



CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN

Virtual Fête du soleil - Episode 12

À la plage/At the Beach

Activity Guide

Vocabulaire/Vocabulary

1. La crème solaire - Sunscreen
2. Une sirène - A mermaid
3. Un maillot de bain - A bathing suit
4. Une serviette de plage - A beach towel
5. La crème glacée - Ice cream
6. Le sable - Sand
7. Un cerf-volant - A kite
8. Un coquillage - A sea shell
9. Un château de sable - A sand castle
10. Une étoile de mer - A star fish

Bricolage/Craft

Un cerf-volant/A Kite

Materials: coloured paper, wooden skewers or straws, tape, string, scissors, hole punch, party streamers or ribbons

Instructions:

1. Fold the paper in half.
2. Take one flap and fold in on an angle.
3. Flip the paper over and fold the other flap so that it matches the first flap.
4. Secure the middle when the flaps meet with tape.
5. Break off the pointy end of a wooden skewer. Attach the wooden skewer towards the larger end of the kite.
6. Punch a hole in the bottom fold of the kite and attach the string.
7. Add streamers to the bottom of the kite.

Un sous-marin à bascule/A Rocking Submarine

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

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.

Cuisine/Cooking

Les petits gâteaux à la plage/At the Beach Cupcakes

Ingredients: box of cake/cupcake mix, vanilla icing, 6 to 8 crushed graham crackers, Sour Patch Kids, Airhead candies, mini umbrellas, gumballs

Instructions:

1. Make the cupcakes according the directions on the package.
2. Frost the cupcakes and sprinkle crushed graham crackers all over to resemble sand.
3. Cut small rectangular pieces of the Air Heads candy for the beach towels.
4. Lay a Rainbow Strip on each cupcake and lay a Sour Patch kid on each towel.
5. Place an umbrella, a gumball, and 2 little Pez candies on each cupcake. These resemble a volleyball/ball and a pair of flip flops.
6. An optional step: use an edible writing pen to dot on eyes and a mouth on the sour patch kids and draw little straps on the Pez candy so they look more like flip flops.

Popsicles

Ingredients: 1½ cups orange juice, ¾ cup vanilla Greek yogurt, 2½ cups frozen fruit

Instructions:

1. In a blender, combine the orange juice, yogurt and frozen fruit.
2. Pour the mixture into popsicle molds and freeze until solid.

Science/Science

Océan dans une bouteille/Ocean in a Bottle

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

Instructions:

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

Les sable coloré/Coloured Sand

Materials: sand, cornstarch, food colouring, water

Instructions:

Just mix the play sand, cornstarch, and water together with about a 4 to 2 to 1 ratio. Then add any choice of food coloring.

Note: Do it outside, at it is very messy.

Jeux/Games

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.

Jeu d'alphabet/Alphabet Game

Instructions:

Take turns going through the alphabet. Each player must find the next letter either on something in the car (like the stereo screen) or license plates, or road signs.

Volleyball avec ballons d'eau/Water Balloon Volleyball

Equipment: two beach towels, water balloons

Instructions:

Each pair should hold two corners of a towel on the short side. Place a water balloon into the towel of the serving team. The servers will pull back on the towel and throw the water balloon over the net to the opposing team. The other team will try to catch and then throw the balloon over the net to the other side. Score as you would a volleyball game or based on water balloons broken per side.

Baleine bleue/Blue Whale

Materials: Gummy candy whale

Instructions:

Place a gummi whale on your forehead. You will have 60 seconds to wriggle your face muscles and help the whale 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!

Tag de nouille de piscine/Pool Noodle Tag

Equipment: a pool noodle

Instructions:

The person who is 'it' has the pool noodle and they must try to tag the other participants with it. Once someone is tagged, they become 'it'. They will then get the pool noodle for the other player and process to tag someone with it.

Course de pistolet à eau/Water Pistol Race

Equipment: two water pistols, two plastic cups, two equal lengths of string

Instructions:

Pierce a hole in the bottom of each cup and put the string through it so that the cup can move along the length of the string. The string can now be tied between two trees, two poles or one tree with another person holding the other end. Make sure that one end of the string is slightly higher than the other end. Shoot water from the water pistol at the cup to move it along the string.

Exercice/Exercise

Exercices avec ballon de plage/Beach Ball Exercises

Equipment: beach ball with exercises written on it

Instructions:

Pass the beach ball between participants. When you catch the ball, do the exercise that your right thumb lands on.

- Clap under legs - 20 times
- Reach and squat - 10 times
- Lunges - 10 times
- Jumping Jacks - 30 times
- Running Man - 20 times
- Swimming - 20 seconds
- High Marches - 30 seconds
- Plank - 30 seconds
- Scissor Kicks - 20 times
- Running in place - 30 seconds
- Butt Kicks - 30 seconds
- High Kicks - 10 times
- Burpees - 5 times
- Windmill - 20 times