



CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN

Virtual Fête du soleil

Sous la mer/Under the sea

Do-It-Yourself Activity Guide

Vocabulaire/Vocabulary

1. Une étoile de mer - A starfish
2. Un homard - A lobster
3. Un requin - A shark
4. Une vague - A wave
5. L'algue - Seaweed
6. Un dauphin - A dolphin
7. Un sous-marin - A submarine
8. Une baleine - A whale
9. Une sirène - A mermaid
10. Un poisson - A fish

Bricolage/Craft

Sous-marin à bascule en tôle de papier/Rocking paper plate submarine

Materials: paper plate, scissors, markers, yellow paint, blue tissue paper, white and coloured paper, glue

Instructions:

1. Begin by folding your plate in half (creates the basic shape of the submarine).
2. Now take a pencil and add the outlines of the submarine cabin and propeller to your paper plate.
3. Colour the submarine yellow.
4. Rip up tissue paper and glue on.
5. Draw some circles that resemble windows.
6. Glue on to your boat.
7. Draw some fish and stick on.
8. Cut out the rocking paper plate submarine craft's cabin.



Les crabs des main/Handprint Crabs



Materials: red and white card stock, large googly eyes, black marker, scissors, pencil, glue stick.

Steps:

1. Trace hand on the red card stock two times and cut out each handprint.
2. Cut out two 2 inch circles with scissors.
3. Cut out a small triangle shape from the circle to

create the crab claws.

4. Begin to assemble the crab by positioning the two handprints with thumbs pointed up and fingers pointed outward. Slightly overlap the palms and glue in place.
5. Using the white card stock, draw a crescent shape for the crab's smile.
6. Use the black marker to draw a smile line across the white crescent. Cut out the smile and set aside for later.
7. Glue the crab's smile in the center of the two handprints.
8. Secure the two crab claws on by gluing them to the pointer finger of each hand.
9. Glue the googly eyes onto both of the thumbs.

Cuisine/Cooking

Sous la mer biscuits graham/Under the Sea Graham Crackers

Ingredients: Graham crackers, gold fish crackers, sprinkles, blue food colouring and icing

Instructions:

1. Take one graham cracker and using a spreader or butter knife, spread blue frosting on almost all of the cracker, but leave the very top of the graham cracker frosting free.

2. Place the bottom of the frosted graham cracker into the bowl with graham cracker crumbs, covering



just the bottom of the cracker with crumbs or 'sand'. You can sprinkle extra crumbs on if needed.

3. Add two goldfish crackers. Then give each goldfish 2 air bubbles, using the white ball sprinkles.

4. Optional decorations include seaweed and a crab. To make the seaweed use several long green sprinkles and arrange them to look like seaweed. To make the crab, use one red round sprinkle and several long red sprinkles as legs and arrange them to look like a crab.

Biscuits à la sirène/Mermaid Clam Cookies

Ingredients: Vanilla wafers, Marshmallow fluff or icing, sprinkle balls (resemble pearls), any food colouring



Instructions:

1. Divide frosting equally into 4 bowls. Add 1-2 drops of food coloring and mix well.
2. Spread about 1 Tablespoon of frosting on each vanilla wafer. (You can also pipe on if you prefer.)
3. Add one "pearl" towards the front of the frosting and top with a plain vanilla wafer.

Science/Science

Boue océanique/Ocean Slime

Materials: clear glue, borax, glitter, blue food coloring and plastic animals (optional)

Instructions:

1. Mix one teaspoon of borax powder with 1/2 a cup of water.



2. Mix 5 ounces of glue, the food coloring, the glitter, and 1/2 a cup of water to a second container.
3. Add the borax water to the glue mixture and stir until completely mixed.
4. Stretch and mix the slime until it stretches. Add in animals (optional).

Océan en bouteille/Ocean in a bottle

Materials: Water, cooking oil, blue food colouring, large clear plastic bottle, glitter (optional)

Instructions:

1. Fill approximately 1/3 of your bottle with water. Add several drops of food colouring. Shake the bottle to disperse the food colouring.
2. Now top up the bottle with oil. Tip the bottle upside down and watch your ocean come to life.

Jeux/Games

Requin terrestre/Land Shark

Materials: Gummy candy shark

Instructions:

Place a gummi shark on your forehead. You will have 60 seconds to wriggle your face muscles and help the shark to walk from your forehead to your mouth. Complete this challenge in 60 seconds or less.

Méduse/Jellyfish

Materials: two bowl per player, eight cotton balls per player, petroleum jelly

Instructions:

Jellyfish have neither hands nor fingers, so you will have to do this challenge without either. Spread some jelly on your nose, then transport the eight

cotton balls from bowl to bowl without using your hands, just your jelly covered nose. If you complete this task in 60 seconds or less, you will win!

Exercise/Exercise

Capitaine de navire/Ship Captain

Instructions:

One player is chosen as the captain. S/he calls out orders to the rest of the players who are the crew. If a player does not follow an order correctly, s/he is out. (This decision is made by the captain who is always right.)

Orders:

To the ship: run to the captain's right.

To the island: run to the captain's left.

Hit the deck: lay down on your stomach (or if players don't want to get dirty, they can crouch down).

Attention on deck: salute and yell, "Aye, aye captain!" -- players may not move now until the captain gives the order of, "At ease!" (ie even if the captain gives a different order such as "to the ship" the crew must continue to remain at attention until told "at ease").

Three men in a boat: the crew must form groups of three and sing "Row, row, row your boat." Anybody who is not in a group of three is out.

The love boat: crew members grab a partner and dance. Anybody without a partner is out.

Clear the deck: everyone must have their feet up off the floor.

Scrub the deck: everyone on their knees scrubbing.

Captain's Quarters: everyone ran towards the captain.

Man-over-board: Players must find a partner as quickly as possible. One partner must lay on their stomach while the other places their foot on their partner's back. Children without a partner or pairs that are too slow are eliminated.

A Periscope: Every player falls on their back and sticks one leg in the air. The last ones are eliminated.

SHARK!!!!: Everyone must run to a designated base (multiple bases can be used). The last player to the base is eliminated.

Crow's nest: All players must find a partner. The lightest player rides on their partner's back. Those without partners or who assemble the crow's nest too slowly are eliminated.

Three maids in a row: Children form groups of three and sit in a vertical row. The players who are the odd-man-out are eliminated.

Sick turtle: Everyone falls onto their backs and waves hands and feet in the air.

Bow: Run to the front of the boat.

Stern: Run to the back.

Port: Run to the left side of the boat.

Starboard: Run to the right side of the boat.

Row the Boat: Each player finds a partner, sits face to face, holds hands, and pretends to row a boat. Players who can't find partners or who are too slow are eliminated.

To make the game less competitive, player do not get "out." Instead, if the captain notices that they do not follow an order, they must stand out for a count of 20.