



**CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN**

Virtual Fête du soleil

Les Ninjas/Ninjas

Do-It-Yourself Activity Guide

Vocabulaire/Vocabulary

1. Une étoile à lancer – A throwing star
2. L'équilibre - Balance
3. Les baguettes – Chopsticks
4. Un coup de Karaté – Karate chop
5. Botter – Kick
6. Furtif - Sneaky
7. Un Nunchuk – A Nunchuk
8. Un masque ninja – A ninja mask
9. Le sushi - Sushi
10. Les tortues ninjas – Ninja turtles

Bricolage/Craft

Un nunchuk/Nunchuk

Materials: 2 toilet paper rolls, black paint, washi tape or craft paper, hole punch, black yarn



Instructions:

1. Paint the toilet paper rolls black and set aside to dry
2. Decorate the top of each toilet paper roll with wash tape or gluing craft paper (could also use markers or red construction paper)
3. Punch two holes across from each other on the toilet paper rolls. Thread yarn through the holes and tie the toilet paper rolls together. All done! Ready for play!

Ninja balle anti-stress/Ninja stress ball

Materials: balloons (white or yellow for the face and another color for the ninja mask), scissors, sandwich baggies, flour or play dough, pen or sharpie

Instructions:.

1. Fill a sandwich baggie with $\frac{3}{4}$ cup of flour
2. Fold over the baggie and squeeze out all the air. Cut the blowing end off of a white or yellow balloon so that you are left with a round balloon with a hole
3. Stuff the baggie filled with flour into the balloon
4. Cut off the blowing end of another balloon. Cut an opening for the ninja face. Then, stretch this balloon over the white balloon with the opening facing the opposite way (so that the flour baggie can't come out). Add a ninja face with a ballpoint pen. Sharpie works too but will rub off later.
5. Squish and Squeeze!

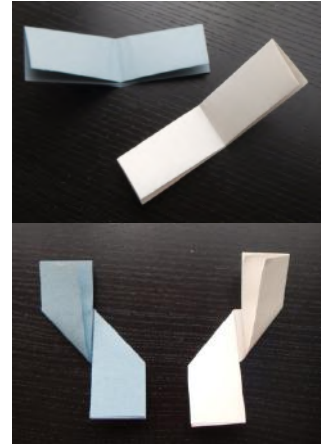


Les étoiles à lancer/Throwing Stars

Materials: two pieces of different colored paper, scissors

Instructions:

1. Make both sheets of paper into a square by folding them into triangles, cut out excess paper.
2. Fold the top of the paper down on both sections. Then do it again.
3. Fold both of the in half horizontally and unfold.
4. For the left piece, fold the left side up, aligning it with the fold you just made. For the right piece, fold the left side down. Refer to the photo.
5. Flip them both over.
6. Fold the corners in to make a "Z" shape.
7. Orient to papers so one lies across the other, refer to the photo.
8. Tuck in the uppermost flap into the one on the right.
9. Tuck the bottom flap into the left one.
10. Flip over.
11. Tuck in the right flap into the space between the upper and lower flaps.
12. Then do the same with the left flap. Your ninja star is complete!



Cuisine/Cooking



Le sushi bonbon/Candy sushi

Ingredients:

- 4 tbsp butter or margarin
- 6 cups mini marshmallows
- 6 cups rice krispies
- Fruit roll ups
- Swedish fish
- Gummy worms
- Other gummy candy

Instructions:

1. Spray a cookie sheet with Pam or other cooking spray
2. Place the butter/margarine and marshmallows in a large microwaveable bowl. Cook in the microwave for 2 min. Stir them and cook for another minute.
3. Use a wooden spoon to stir the rice krispies until evenly coated



4. Press the rice krispie treats evenly on the greased cookie sheet

California Rolls: Lay fruit roll up on the rice krispie treat sheet and cut it to size (shown in photo). Flip it over and lay gummy worms on one end. Roll the California roll up and cut it into sushi rolls.

Nigiri Sushi: Cut 1x2 in rectangles out of the rice krispie treat sheet. Place a Swedish fish or gummy shark on top. Wrap around a strip of fruit roll up or other thin candy.

Les petits-gâteaux Ninja/Ninja cupcakes

Ingredients: Cupcake mix, Oreos, cream cheese frosting, black/brown sprinkles, piping bag (optional)

Instructions:

1. Prepare the cupcake mix as directed on the package
2. Line a muffin tin with cupcake liners. Full each cupcake 2/3 full.
3. Cook as directed on package until the cupcakes meet the toothpick test. Remove from tins and cook completely.



