

StrongStart DO

StrongStart Discover Online
Virtual Inspiration for Families at Home



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Publication #11

FROM KATE, PAULA,
DANIELLE AND RITA

Many creatures hibernate during the winter months, when food supplies are low. We hope you enjoy the activities and resources we have found on this topic.

This week's theme is:
HIBERNATION

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send email to
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SD47 EARLY LEARNING INFORMATION

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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.

STRAWBERRY AND BANANA SNAKE SNACK

Ingredients

- 1 pint strawberries
- 1 large banana
- vanilla frosting
- 2 mini chocolate chips
- 1 red fruit roll up



Instructions:

1. Slice the strawberries, (except for one) and bananas into medium size slices. Place the one uncut strawberry on a plate. Line the sliced bananas and strawberries behind the uncut strawberry in a snake-like pattern. Add the small tip of a strawberry at the end for a rattle tail.
Optional: to make the snake hold together, place small dollops of frosting between each piece and press together.
2. Place two dots of vanilla frosting on the top of the large strawberry head. Put two mini chocolate chips in the center of the white dots.
3. Cut the fruit roll up into a tongue shape and place inside the head of the strawberry.

PEANUT BUTTER SNAILS

- Smear peanut butter on a celery stick
- Place ½ apple ring onto the celery and peanut butter
- Add pretzel pieces for tentacles and chocolate chips for eyes



BEAR SNACK

1 cup dried berries

(Bears enjoy berries like in the story "Blueberries for Sal")

1 cup granola

(Granola is roasted oats and oats are how you make porridge like in the story of The Three Bears)

1 cup goldfish

(Bears love to go fishing)

1 cup of Chex

(Chex look like little pillows, for when the bears hibernate)

Do you really think bears use pillows??



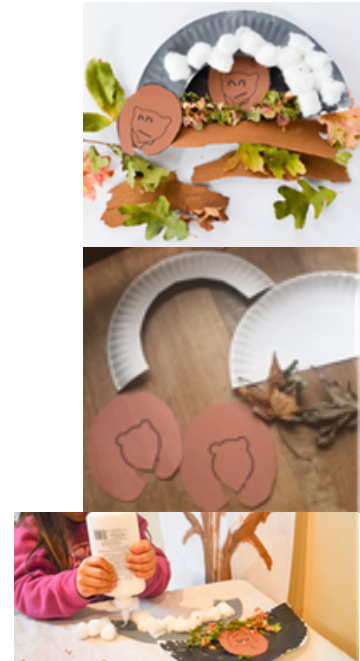
HIBERNATING BEAR

Supplies:

- Bear template
- Paper plate
- Scissors
- Pen
- Nature treasures (leaves, sticks, bark...)
- Craft paint (black, gray)
- Glue
- Cotton balls
- Paint brush

Instructions:

1. Cut paper plate in half and cut out the middle section to make a "C" shape for the front of the cave.
2. Paint the "C" shape gray and the other half of the paper plate black for the inside of the cave and set aside to dry.
3. Cut out a bear and draw a sleeping face on it.
4. Glue the bear to the black part of the cave and decorate the cave with cotton balls and nature treasures.
5. Glue the "C" shape on top of the black part and the craft is complete!



Shhh... don't wake the sleeping bear :)

HIBERNATING BAT

Supplies:

- Cardboard tube (toilet paper roll)
- Tempera paint (black or brown) and paintbrush
- Construction paper (black or brown)
- Black pipe cleaners
- Scissors
- Single hole punch
- Glue
- Googly eyes
- Bat wing
- Marker (We used black and silver Sharpies.)

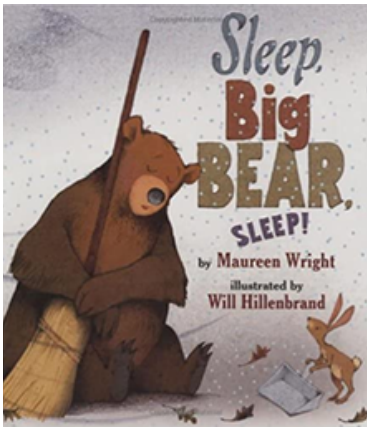


Instructions:

1. Paint your cardboard tube either black or brown (depending on the color bat you'd like to make).
2. While the cardboard tube is drying, draw some bat wings onto construction paper and cut them out.
3. Glue the wings onto the back of the cardboard tube.
4. Cut out some little triangles from your construction paper to make ears. Glue these onto the bat, along with some googly eyes. Use a marker to draw a mouth.
5. Punch two holes in the bottom of your cardboard tube. This is where the legs will go.
6. Cut a black pipe cleaner in half. Twist one end of each pipe cleaner through each punched hole.

