



CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN

Virtual Fête du soleil

Journée de mystère/Mystery Day

Do-It-Yourself Activity Guide

Vocabulaire/Vocabulary

1. Point d'interrogation - Question mark
2. Un bandeau - A blindfold
3. Les hauteurs - Height
4. La Peur - Fear
5. Une secrète - A secret
6. Un insecte - An insect
7. Une araignée - A spider
8. Un serpent - A snake
9. Le Noir - The dark
10. Les Montres - Monsters
11. Un fantôme - A ghost

Bricolage/Craft

Les toiles araignées/Spider Webs

Materials: popsicle sticks, glue or hot glue, black and orange paint, black or white or orange yarn, scissors, spider stickers (optional)

Instructions:

1. Glue three popsicle sticks together. I used a hot glue gun to eliminate the wait time for drying.
2. Paint your popsicle sticks with tempera paint.
3. Once the paint has dried, cut off a long piece of yarn and tie one end to one popsicle stick. Wrap your yarn around each popsicle stick.
4. Once you are done wrapping the yarn, tie the end to a popsicle stick. Leave a tail of yarn for hanging your spider web.
5. Add a spider to your web if you'd like.



Les fantômes/Ghosts



Materials: cotton balls, cardstock, black construction paper or black felt, black yarn or black string, tape, pencil, scissors, glue

Instructions:

1. With a pencil, draw a ghost shape on the white cardstock. Cut it out with scissors.
2. Using a light-colored crayon, draw 2 eyes and a mouth on the black felt. Cut out the shapes with scissors.
3. Cut a 12-inch pieces of black yarn.
4. Using a glue stick, apply glue to the entire ghost. Place cotton balls on top of the glue,

covering the ghost shape entirely.

5. Peel the adhesive off of the back of the eyes and mouth (or apply the glue stick to the back of the eyes and mouth if you do not have adhesive felt) and place on top of the cotton-filled ghost.

6. Use scotch tape to attach the yarn in the back of the ghost for hanging.

7. Hang your ghost and enjoy!

Cuisine/Cooking

Les bananes gelés/Frozen Boo Anas

Ingredients: 1 medium banana, 1 cup white chocolate, 8 mini chocolate chips, 4 popsicle sticks

Instructions:

1. Cut banana in half lengthwise, then in half to make four quarters. Insert popsicle sticks into bananas, and freeze bananas on a wax paper lined cookie sheet.

2. When the bananas are frozen, fill a coffee mug with chocolate. Melt chocolate in the microwave 30 seconds at a time, stirring until the chocolate is melted and soft.

3. Dip the bananas one at a time into the chocolate, scraping off the excess chocolate from the back of the banana, and place it on a cookie sheet lined with wax paper.

4. Quickly add the chocolate chips for the eyes before the chocolate hardens (you have to work quickly here).

5. Return to the freezer until frozen and ready to eat. Eat frozen.



Les monies/Hot Dog Mummies

Ingredients: 1 9.4 oz container mini pizza crust or other pizza dough crust, 1 package hot dogs, egg white whipped with a fork, mustard

Instructions:



1. Preheat the oven to 350°F. Spray a cookie sheet with cooking spray.
2. Roll out pizza dough with a rolling pin into a thin layer. Cut into strips. (I used mini pizza crusts so I just rolled out each circle of crust and cut into strips).
3. Roll strips around the hot dogs, leaving about an inch for the mummy face.
4. Spread egg white over dough and place on prepared baking sheet.
5. Bake for 14-16 minutes. Cool for a few minutes and dot mustard eyes using a toothpick.

Science/Science

La boue/Slime

Materials: ½ tbsp baking soda, 1 tbsp contact solution, 4 fl oz white school glue, food colouring

Instructions:

1. Find a bowl, cup, or plate to mix your slime in.
2. Pour out the entire contents of a 4oz of Elmer's school glue into the bowl.
3. Add ½ tbsp of baking soda and mix.
4. After mixing, add your choice of food coloring.
5. Mix and/or add more food coloring until you get the color you want.
6. Add 1 tbsp of contact solution.
7. Mix until slime forms and it begins to get harder to mix.
8. Take the slime out and begin kneading with both of your hands.



9. If needed, add $\frac{1}{4}$ tbsp contact solution to make the slime less sticky.

Un oeuf en caoutchouc/A Rubber Egg



Materials: one egg, vinegar

Instructions:

1. Put your egg into a tall drinking glass.
2. Pour vinegar into the glass until the egg is covered.
3. Put the glass aside so no one drinks and/or spills it. It will smell a bit. Vinegar has a strong odor.
4. Let the egg soak overnight. Make some observations! You should notice a lot of foam and bubbles. When it seems to have slowed, move on to the next step.
5. Rinse the vinegar and foam out with water and then cover the egg again with vinegar.
6. Wait for 6 days. That's a long time but do it; you don't want a half-pickled egg in your hands.
7. At the end of this time, rinse off the egg and pick it up.
8. You should notice it feels slightly different than when you started... most noticeably it is missing the shell and has a weird rubbery feel to it. Shake it. Gently squeeze it.
9. Test out your new creation in the sink by dropping it from a few inches and then some more.

Jeux/Games

Minesweeper

Equipment: blindfold, obstacles

Instructions:

Blindfold one player and the remaining players have to verbally guide the blindfolded player through the obstacle course or “minefield”.

2 vérités, 1 mensonge/2 Truths, 1 Lie

Instructions:

Each person tells two truths and 1 lie about themselves. The other players have to guess the lie.

Le tag aveugle/Blindfold Tag

Equipment: blindfold

Instructions:

One player wears the blindfold and they must tag the other players who are in the area of play. The player with the blindfold can ask the players they are trying to catch to clap up to three times. Once a player is tagged, they are out of the game.

Exercice/Exercise

Exercices du hasard/Exercises by chance

Equipment: dice

Instructions:

Roll the dice and for each number rolled, do the following exercise.

1. 25 crunches
2. 20 high knees
3. 15 mountain climbers
4. 10 burpees
5. 5 push-ups
6. Wall sit for as long as you can