



## 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 |

## Publication #10

FROM KATE, PAULA,  
DANIELLE AND RITA

This publication is focusing on creating home environments that are cozy, charming and/or special.

This week's theme is:

# COZY TIMES

To contact SD47 Early Learning:  
send email to  
[rita.john@sd47.bc.ca](mailto:rita.john@sd47.bc.ca)

# SD47 EARLY LEARNING INFORMATION

PAGE 2

## VIRTUAL STRONGSTART

The Early Learning team is excited to share weekly publications featuring fun ways to share time with children. These publications are sent out to registered families as well as posted on the Virtual StrongStart webpage.

### **SD47 STRONGSTART ON INSTAGRAM**

School District 47's Instagram site is: [sd47strongstart](#).

Daily posts following this schedule:

- Monday- Shapes 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](mailto:rita.john@sd47.bc.ca).

## YUMMY HOT CHOCOLATE

PAGE 3

### Ingredients

- 1/3 cup water
- 1/3 cup unsweetened cocoa powder
- 1/2 cup granulated sugar
- 1 pinch salt
- 4 cups whole milk
- 1/2 teaspoon vanilla extract

### Instructions:

1. Bring the water to a boil in a saucepan.
2. Immediately whisk the cocoa powder, sugar and salt into boiling water.
3. Once the mixture has formed a paste, whisk in the whole milk (you can add more milk to make it less rich).
4. Once it's nearing your ideal temperature, add the vanilla extract.
5. Continue to stir and heat until the hot chocolate mixture is very hot - be careful not to bring it to a boil.
6. Remove from heat and pour into your favorite mugs.
7. You can add a little milk (or half and half to make it even creamier) if you need to cool it down quickly for eager little ones.
8. You can add your favorite toppings as well. We like whipped cream, or marshmallows!



## ENERGY BALLS

### Ingredients:

- 1/2 cup creamy peanut butter (or other nut butter)
- 1 cup dry oatmeal
- 2/3 cup dried fruit, chopped  
(dates, cranberries, figs, blueberries, raisins, cherries, goji berries)
- 1/3 cup honey
- 1/2 cup semi-sweet chocolate chips
- 1/3 cup ground almonds or other nut  
(Buy whole almonds and use either a food processor or blender. They make quick work of grinding almonds.)



### Instructions

1. Dump all ingredients into a large bowl.
2. Mix well until all ingredients are well incorporated.
3. Cover with plastic wrap and chill for one hour in refrigerator.
4. Using a cookie scoop or spoon, take tablespoon size amount and roll into a tight ball. Place balls on a waxed paper lined cookie sheet.
5. Place cookie sheet into freezer and freeze for 3 hours. Transfer to a plastic bag and store in fridge for one week or freezer for up to 3 months.

## YARN FUN!

### Supplies:

- different coloured yarn or wool
- cardboard or boxboard

### Instructions:

1. Start by drawing some simple fall shapes on some boxboard or thin cardboard.
2. Cut them out.  
(Leaves, pumpkins, apples, and acorns, but you can do hearts, stars or any other shapes that catch your child's interest)
3. Cut a notch to catch the end of the yarn. If it makes it easier to wrap, you can also notch it the whole way around. (It will give the yarn something to grab onto, especially around the curvier curves)
4. When finished, tie the yarn through another yarn loop and knot in place. You can either use this bit of yarn for hanging or tuck into the wrapping yarn to hide.