BOOKS

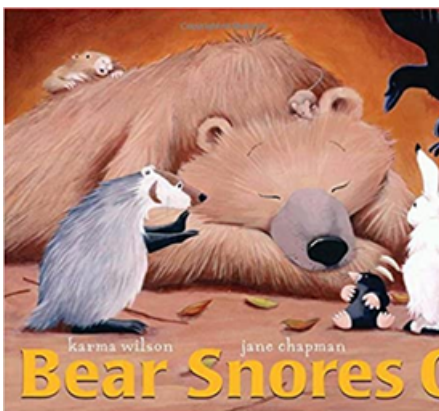
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HEAR STORY
[CLICK HERE](#)



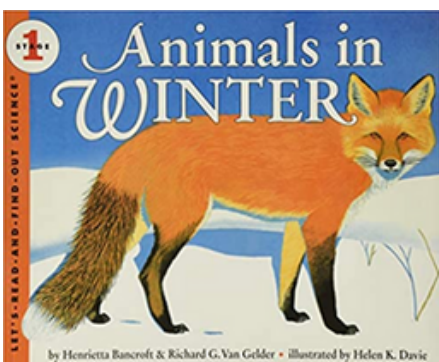
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HIBERNATION SONGS

#1 (Sung to: "Are you sleeping")
Bear is sleeping, bear is sleeping
In the cave, In the cave.
I wonder when he'll come out.
I wonder when he'll come out.
In the spring, In the spring.

Birds are flying, birds are flying
In the sky, in the sky.
I wonder when they'll come back,
I wonder when they'll come back,
In the spring, in the spring.

#2 Sung to: "Alouette"
Hibernation, time for hibernation.
Hibernation, time to go to sleep.
In the winter where's the bear?
Sleeping in its log or lair.
Where's the bear? Log or lair. OH!

More verses:

- In the winter where's the frog?
Sleeping by a pond or log.
- In the winter where's the snake?
In the mud beneath the lake.
- In the winter where's the bat?
In a cave is where it's at.

WINTER'S COMING!

(Sung to: "Frere Jacques")
Winter's coming. Winter's coming.
It is dark. It is cold.
I am bundled snug and warm.
Animals sleep safe from harm.
Sleds and snow. Cold winds blow.

SCURRY SQUIRREL

(Sung to: "Twinkle, Twinkle, Little Star")
Scurry squirrels and don't be slow.
Winters coming, Don't you know?
Scamper, scamper all around.
Bury treasure in the ground.
Scurry Squirrels and don't be slow.
Winters coming, don't you know?

SONGS

FEED THE BIRDS

(Sung to: "Row, row, row your boat")
Feed, feed, feed the birds
In the wintertime.
When the days are dark and cold,
Food is hard to find.
Feed, feed, feed the birds
Till the spring has come.
Scatter birdseed on the snow.
Feeding birds is fun!

CREATURES IN WINTER

Sung to: "London Bridge is Falling Down"
Big brown bear has gone to sleep,
Gone to sleep, gone to sleep,
Big brown bear has gone to sleep,
Now that winter's coming.

More verses:

Little robin flies away...
Little squirrels gathering nuts...
Little rabbit changes coats...

RHYME

MARCO THE POLAR BEAR

Marc the Polar Bear,
(make circle in front of body with arms)
White as the snow,
(extend out arms proudly)
Sat down on the ice
(sit down)
Near the cold water's flow.
(shiver)
"Lunch! I need lunch" he said;
(rub stomach)
"I'll make a wish."
(put hands together to make wish)
He stuck in his paw
(put right hand down)
And came up with a fish!
(hold up right hand and smile)

HIBERNATING ANIMAL GAME

Hibernating Animals

 badger	 bat	 bear	 beaver
 chipmunk	 groundhog	 hedgehog	 ladybug
 mouse	 porcupine	 prairie dog	 raccoon
 skunk	 snake	 squirrel	 turtle

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- Make up hibernation cards by printing or drawing out different animals that hibernate.
- Call out (or show the picture) of an animal that hibernates.
- Encourage the children to run and jump about like the animal.
- Move fairly quickly to other animals and then randomly shout out hibernate or sleep.

(Children are instructed to lay down and curl up like they are hibernating when they hear these words)

MAKING A HIBERNATION CAVE



- Everyone loves to make forts, but this time call it a "Hibernation Den".

Get creative and enjoy making it a cozy place for everyone.



10 Fascinating Facts about Hibernation
[click here](#)

Hibernation
The Dr. Binocs Show
Learn Videos for Kids
[click here](#)

Hibernation Activities for Kids
[click here](#)

25 of the Best Preschool Hibernation Activities
[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](#).

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.