



**CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN**

Virtual Fête du soleil

La Grèce ancienne/Ancient Greece

Do-It-Yourself Activity Guide

Vocabulaire/Vocabulary

1. La toge - A toga
2. La couronne de laurier - A olive wreath
3. Le Parthénon - The Parthenon
4. Les jeux olympiques - The Olympic Games
5. Ancien - Ancient
6. La mythologie grecque - Greek Mythology
7. Les dieux - The Gods
8. La yaourt grecque - Greek yogurt
9. La Méditerranée - The Mediterranean
10. Une Statue - A statue

Bricolage/Craft

Une couronne de laurier/An Olive Wreath Crown



Materials: paper plate, green paper, scissors, glue stick

Instructions:

1. Cut two pieces of green paper in half and fold the four pieces created in half.
2. Draw leaves on the green paper making sure that part of the leaf is drawn on the fold. Cut out the leaves
3. Fold the paper plate in half out the middle with about 1 inch remaining around the plate.
4. Glue the leaves on the paper plate.

Une catapulte ancienne/An Ancient Catapult



Materials: popsicle sticks, elastic bands, a plastic spoon, cotton balls or marshmallows

Instructions:

1. Stack seven popsicle sticks together and attach with one elastic band on each end.
2. Stack two popsicle sticks together and attach with one elastic band on one end.
3. Separate the two popsicle stick and stick the stack of seven popsicle sticks between the two.
4. Using two elastic bands, attach the plastic spoon to the top popsicle stick.
5. Put a cotton ball or marshmallow into the spoon. You are ready to launch.

Cuisine/Cooking

Parthénon en biscuit/Cookie Parthenon

Ingredients: icing, marshmallows, graham crackers, candies

Instructions:

Make a Parthenon using graham crackers for the base and the roof. Stack marshmallows together to create columns to support the roof. Attach cookies and marshmallows together with icing. Decorate with candies.



Loukoumades grec/Greek Loukoumades



Ingredients: 1 cup lukewarm water, 1 packet dry yeast, 2 cups all-purpose flour, 1 tbsp white sugar, $\frac{1}{4}$ tsp salt, $\frac{1}{2}$ cup lukewarm milk, olive oil for frying, icing sugar

Instructions:

1. Combine lukewarm water and yeast and stir until yeast is well combined in the water. Let sit for 2-3 minutes.
2. Combine flour, sugar, and salt and mix together.
3. Add the milk and mix together again.
4. Once the yeast has been activated. Add about half of it and stir and then the second half and stir until you get a runny pancake batter consistency.
5. Cover with a clean towel and put in a warm place to rise for about an hour.
6. When it has doubled in size, heat up about 2-3 inches of olive oil.
7. When the oil is hot, drop about 6 spoonfuls of dough at a time.
8. Flip them over when golden brown.
9. Transfer to paper towels to soak up the excess oil.

10. When the donuts are all made, pour 3-4 ladles of honey syrup (recipe below) over the donuts. Then, sprinkle with cinnamon and icing sugar (optional)

11. Serve immediately.

Honey Syrup

Ingredients: 1 cup honey, 2 cups water, 1 cup sugar, cinnamon

Instructions:

1. Combine honey, sugar, and water in a microwave safe container. Heat for 3 minutes on high.
2. Stir, and then heat for an 3-5 minutes until it has come to a rolling boil.
3. Remove from microwave and stir one last time.
4. Let cool for a few minutes before putting it in the fridge to cool for an hour or so

Science/Science

Analyser l'architecture grec/Analyzing Greek Architecture

Materials: paper cups, a few metal cookie/baking sheets

Instructions:

1. Create a structure that resembles ancient Greek architecture using paper cups and cookie/baking sheets. Use the paper cups to create the pillars and the cookie/baking sheets to create level or the roof.
2. Put some heavy objects (books) to see if your structure that can hold the weight.

La flame olympique/The Olympic Flame

Materials: Ice ball/cube, Fire-proof bowl, rubbing alcohol, lighter

Instructions:

1. Place the ice ball/cube in the fire-proof bowl.
2. Pour less than 1 tsp of rubbing alcohol on the ice ball/cube.

3. Light the ice ball/ice cube with a lighter.

Jeux/Games

S'échapper du Minotaure/Escape the Minotaur

Instructions:

Almost the same idea as 'Octopus', only in the game the person says 'Minotaur'. When the other participants are caught, they must sit on the ground without moving until the last person is caught and the game restarts. The last person caught is the 'winning warrior'.

Éviter la Méduse/Avoid Medusa

Instructions:

Same concept as the game 'Janitor'. The game is played in a dark room. One person has a flashlight and this person is the 'Medusa'. The other players have to stay as still as possible when the 'Medusa' shines their light on them. When the 'Medusa' doesn't have their light on the person, they can move around. However, if the 'Medusa' sees someone move, they are out of the game.

Exercice/Exercise

Le disque/Discus

Equipment: frisbees

Instructions:

The person that throws the frisbee the furthest wins

Variations:

Throw with the opposite hand, while standing on one foot, while sitting down, while on your knees, with your eyes closed, etc.

Play a game of 'Catch the Frisbee'. Throw the frisbee between players (or have the players make teams), if the frisbee drops to the ground, that team is eliminated.