah da.
 Boom dee ah da. Boom dee ah da.
 Mmmmm...

SHE'LL BE COMING ROUND THE MOUNTAIN

She'll be coming round the mountain when she comes
 (Toot, toot!)
 She'll be coming round the mountain when she comes
 (Toot, toot!)
 She'll be coming round the mountain,
 She'll be coming round the mountain,
 She'll be coming round the mountain when she comes
 (Toot, toot!)

She'll be driving six white horses when she comes
 (Whoa back!)
 She'll be driving six white horses when she comes
 (Whoa back!)
 She'll be driving six white horses,
 She'll be driving six white horses,
 She'll be driving six white horses when she comes
 (Whoa back! Toot, toot!)

Oh, we'll all go out to meet her when she comes
 (Hi babe!)
 Oh, we'll all go out to meet her when she comes
 (Hi babe!)
 Oh, we'll all go out to meet her,
 We'll all go out to meet her,
 We'll all go out to meet her when she comes
 (Hi babe! Whoa back! Toot, toot!)

She'll be wearing red pajamas when she comes
 (Scratch, scratch)
 She'll be wearing red pajamas when she comes
 (Scratch, scratch)
 She'll be wearing red pajamas,
 She'll be wearing red pajamas,
 She'll be wearing red pajamas when she comes
 (Scratch, scratch, Hi babe! Whoa back! Toot, toot!)

She will have to sleep with Grandma when she comes
 (She snores!)
 She will have to sleep with Grandma when she comes
 (She snores!)
 She will have to sleep with Grandma,
 She will have to sleep with Grandma,
 She will have to sleep with Grandma when she comes
 (She snores! Scratch, scratch, Hi babe! Whoa back! Toot, toot!)



GIANT BUBBLES

INGREDIENTS:

- 6 cups water
- 1/2 cup Dawn dish soap
- 1/2 cup corn starch
- 1Tbsp. baking powder
- 1Tbsp. of glycerine

DIRECTIONS:

Using a tub fill with water, add in the cornstarch and baking powder and stir until dissolved. Slowly add the dish soap and the glycerine. Stir gently. Let stand for at least 1 hour. The longer it sits the better.

MAKING BUBBLES:

1. Hold the handles together and dip the entire cord or string of the wand into your bucket of solution.
2. Lift it up with the handles still together and slowly spread them apart into a window to form your giant bubble.
3. Bring the handles back together to close the strings and release the huge bubble into the air.

GIANT BUBBLE WANDS:

STICKS: You can use sticks in the forest or dowels as long as they are thick enough to add an eyelet on the top. The length can be anywhere from 45 - 60 centimetres long, or you could say roughly the length of your arm.

ROPE: braided cotton cord that is 5mm in diameter, works the best, you could use any wool/yarn, string or cord, but if it's thicker, it will be less likely to get tangled. You will need one long length and another 1/2 that length. (150cm and 75 cm long). Tie your long piece of cord to the eyelets threading the washer onto the cord. The washer acts as a weight on the long cord, pulling it down. Take your short piece of cord and tie it to the eyelet as well.



TAG

There are so many fun ways to play tag games for kids. Happy running!

TIPS FOR PLAYING TAG GAMES:

- If the player's skills are uneven, set a time limit for how long someone can be it.
- These games don't really require any adult interference, but it is never a bad thing to make sure all the kids understand the rules ahead of time.
- Someone is "it" and when you're tagged, you become "it" or have to do a special action until someone frees you.
- FREEZE TAG- When "it" tags someone in the game the tagged player must freeze where they are and cannot move. The only way to become unfrozen is to be tagged by another player. When "it" has tagged everyone and everyone is frozen "it" gets to choose who "it" will be for the next round.
- TURTLE TAG- Like frozen tag, but to avoid being tagged players can lay down on their backs with their hands and feet in the air, like a turtle on its back, Players can remain safe for 10 seconds.
- There are SO many different types of tag, have fun finding the ones you like best!!



Where Do Mountains Come From?

Geology For Kids

[click here](#)

Make Your Own Mountains

[click here](#)

National Geographic Kids - Mountain Habitat

[click here](#)

Snowy Mountain Craft

[click here](#)

Mountain Crafts For Kids

[click here](#)

3-D Snowy Mountain Winter Craft

[click here](#)

Watercolour Snowy Mountain Scene

[click here](#)

WEBSITES:



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?



HAPPY HOOLIGANS- SANDBOX IDEAS: EASY SANDBOX PALY AND STORAGE SOLUTIONS

Here are some fun ideas to extend your sand play: happyhooligans.ca

Sand Wall: At the other end, we have our “sand wall”. The inspiration for the sand wall was our homemade water wall. I made this sand wall by nailing a scrap piece of lattice to the frame of the playhouse and sandbox. Then, I cut the bottoms off of a few plastic bottles and containers, and attached them to the lattice with zip ties, florist wire and large twist ties.

MEGAN ZENI- IMAGINATIVE PLAY: ANYWHERE ARTIST

If you haven't heard of Megan Zeni (mother, educator, UBC graduate student and risky play researcher), you should have a look at her website. Here is a link to one of her posts about imaginary play and outdoor art: [CLICK HERE](#)



One hundred years ago Soviet psychologist and play theorist, Lev Vygotsky, argued that play was a purposeful activity for children. Vygotsky believed that a child's greatest achievements were possible in play and that imaginative play, in particular, was an opportunity for children to become adaptive, while problem solving ways to use available resources for their own playful benefit.

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 Bigleaf maple (*Acer macrophyllum*) are in full leaf right now and are very easy to identify. See if you can see one on your next outdoor adventure.

You can learn more about Bigleaf maple (*Acer macrophyllum*): [CLICK HERE](#)

