



CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN

Virtual Fête du soleil - Episode 11

Journée polaire/Arctic Day

Activity Guide

Vocabulaire/Vocabulary

1. Arctique - Arctic
2. Un ours polaire - A polar bear
3. La neige - Snow
4. L'eau froide - Cold water
5. Blanc - White
6. La glace - Ice
7. Un pingouin - A penguin
8. Un morse - A walrus
9. Un lion de mer - A sea lion
10. Un igloo - An igloo

Bricolage/Craft

Un ours polaire/A Polar Bear

Materials: Paper plate, glue, cotton balls, black paper, googly eyes

Instructions:

1. Cut out ears and glue them to the paper plate.
2. Glue cotton balls to cover the paper plate.
3. Glue googly eyes, a nose and a mouth on top of the cotton balls.

Un igloo/An Igloo

Materials: small marshmallow, glue, a small paper bowl, a toilet paper tube, a paper plate (optional)

Instructions:

1. Cut the paper toilet tube in half, length wise, to create the door way. Glue it to the bowl.
2. Glue marshmallows to the bowl and toilet paper tube to resemble an igloo.

Cuisine/Cooking

Chocolat chaud/Hot Chocolate

Ingredients: Hot chocolate powder, water or milk, small marshmallows

Instructions:

1. Heat water or milk and add in the hot chocolate powder.
2. Add marshmallows.

Des bananes de Pengouin/Penguin Bananas

Ingredients: 2 bananas, chocolate chips, peanut butter, coconut oil

Instructions:

1. Peel and slice one banana and place the slices on a cookie sheet lined with waxed paper or parchment paper.
2. Spread a small amount of peanut butter on each slice of banana.
3. Peel and slice the second banana and place the slices on top of the peanut butter.
4. Put the bananas in the freezer for about an hour.
5. Once the banana bites are hard, it is time to dip them in chocolate. Melt your chocolate by adding chocolate and coconut oil to a microwave-safe bowl. Microwave for 1 minute, stir and microwave in additional 30 second increments until chocolate is completely melted. This shouldn't take more than 2 minutes of microwave time.
6. Dip each banana bite in the chocolate so that it is half coated (or fully coated) with chocolate. Return them to the freezer for about 15 minutes until the chocolate has hardened.

Science/Science

Gonfler le ballon/Blowing up a Balloon

Materials: cold water, hot water, heat-proof bowl or casserole dish, empty plastic water bottle, a balloon

Instructions:

Fit the opening of the balloon over the mouth of the plastic water bottle. Begin by pouring the cold water into the bowl/casserole dish, stick the water bottle with the balloon in it. What happens? Next pour hot water into the bowl/casserole dish, stick the water bottle with the balloon in it. What happens? Which temperature of water blows up the balloon?

Sel et glace/Salt and Ice

Materials: water, freezer-safe bowl, salt, blue food colouring, small plastic figurines (such as fish or other aquatic animals), a baking dish with tall sides

Instructions:

Pour the water into the freezer-size bowl and add the plastic figurines. Place the bowl in the freezer for several hours until the water is completely frozen. After several hours, remove the bowl from the freezer and take the ice block out and place it on a baking sheet. In another bowl, mix blue food colouring with water. Add salt to the blue water or add salt to the top of the ice block. Pour the blue water over top and save the animals from the ice.

Jeux/Games

Passer la boule de neige/Pass the Snowball

Equipment: tissue paper, tape

Instructions:

Ball up the tissue paper to create the snowball and use tape to make it stay together. Have everyone sit in a circle facing each other. When the music plays, pass the snowball around the circle. When the music stops playing, the person holding the snowball is eliminated.

Variation: The person who gets caught with the snowball can say one vocabulary word from this theme (Journée arctique/Arctic Day) to stay in the game. If they can't think of one vocabulary word, they are eliminated.

Bataille de boule de neige/Snowball Fight

Materials: one plastic spoon per person, small/mini marshmallows

Instructions:

Everyone has a partner which they sit across from each other and facing each other. Using the plastic spoon like a catapult/slingshot, they must try to fling as many marshmallows in their partner's mouth in 1 minute.

Pile de guimauves/Marshmallow Tower

Materials: small/mini marshmallows, chop sticks (or two spoons each – use the handle ends of the spoons to pick up the marshmallows)

Instructions:

Everyone has 1 minute to create the tallest stack of marshmallows they can.

Rouler un bonhomme de neige/Roll a Snowman

Materials: dice, paper, markers or pencils, reference sheet

Instructions:

Each number on the dice is equivalent to one part of the snowman. Each person rolls the dice and draws the corresponding part of the snowman for the number they rolled. If first person to roll all the numbers and complete their snowman wins.

Slip et Slide/Slip and Slide

Materials: tarps, water, soap (optional)

Instructions:

Lay the tarps out outside on grass. Wet the tarps and add soap if using. Slide across the tarps.

Exercice/Exercise

Mouvements des animaux aquatiques

Instructions:

Do three rounds of each of the five exercises.

- Jump like a penguin
- Crawl like a bear
- Flap your arms like a bird

- Swim like a whale
- Plank