4. Transfer frosting to a piping bag and pipe onto cupcakes
5. Split Oreos in half and remove section as shown in photo. Add black/brown sprinkles as eyes and enjoy!

Science/Science

La boue des tortues ninjas/Ninja turtle slime

Materials: Water, Borax, clear glue, green and yellow food coloring

Instructions:

1. Mix $\frac{1}{2}$ tsp of borax and $\frac{1}{2}$ cup of water of water in one bowl until the borax has fully dissolved
2. Mix the entire bottle of glue with $\frac{1}{2}$ cup of water in a separate bowl.
3. In the glue and water bowl, place 2 drops of the green coloring and 5 drops of the yellow
4. Mix it all together
5. Add the bowl of the borax and water mixture to the greenish mixture and stir it all together until it forms your ooze



Fusil ninja/Ninja rocket



Materials: String, green balloon, drawn out ninja face, straw, tape

Instructions:

1. First, draw or print out your ninja face
 2. Then, blow up your green balloon and tape on the face
 3. Set up a string line on a downwards slant with a straw pulled through the string.
 4. Blow up the balloon and tape it onto the string on one side of the string contraption.
- Don't let go of the balloon until its taped!
5. Let go of the balloon and watch your ninja rocket take off

Jeux/Games

Les étoiles en explosion/Exploding ninja stars



Materials: colorful popsicle sticks

Instructions:

Practice making various ninja stars out of popsicle sticks. Throw them at hard surfaces to watch them explode!

Ne laisse pas tomber/Don't let it fall

Materials: Ninja sword, balloons, ninja costume (optional)

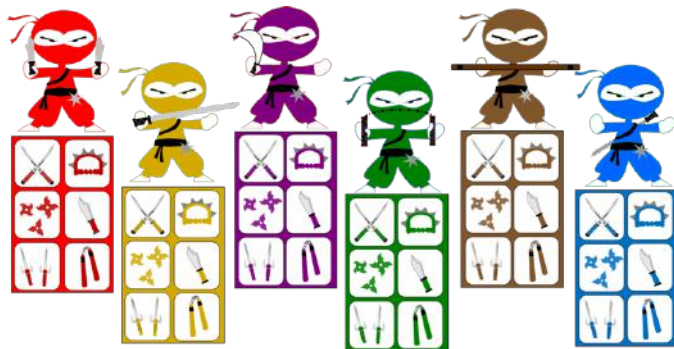
Instructions:

Blow up balloons and try to keep them up for as long as possible by using a ninja sword. This can be turned into a competition or played just for fun.



Une chasse au trésor/Scavenger hunt

Materials: Print out ninja card template



Instructions:

In this game, 6 players or 6 teams are given a ninja color. The ninjas colored weapons are cut out and hidden around the area. They must search for the six ninja weapons that match that color. First team or player to find all 6 weapons wins.

Les étoiles à lancer/Ninja star toss

Materials: board with bullseye, ninja stars

Instructions:

Set up a dart board of your choosing using paper and markers. Have each kid made their own ninja star (instructions in the craft section). Host a friendly competition see who can hit the bullseye!



Course des baguettes/Chopsticks race

Materials: chopsticks, popcorn, candies

Instructions:

Pop a big bowl of popcorn. Each player is given a small bowl of popcorn with candies hidden inside. Set the timer for two minutes. The players must pick out the candies using the chopsticks. Player with the most candies wins!

Ninja Aveugle/Blind Ninja

Materials: blindfold

Instructions:

One child is chosen to start and is blindfolded while the others hide around the playing area. The blindfolded player must find the hidden players without the benefit of sight. They can call for the other players to say “ninja, ninja, ninja” three times. When a player is touched, they are out. For a shorter game, the player touched becomes the new person blindfolded.

Exercise/Exercise



Play the American Ninja Warrior Theme Song. If you finish all 6 exercises before the music ends you are the next American Ninja Warrior.

#1



Jog In Place to 50

#2



Do 10 Candlestick Rolls

#3



Do 10 Push-Ups

#4



Do 20 Swimmer Strokes

#5



Stretch Each Leg for 15 Count - Repeat Again

#6



Do 25 Crunches