

StrongStart DO

StrongStart Discover Online
Virtual Inspiration for Families at Home



AUTUMN

Welcome to our second publication of the 2021/2022 school year. We have put together exciting idea that focus on Autumn.

We are getting quite technical in our Instagram posts and have ventured into providing links to more information through QR codes to weblinks. Instructions on how to use QR codes are on page 2.

Reminder: In order to offer both virtual inspiration and our outdoor program there are times when in-class programs will be closed. A calendar specific to StrongStart can be found on the SD47 StrongStart webpage: [CLICK HERE](#).

All classrooms will be closed on Tuesday November 2, 2021 so we can gather for some outdoor fun at Larry Gouthro Park. Join us from 9:30-11:30.

**From: Kate, Paula,
Danielle, Kristal and Rita**

NOVEMBER. 2021 | PUB. #2, 21/22

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THIS MONTH'S THEME IS: Exploring Autumn

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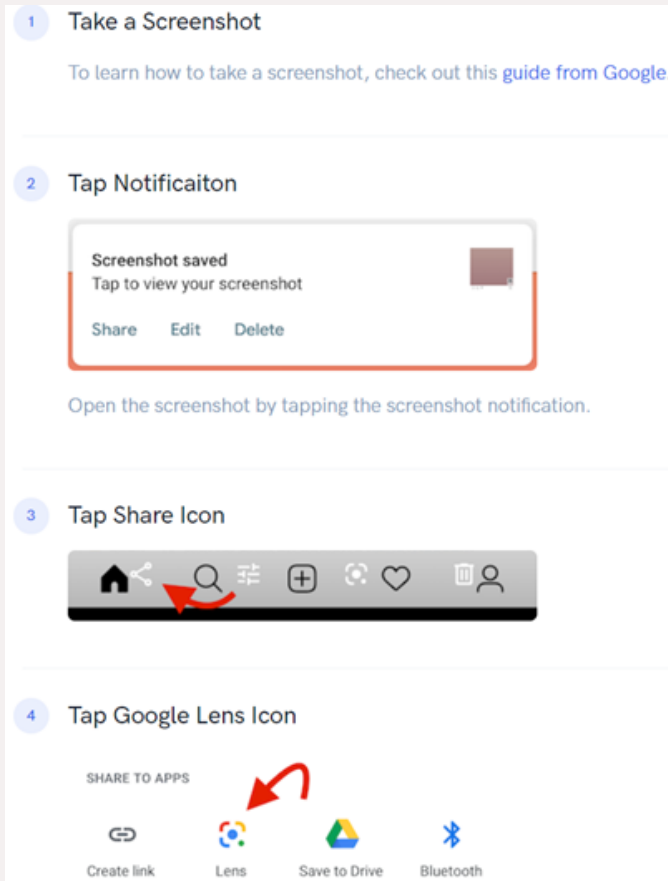
HOW TO SCAN AND ACCESS INFORMATION WHEN QR CODES ARE USED ON INSTAGRAM

Android

Newer versions of Android include Google Lens capabilities in the photos app.

However, the Google Lens app seems to be quicker and more accurate at recognizing QR codes in screenshots and images.

Once you've installed Google Lens, follow the steps below.

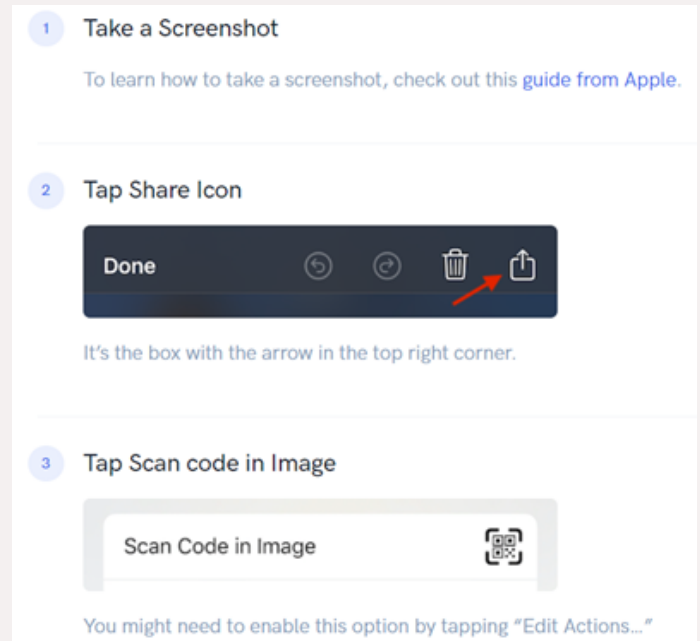


iOS

The latest version of iOS (iOS 13.3) won't let you scan a QR code in an image out of the box.

