

StrongStart D.O.

StrongStart Discover Online

Virtual Inspiration for Families at Home



Publication #8

FROM KATE, PAULA,
DANIELLE AND RITA

We live in the PACIFIC TEMPERATE RAINFOREST, where it rains often. In this publication we are offering ideas for embracing, celebrating and enjoying rain.

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This week's theme is:

RAIN

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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.

RECIPES

RAINY DAY CHICKEN SOUP

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Ingredients

- 3 boneless skinless chicken breasts
- 1 yellow onion
- 2 cloves of garlic
- 3-4 medium carrots
- 3 celery ribs
- 2 quarts of chicken stock
- dried thyme
- egg noodles
- kosher salt and fresh ground pepper
- 1 bay leaf



Instructions:

1. Chop all of your veggies and set aside. Encourage kids to help.
 2. In a medium-large soup pot submerge your raw chicken in the chicken stock and boil until cooked.
 3. Pull cooked chicken and set aside, add all of your chopped veggies and egg noodles to your pot. Add your bay leaf, thyme and salt and pepper. Cook for 4-5 minutes.
 4. Chop or shred your chicken (whatever you prefer) and add back into the pot for an additional 2 minutes.
- Serve with a crusty fresh baguette and enjoy!

WATER CYCLE BAG EXPERIMENT

Supplies

- A quart zip top bag
- Water
- Tape
- Permanent marker
- Optional- blue food coloring

Instructions

1. Draw land/water and a sun on your bag using a permanent marker.
 2. Make a clear water line.
 3. Fill the bag with water just to the water line, add blue food coloring if you wish. This gives the impression of water and helps kids see the process a bit better.
 4. Seal your bag well and tape off the top.
 5. Find a sunny window in the house to hang your bag in, be sure it is secure.
- When water absorbs and releases energy from the heat, it changes into the different states of matter.
 - When the bag has been in the sun for a while you will notice droplets beginning to form on the walls inside the bag.

WHAT HAPPENS IN THE WATER CYCLE?

The water is heated by the sun and turns into a gas (evaporation) when it hits the sides of the bag. When water cools it becomes solid water again (condensation).

As the water drops grow larger and heavier they begin to fall back down into the bag (rain). Then the cycle begins all over again.

One fact to point out to your children is that the droplets on the side of the bag are clear, not blue. When the water evaporates the blue food coloring is left behind.



PAINTING WITH THE RAIN

For this project you will need:

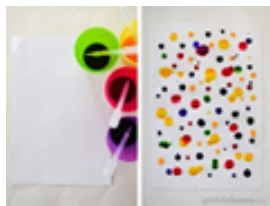
- Some fairly thick paper (paper that can cope with getting wet)
- A tray to put your paper in.
- A Rainy Day

OPTION 1

food coloring

This option may work best if you get the paper wet in the rain first, then apply drops of food coloring.

Kids love watching the colors mix with the rain.



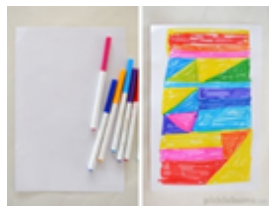
OPTION 2

washable felt pens

Kids draw a beautiful design on their paper.

It works best if most of the paper is colored.

Take the picture outside in the rain and watch how the rain softens the picture's colours.



OPTION 3

water color paints

Using water color to paint a creative picture. Use as many colors as you can.

Take it outside in the rain and see how the rain makes it even more amazing.



RAIN STICKS

Supplies:

- sturdy cardboard tubes (aluminum foil tubes, plastic wrap tubes or paper towel rolls are perfect)
- acrylic craft paint, colored paper or coloring pens or crayons
- wax paper
- aluminum foil
- rice
- tape

Instructions:

1. Decorate the tubes by painting or taping colored paper around them. Use your imagination.
2. Close the bottom of your rain stick. You can do this by using a piece of paper around the bottom or you can use wax paper. Cut a large circle and tape over the end.
3. To make the beautiful sound of falling rain crinkle and twist a piece of aluminum foil. You may use pipe cleaners as well.
4. Slide the tin foil twist into your tube.
5. Pour rice carefully into your tube by using a funnel or a rolled piece of paper.
6. Tape another piece of paper or wax paper over the end.

Now our rain stick is ready to play with. Listen to that beautiful sound of falling rain.