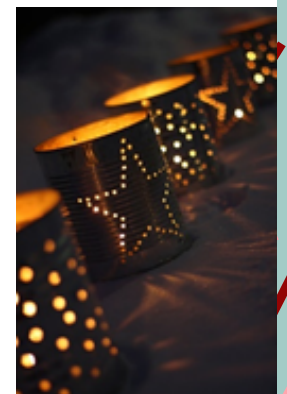
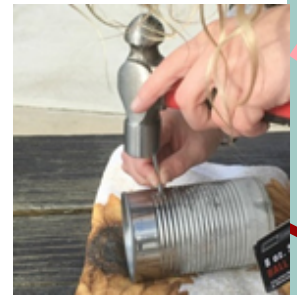
## TIN CAN LANTERNS

### Supplies:

- Empty Cans (We used soup cans, or vegetable cans.)
- Hammer
- Nail
- Pipe Cleaners (or piece of wire)
- Tea Light Candle

### Instructions:

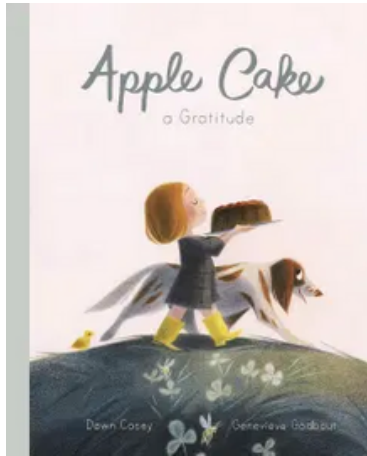
1. Start by removing the wrapper from your cans, and thoroughly wash them. If you want, you can use a permanent marker to draw a shape on your tin can ahead of time, or you can freehand your pattern, (Just use a bit of hand sanitizer to remove the permanent marker later).
2. Fill your can with water, leaving about 1/2 inch of space at the top and place it in the freezer overnight. (The frozen water will help you make your pattern without denting the can.) Once the water is frozen solid, use a nail and gently hammer it against the can to create your pattern.
3. Placing a kitchen towel under the can will help keep it from rolling. It's also handy for warming up fingers that get cold from working with that cold metal!
4. When you are finished making holes, let the water melt.
5. Place your tea light candle in the bottom of your can and watch how beautiful they look especially when it is dark out.





# BOOKS

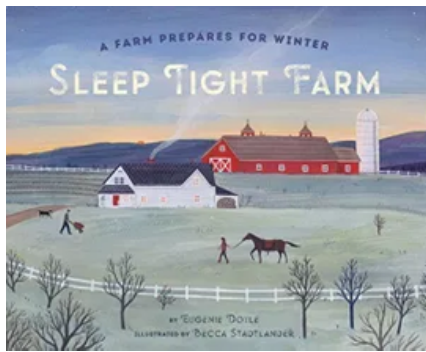
PAGE 5



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



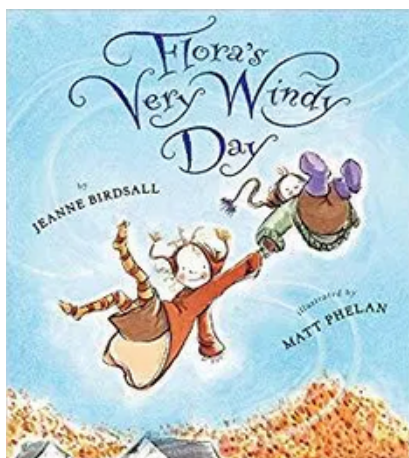
**HEAR STORY**  
[CLICK HERE](#)



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



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



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



## SONGS

### HUSH LITTLE BABY

Hush little baby, don't say a word  
Papa's going to buy you a mockingbird.

If that mocking bird won't sing,  
Papa's going to buy you a diamond ring.

If that diamond ring turns brass,  
Papa's going to buy you a looking glass.

If that looking glass gets broke,  
Papa's going to buy you a Billy goat.

If that Billy goat won't pull,  
Papa's going to buy you a cart and bull.

If that cart and bull turn over,  
Papa's going to buy you a dog named Rover.

If that dog named Rover won't bark,  
Papa's going to buy you a horse and cart.

If that horse and cart falls down,  
You'll still be the sweetest little baby in town.

---

Sung to: "Pop Goes the Weasel"

Daddy, here's a hug for you,  
And lots of kisses too.