You will need to install an app the can read QR codes in images. Many apps can do this. QR Image Scanner is free, simple and doesn't have ads.

Once you've installed QR Image Scanner, follow the steps below.



REMINDERS:

- All adults attending StrongStart programs are required to wear a mask at all times (both indoor and outdoor).
- The Kelly Creek StrongStart classroom has been moved to the Kelly Creek Community Church (across the road from the school).
- StrongStart programs are designed and funded for children 0-5 years who are not enrolled in school. We are not able to provide programming for school age children including those who are homeschooled.



Last year we placed a "StrongStart Smile" around Powell River, and posted the location on Instagram. This year we will put a picture of the StrongStart smile in our publications, for families to find.

Find the SMILE in this publication

ROASTED PUMPKIN SEEDS

After you've carved your jack-o-lantern for Halloween, it's time to roast perfect pumpkin seeds! Here's the recipes for how you can make this crunchy snack.



- Remove the seeds from the pumpkin and separate them from the "guts".
- Wash the seeds under running water until they are clean of any pumpkin flesh.
- Boil for ten minutes with about 1 1/2 teaspoons of sea salt.
- After the boiling, strain them and towel dry them. They don't have to be completely dry, just not dripping water.
- Now, spread them in a single layer on a baking sheet add a yummy seasoning.

(The recipes below are for each ½ cup of pumpkin seeds) and baked them at 325° for about 15-20 minutes

SWEET AND SPICY PUMPKIN SEEDS:

- 1 teaspoon olive oil
- 1 tablespoon brown sugar
- 1/2 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 1/8 teaspoon black pepper

CINNAMON SUGAR PUMPKIN SEEDS:

- 1 teaspoon olive oil
- 1 tablespoon brown sugar
- 1/2 teaspoon cinnamon
- Pinch of salt

DILL PICKLE PUMPKIN SEEDS:

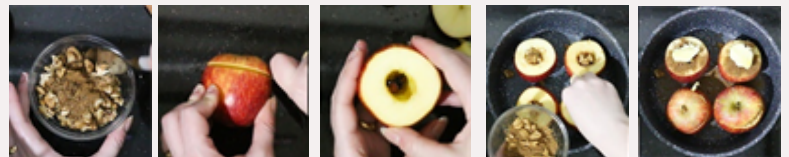
- 1 teaspoon olive oil
- 1 teaspoon white vinegar
- 1 teaspoon dill
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/8 teaspoon black pepper

RANCH PUMPKIN SEEDS:

- 1 teaspoon olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon parsley
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dill
- 1/8 teaspoon dry mustard
- 1/8 teaspoon celery seed
- 1/8 teaspoon paprika
- 1/8 teaspoon black pepper



STUFFED BAKED APPLES



Step 1

Wash 4 apples, cut off apple cap and keep aside. Remove the core.

Step 2

Crush or cut ½ cup walnuts roughly, add 1 Tbsp. cinnamon and 1 Tbsp. brown sugar to it.

Step 3

Place apples in oven proof dish. Stuff the apples with walnut mixture add approx. 1 Tbsp. of butter on each apple. Close apple with lid (the top of the apple) Pour ¾ cups of water in bottom of dish.

Bake at 350 for about 25-30 min. (the amount of time depends on the size of apple)

So Yummy- Enjoy!!

LET'S PAINT TOGETHER



The Autumn provides abundant inspiration for painting possibilities both indoors and out. When making seasonal art, we take a closer look at the process behind the product.

To start with paint, we experiment with:

- what does paint do?
- How does the paint feel?
- How does the brush feel? is it wet? Dry? Soft? Hard?
- Does the paint drip, puddle, splat?
- Is the paint thick, runny, acrylic, or watercolor?

We continue experimenting by asking why? how? and what?

Through these questions, we explore the process of painting together. Carlina Rinaldi an executive consultant for Reggio Children states “Dialogue is of absolute importance. It is an idea of dialogue not as an exchange but as a process of transformation where you lose absolutely the possibility of controlling the final result” (Rinaldi, 2005, p.2**). The product becomes unknown as the possibilities of what unfolds takes shape through the process of painting.

Child Aged 4

The Artist experiments with painting on both horizontal and vertical surfaces taking notice to the vertical surface that allows the paint to drip from their paper. Thoughtfully, the Artist experiments with the dripping by moving their paper to the flat surface. The Artist continues to paint on a flat surface, placing each shape carefully on paper, describing them as jewels.

