



CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN

Virtual Fête du soleil

Journée à l'envers/Backwards Day

Do-It-Yourself Activity Guide

Vocabulaire/Vocabulary

1. À l'envers - Backwards
2. Retourner - Return
3. Dans le sens antihoraire - Counter clockwise
4. Inverser - Inverse
5. Marcher en arrière - Walking backwards
6. Une chemise à l'envers - Wearing a shirt backwards
7. Main non-dominante - Non dominant hand
8. Nocturne - Nocturnal
9. Dos à dos - Back to back
10. Un chapeau à l'envers - Wearing a hat backwards

Bricolage/Craft

Arc-en-ciel en arrière/Backwards Rainbow

Materials: paint, cardstock, markers, glue

Instructions:

Cut out a rainbow shape out of paper and save for later. Then, paint or colour a white piece of cardstock rainbow and glue the rainbow on top. With non-dominant hand only.



Décoration de bâtons artisanaux haïda/Decorating Haida Craft Sticks

Materials: popsicles sticks or craft sticks, glue, tape, markers

Instructions:

Decorate as many sticks as you will need to spell out your name. Arrange the sticks so that they spell out your name. Then spell your name backwards to see how cool your new name is.

Cuisine/Cooking

Salade de biscuits/Cookie Salad



Ingredients: 1 cup buttermilk, 1 package instant vanilla pudding, 1 container Cool Whip (thawed), 1 can crushed pineapple (drained), 1 can mandarin oranges (drained), 1 package Fudge Stripes cookies (crumbled and divided)

Instructions:

1. Whisk together the buttermilk and pudding mix in a large bowl.
2. Fold in the Cool Whip.
3. Stir in the pineapple, oranges, and 1/2 of the crumbled cookies.

4. Transfer to a pretty bowl and top with the remaining cookies just before serving.

Science/Science

Unpoppable Bubble

Materials: 2 cups water, $\frac{1}{4}$ dish soap, 2 tbsp of glycerin, a few pipettes, cotton gloves

Instructions:

Cut a pipette on the bigger end to act as your bubble wand. Fill your bowl with water, and dish soap. Stir very gently as you don't want to cause foam. Next, add glycerin. Glycerin is available at craft stores or online. Stir it all together slowly again. Dip the large end of the pipette into the solution. Slowly blow out a bubble.



Grow a Gummy Bear



Materials: gummy bears, glass or clear plastic jar, water, stopwatch, paper, pencil, ruler, spoon

Instructions:

Select one or two gummy bears to act your control. Measure them with a ruler and record how big they are. Place one or two other gummy bears in a glass of water. You might like to set a stopwatch to intervals of time and note down the appearance of the gummy bears after 1, 5, ten, twenty, forty and sixty minutes. Then after two and four hours. You can carefully, using a spoon, take the gummy bears out of the water at each time interval. Measure them with a ruler and record their size on your paper, and then carefully place them back in the water.

Jeux/Games

Charades à l'envers/Backwards Charades

Equipment: Backwards Charades cards, tape

Instructions:

On each guests' back tape a piece of paper with some kind of action or activity written on it. All the guests sit on the floor and one is chosen to stand up and show everyone what is written on his/her back. Different from regular charades, the whole group needs to act out, and the standing guest needs to guess. (Examples for actions that can be written: typing on a laptop computer, going through a car wash, sleep walking, eating spaghetti, peeling a banana, riding a roller coaster, etc.).

Deviner les animaux à l'envers/Guess the Animals Backwards

Equipment: Animal Cards

Instructions:

Put pictures of animals or write down names of animals and tape them on kids' backs. Then the kids have to ask the other players only 'yes' or 'no' questions to figure out which animal they have on their backs. Here's the twist: yes=no and no=yes.

Limbo à l'envers/Backwards Limbo

Equipment: something to use as a stick such as a broom handle

Instructions:

Get two people to hold a long stick or pole (starting very low). Then turn on music and have everyone jump over the pole (instead of going under). Once everyone has had a go, have the two people lift the stick a little bit more and all the guests have another go. If someone isn't able to jump over - he/she is out. The last person to jump over the highest stick wins.

Marche en arrière/Walk Backwards

Instructions:

Setup a starting and finishing line. Give each kid a numerical number. Have the kids run backwards and in backwards numerical order. You can time each kid and after all are finished, reward the one who took the longest time to finish!! Do not announce that this is how you are going to reward or they won't try to finish first.

Feu rouge, feu vert/Red light, green light

Instructions:

Someone calls out red light or green light However, since it is backwards day red light means go, green light means stop.

Exercice/Exercise

La danse à l'envers/Backwards Freeze Dance

Equipment: music

Instructions:

In this game you freeze when the music starts! Have someone start and stop the music, when the music is playing all the kids need to freeze in their place... then when the music stops they need to dance and go wild! If a person dances when there is music and/or stops when there isn't music - that person is out. The game continues until there is one person left who wins the game.