BOOKS

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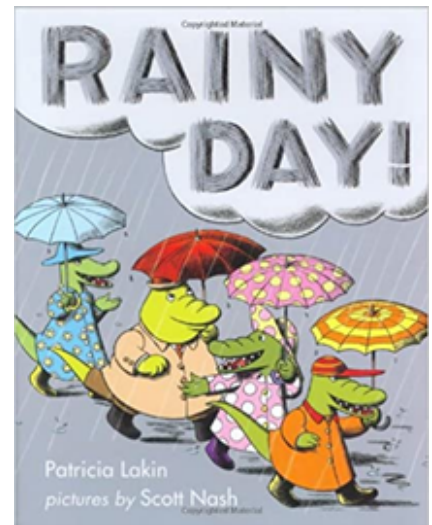
[HEAR STORY
CLICK HERE](#)



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- Boom, bang, boom, bang
- Rumpety, lumpety, bump!
- Zoom, zam, zoom, zam
- Clippety, clappety, clump!
- Rustles and bustles and swishes and zings
- What wonderful noises a thunderstorm brings!

RHYMES

- One puddle, two puddles made by the rain.
- Three puddles, four puddles, down in the lane.
- Five puddles, six puddles we can wade through.
- Seven puddles, eight puddles quite muddy, too!
- Nine puddles, ten puddles covering tiny roots.
- Eleven puddles, twelve puddles, we all need our boots!



- Rain on the rooftop,
(Make an upside-down "V" with hands)
- Rain on the trees
(wiggle fingers up and overhead)
- Rain on the green grass
(wiggle fingers down to floor and out wide)
- But NOT on me.
(arms over head to make an umbrella)

SONGS

FUN IN THE RAIN

(Sung to: "Deck the Halls")

- Do you hear the pitter patter? Hear the little raindrops falling down.
- Can you see the splashing water? All the little raindrops on the ground.
- Time to get our big umbrellas. We don't want to get our hair all wet.
- If you wear your boots and raincoat, We will go outside and splash a bit!



IT IS RAINING

(Sung to: "Frere Jacques")

- It is raining, It is raining,
- On my head, on my head.
- Pitter, patter raindrops,
- Pitter, patter raindrops,
- I'm all wet, I'm all wet.



INDOOR PUDDLE JUMPING

MATERIALS NEEDED:

- Blue paper
- Scissors
- Black marker
- Painter's tape
- Music



DIRECTIONS:

1. Cut the blue paper into puddle-like shapes. I made one puddle per sheet of paper.
2. Make tape loops and place one on the back of each puddle.
3. Stick your puddles to the ground in a circle.

Play some music and have kids jump from puddle to puddle until the music stops. When the music stops they should stop too.

Option 1: Write a letter on each puddle. When the music stops see if the children can tell you which letter they landed on and maybe what sound it makes.

Option 2: Each rain drop can have a different activity such as jump up and down, or do the twist, touch your toes or touch your nose etc.

Option 3: You may like to use the rain drops as musical chairs so that when the music stops you remove a rain drop to make it more difficult to move from rain drop to rain drop.

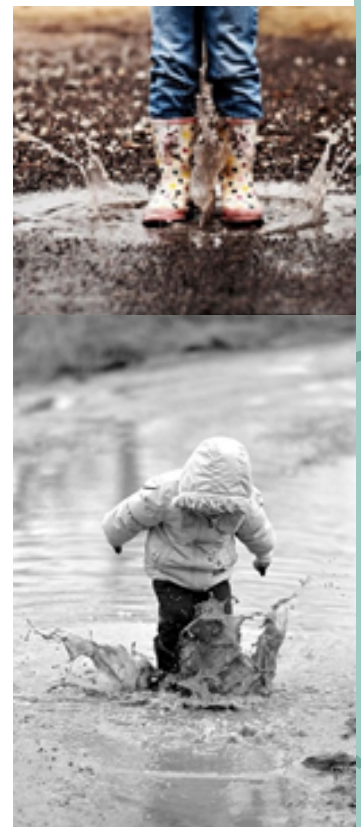
OUTDOOR PUDDLE JUMPING

Puddles are a perfect way to practice movement skills.

Puddles are meant to be splashed in. To do that, children need to jump!

Jumping develops balance, strength, and agility in little legs, and has the benefit of coming in many different styles: big jumps, little hops, run and jump, jumping stars (jacks), arms up or down, jumping with two feet and one-legged hops.

Puddles can also be kicked, stirred, and tapped, which are more great movement skills.



RESOURCES



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Cool Kid Facts- How is Rain Formed?

[click here](#)

Rain Activities for Preschoolers

[click here](#)

Question Machine: Why Does It Rain?/CBC Kids

[click here](#)

Rainy Day Activities:

20 Fun Things To Do When It Rains

[click here](#)

50 Ways to Play in the Rain

[click here](#)



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.**
- 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.