Child Aged 2

Experimenting with red, the Artist moves their brush back and forth on the paper. Then, they move the brush to draw the circle. Taking time and focus to carefully brush each circle on the paper. The Artist asks for blue and yellow. Using clean water, the Artist notices that their brush can change the color of the water. Experimentation continues as they practice filling and pouring water to notice the difference, each dip of color makes in the water.



HEAR STORY

[CLICK HERE](#)



HEAR STORY

[CLICK HERE](#)



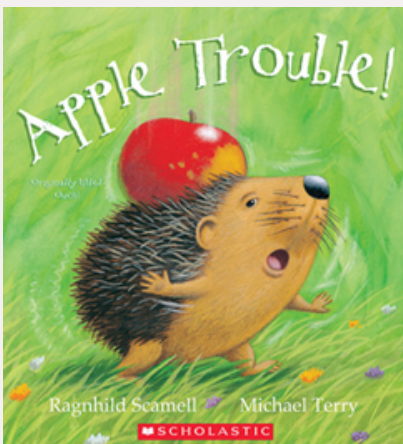
HEAR STORY

[CLICK HERE](#)



HEAR STORY

[CLICK HERE](#)



HEAR STORY

[CLICK HERE](#)

THE FLOPPY SCARECROW

The floppy, floppy scarecrow
Guards his fields all day.
He waves his floppy, floppy hands
To scare the crows away!

Repeat and replace Hands with
arms, toes, head, legs, etc...

I'M A NUT

I'm an acorn, small and round,
Lying on the cold, cold ground.
People pass and step on me,
That's why I'm all cracked, you
see.

I'm a nut, (clap, clap)
I'm a nut (clap, clap)
I'm a nut, (clap, clap)
I'm a nut. (clap, clap)

A SQUIRREL SONG

Tune: "She'll be Coming Round the Mountain"

I'll be gathering all the acorns till they're gone.
I'll be gathering all the acorns till they're gone.
I'll be gathering all the acorns, gathering all the acorns,
Gathering all the acorns till they're gone.
(Children make collecting motion with their hands)

And I'll put them all inside my little home.
I will put them all inside my little home.
I will put them all inside, put them all inside,
Put them all inside my little home.
(children pretend to place nuts in tree house)

And I'll eat the nuts until the winter's gone.
I will eat the nuts until the winter's gone.
I will eat the nuts until, eat the nuts until,
Eat the nuts until the winter's gone.
(children pretend to eat acorns)

Then I'll do it all again come next fall.
I will do it all again come next fall.
I will do it all again, do it all again,
Do it all again come next fall.
(children make gathering motion with hands and arms again)



APPLE SEED

Tune: "The Itsy Bitsy Spider"

Once a little apple seed
Was planted in the ground.
Down came the raindrops
Falling all around
Out came the bright sun
As bright as bright could be
and the little apple seed
Grew up to be an apple tree.

I'M A LITTLE SCARECROW

Tune: "I'm a Little Teapot"

I'm a little scarecrow stuffed with hay.
Here I stand in a field all day.
When I see the crows,
I like to shout
"Hey! You crows, you better get out!"



THE LEAVES

Tune: "The Wheels on the Bus"

BEFORE singing the song, I give each child 1 laminated red leaf and 1 laminated orange leaf. They both have long yarn stems. As we sing the first verse each child holds one leaf in each hand. As we sing the first verse, they raise the leaf whose color we are singing.

The leaves on the trees turn Orange and Red
Orange and Red, Orange and Red,
The leaves on the trees turn Orange and Red
All around the town.

We stand up for the next verse - still holding our leaves. We make our leaves tumble to the floor without letting go of the stem.

The leaves of the tree come tumbling down,
tumbling down, tumbling down,
The leaves of the tree come tumbling down,
All around the town.

For this verse we "swish" our leaves across the floor.

The leaves of the trees go "swish, swish, swish,"
"swish, swish, swish, swish, swish, swish,"
The leaves of the trees go "swish, swish, swish"
All around the town.

For this verse we "gently" drop our leaves into the middle of the circle and jump in place.

We'll rake them in a pile and jump right in!
Jump right in, Jump right in!
We'll rake them in a pile and jump right in!
All around the town

FIVE LITTLE PUMPKINS

Five little pumpkins sitting on a gate
The first one said, "Oh my it's getting late."
The second one said, "There are witches in the air!"
The third one said, "But we don't care!"
The fourth one said, "Let's run and run and run!"
The fifth one said, "I'm ready for some fun."
Oooooooooooooo went the wind and out went the light
And the five little pumpkins rolled out of sight.