(Hug self, then blow kisses.)

Each hug and kiss you get today

Change to other family  
members or friends

## RHYMES

### BEND AND STRETCH

(ACTION RHYME)

Bend and stretch, reach for the stars  
There goes Jupiter, here comes Mars  
Bend and stretch and reach for the sky  
Stand on tip-e-toe, go so high!



### FAMILIES

Some families are large,  
(spread arms out wide)  
Some families are small  
(bring arms close together)  
But I love my family  
(cross arms over chest)  
best of all!



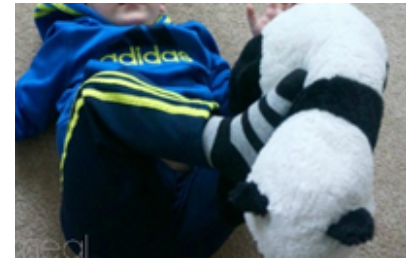
### STAR LIGHT, STAR BRIGHT

Star light , star bright,  
First star I see tonight,  
I wish I may, I wish I might,  
Have the wish I wish tonight.

### STUFFED ANIMAL FUN!

You will need: Stuffed Animals and a Basket.

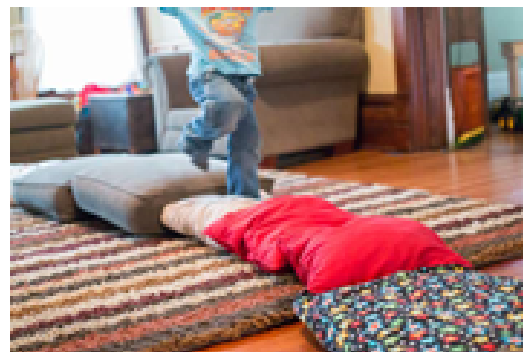
1. Stuffed Animal Toss: Make a line for the child to stand behind and have them toss each stuffed animal into the basket. Move the basket further away each time.
2. Stuffed Animal Push: Place each animal in different areas on the floor. The child must push the basket to each animal and place them in the basket. (Pretend the basket is a school bus and is picking up the children (animals) for school). Then the bus will need to drop them off again. (placing the animals back on the floor where they were picked up).
3. Stuffed Animals in Space: Put a stuffed animal in the basket and pretend they are blasting off to the moon! (10,9,8,7,6,5,4,3,2,1 BLAST OFF) The child would lift the basket and animals way above their head.
4. Walking with a Stuffie: The child picks one stuffed animal and squeezes it between their ankles. Move the stuffie all around the room keeping him up in the air.
5. Pass the Stuffie: Two people lay down beside each other and pass the stuffed animal back and forth using only their feet.



Have a good time laughing at all the fun things those stuffed animals can do!

### PILLOW WALKING

- Gather all the pillows and cushions you have. The more the merrier!
  - Line them all up in a row.
  - Now... try to get from one end of the pillows to the other.
- 
- Up the game by spreading the pillows apart and make it about jumping from island to island!



## 21 Creative Stay-at-Home Activities for Kids & Family

[click here](#)



## 40+ Ways to Enjoy Cold Weather Days with Kids

[click here](#)



## 87 Family Activities to Help You Avoid Coronavirus Cabin Fever

[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](mailto:strongstart@sd47.bc.ca). **ALL REGISTRATION FORMS MUST BE SENT WITH THE CHILD'S BIRTH CERTIFICATE.**
- 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:

- Participants will sign up to attend our program. We are not able to accept drop-in participation.
- **Families will express interest in attending by leaving a message at 604-414-2635.** After leaving a message, only families who receive phone confirmation will be able to attend.
- Cutoff for expression of interest will be Monday of the week before scheduled dates (i.e. cutoff for October 5-9 is Monday September 28, 2020). We will be scheduling one week at a time to start.

### -- 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](#).

## ARE YOU INTERESTED IN INCREASING YOUR UNDERSTANDING 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.