SCARECROW

Tune: "Teddy Bear Teddy Bear Turn Around"

Scarecrow, Scarecrow, turn around.
Scarecrow, scarecrow, jump up and down
Scarecrow, scarecrow, arms up high
Scarecrow, Scarecrow, wink one eye
Scarecrow, scarecrow, bend your knee
Scarecrow, scarecrow, flap in the breeze
Scarecrow, scarecrow, climb into bed
Scarecrow, scarecrow, rest your head

FUN WITH LEAVES

LEAF PULL:

If your lawn is covered with leaves, this is a great activity for the whole family. Lay an old sheet or tarp out on the grass. Rake it high with leaves. Kids can then grab each of the four corners and pull the leaves around the yard. Try making a smaller version with beach towels for younger kids.



OBSTACLE COURSE:

Set up an obstacle course in the yard using leaves- for the kids to move in and out of.

MOVE PUMPKINS



Pumpkins are everywhere. Use pumpkins to learn how to move your body by having kids pick up and move pumpkins from place to place. Kids can pick their own pumpkin at a farm, carrying their pumpkin provide upper body strength, and addresses balance and coordination. Organizing and moving pumpkins can address sensory needs simply by picking up and carrying pumpkins. Place pumpkins in a line, move them in the yard, place them in bucket or pull them in a wagon. Decorate pumpkins with stickers or paints and then carry them to deliver to friends or neighbors.



LEAF BALANCING TRANSFER

Using silk leaves or real leaves, set up 2 baskets on either side of a washi tape "balance beam". The object is to get all the leaves from one basket to the other by balancing them on their head.



AUTUMN RESOURCES

Longer nights, wetter days, puddle jumping, bonfires, fog, wind, leaves changing colour, scarves and mittens and rubber boots: It is fall on the wet West Coast. Here are some resources to inspire you as you explore autumn.



20 AUTUMN activities

THE BEST AUTUMN ACTIVITIES FOR KIDS!

Here is a link to The Imagination Tree, which is a website that is full of ideas about autumn.

theimaginationtree.com

CBC Parents is a website that has some great resources, including autumn scavenger hunt ideas.

[CLICK HERE](#)



Is your family interested in:

- Why the leaves change colour?
- Why the sun sets earlier and rises later at this time of the year?
- How certain animals get ready for the colder weather?

Check out: **KIDS PLAY AND CREATE**

WHAT HAPPENS IN FALL? FALL FACTS FOR KIDS - FUN AND CREATIVE ACTIVITIES FOR KIDS



What is Fall? Autumn is another word used for Fall. Fall or Autumn is one of the four seasons. The four seasons are Winter, Spring, Summer, and Fall. Fall is the season between Summer and Winter. The first day of Autumn is at the end of September. The unofficial end of the summer season and the beginning of the Fall season is when the children go back to school.

kidsplayandcreate.com

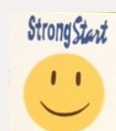
LET'S PLAY TOGETHER



The change of seasons raises different questions about water. Questions about water conservation seem to come up in the children's play. Communication around water has involved:

- "Look at the water"
- "Listen to the water"
- "We need more water!"
- "They used all the water"
- "Don't use too much water"
- "The water is disappearing"
- "How do we keep the water from drying up?"
- "How do we collect the water?"

The Ministry of Education (2019) **Let's Play Activities for Families** suggests to "Encourage your child to lead the play, based on their interests and/or their questions" (p.1). Together, we explore opportunities to build on the children's dialogue through asking open ended questions such as how, what, where, when, why; and allowing time for each person to respond. "Play offers opportunities for extended conversations that can be used to intentionally introduce complex vocabulary and ideas" (**Play Today** - British Columbia, 2019, p.22). These observations and questions that follow the children's play with water, ask us to think and reflect on our play and talk about how do we conserve water collectively?





What is so great about the GREAT OUTDOORS?

NATURE COMPANION

...an introductory nature guide to the plants and animals of Western Canada.



Nature Companion is a free website and app that provides easily understood information about the flora and fauna of Western Canadian provinces. You can refine your search to BC only and click on photo images to give you more information about different plants and animals. This is a great resource for young children as it is visual and interactive.

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."

If you have never raked a pile of leaves to jump into, this is the time of year for it! The high winds that we have experienced over the past weeks have brought a lot of the leaves down. The Bigleaf Maple (*Acer macrophyllum*) are still covered in many beautiful yellow leaves, and you can see some beautiful examples of these native trees if you are driving to the complex, or along the Wildwood hill.

Challenge your knowledge of nature! The next time that you are exploring the great outdoors, look for BIGLEAF MAPLE.

There are several varieties of maple tree that are native to BC. They include Douglas Maple (*Acer glabrum* var *douglasii*) and the Bigleaf Maple (*Acer macrophyllum*), which we see all over Powell River.

For more information about BC's native Maple trees go to:

[CLICK HERE](#) or [CLICK HERE](#)

