



Virtual Fête du soleil - Episode 2

L'exploration dehors/Outdoor Exploration

Activity Guide

Vocabulaire/Vocabulary

1. Un arbre - A tree
2. Un oiseau - A bird
3. Une fleur - A flower
4. Le soleil - The sun
5. Le ciel - The sky
6. Les nuages - Clouds
7. Une rivière - A river
8. L'herbe - Grass
9. Une feuille - A leaf
10. Une personne - A person
11. Un chien - A dog

Bricolage/Craft

Dessin de pâtes/Noodle Art

Materials: paper, markers, dry pasta (various shapes and sizes), glue, pipe cleaners, paint (optional)

Instructions:

1. Using the markers or the paint colour the pasta.
2. Glue the pasta to the paper and using the markers and pipe cleaners, to make shapes and lines.

Un papillon/A Butterfly

Materials: a clothespin, coffee filter, googly eyes (optional), pipe cleaners

Instructions:

1. Decorate the coffee filter with markers.
2. Soak the coffee filter thoroughly with water. And let dry completely before attaching it the body. You can use a hair dryer for a few seconds to rapidly dry the coffee filter.
3. While the coffee filter is drying, draw a face for the butterfly on the clothespin using googly eyes or markers.
4. Cut the pipe cleaner in half and shape it into the form of antenna.
5. Put the coffee filter into the clothes pin.

Une mangeoire d'oiseau/Pinecone Bird Feeder

Materials: a pinecone, peanut butter, small bowls, a popsicle stick, a paper plate, bird seeds, string, scissors

Instructions:

1. Place the pine cone onto their paper plate or plastic tray and spread peanut butter on it. I have found that it is easiest for young children to spread the peanut butter with a popsicle stick.
2. Next, the children will sprinkle the bird seed on the pine cone so it sticks to the peanut butter.
3. Your students can then tie the twine or string around the top of the pine cone and hang them from a tree or hook.

Cuisine/Cooking

Une galette de riz d'hibou/Rice Cake Owl

Ingredients: rice cake, peanut butter, banana, blueberries, apple, cantaloupe or honeydew melon or orange, cherrios

Instructions:

1. Spread peanut butter on each rice cake.
2. Top rice cake with 2 banana slices for eyes, and top each banana slice with 1 blueberry.
3. Next add a small piece of cantaloupe (honeydew melon, orange) cut into the shape of a triangle for the beak.
4. Then, two apple slices for the wings.
5. Finally add cheerios for the body.

De boules d'énergie de chenille/Caterpillar Energy Balls

Ingredients: 1 cup rolled oats, $\frac{2}{3}$ cup of shredded coconut (sweetened or unsweetened), $\frac{1}{2}$ cup creamy peanut butter, $\frac{1}{3}$ cup of honey, 1 tbsp of chia seed (optional), 1 tsp vanilla extract, $\frac{1}{2}$ cup semisweet chocolate chips, pretzels

Instructions:

1. Stir the rolled oats, shredded coconut, peanut butter, honey, chia seeds, vanilla extract and semisweet chocolate chips together in a large mixing bowl until thoroughly combined.
2. Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
3. Roll into balls. Roll into mixture into 1-inch balls. Arrange four balls into a line to form a caterpillar shape. Add two chocolate chips to create eyes and stick the pretzels into the top to create the antennae.
4. Serve. Enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

Science/Science

Un nuage de pluie dans un pot/Raincloud in a Jar

Materials: jar, water, shaving foam, blue food colouring, pipette or dropper (only if your food colouring doesn't have one)

Instructions:

1. Fill your jar about three quarters full with water.
2. Use the shaving foam to create a cloud on top of the water. Let the foam settle a bit.
3. Drop food colouring into the 'cloud'. As your cloud fills up, the food colouring will fall down into the water creating a rain-like effect.

Une tornade dans une bouteille/Pop Bottle Tornado

Materials: two pop bottles of the same size (1L or 2L work best), water, vortex connector or duct tape and metal washer, dish soap or red lamp oil, glitter and/or food colouring

Instructions:

1. Start with two empty, plastic soda bottles. Smaller size bottles work well for smaller hands, but the Twister Tube works on most sizes of plastic soda bottles.
2. Fill one bottle 2/3 full with water, attach the twister tube. If you don't have a Tornado tube, skip ahead to step #4 for instructions. Add dish soap, food coloring, or red lamp oil or glitter (optional)...
3. Attach the second bottle to the other end of the Twister Tube. Make sure that the bottles are screwed on securely so that the water does not leak.
4. If you do not have a Twister Tube, place a metal washer on top of the bottle with water. Turn the empty bottle upside down and align the openings of the two bottles. Connect them by wrapping them tightly with duct tape.
5. Quickly turn the bottle over and set it on a table or desk so it's standing vertically. A few drops of water might fall into the lower bottle, but not much. Start moving the Twister Tube in a circle, as if you were stirring something on the stove. At some point, a twister (called a vortex) will form and water will start spiraling into the lower bottle. It looks just like a tornado!

Jeux/Games

La guerre de l'eau/ Water War

Equipment: a deck of cards, 10 glasses of water, a water gun

Instructions:

Card game "war" but you have 5 glasses of water each and if you lose you get one splashed in your face, ultimate loser gets hit with a water gun.

Instructions for card game "war":

Each player turns up a card at the same time and the player with the higher card takes both cards and puts them, face down, on the bottom of his stack. If the cards are the same rank, it is War. Each player turns up one card face down and one card face up. The player with the higher cards takes both piles (six cards).

Ours, Cowboy, Ninja/ Bear, Cowboy, Ninja

Instructions:

Two people are standing opposite each other with enough room between them to do each of the actions. On the count of three they turn around and pick and action. Cowboy beats Bear. Ninja beats Cowboy. and Bear eats Ninja.

Exercice/Exercise

Une chasse au trésor en nature/Nature Scavenger Hunt

Equipment: scavenger hunt list, timer

Instructions: This can be done in smaller groups or as one larger group. A time limit can be set for finding as many items on the list as possible. Or with teams, the time with the lowest time to find all the items wins. Can also be done as a photo scavenger hunt where you have to take a picture of each item with a member of the group.

Exercices d'animaux/Animal-themed Exercises

Instructions:

As a warm up do tree pose, bird pose (airplane), reach for the sky then your toes, star pose to stretch arms

Set an interval and compete each animal movement for 45 second with 15 second of rest in between. Do as many as you can.

Frog Jumps: Hop, hop, back and forth like a frog.

Bear Walk: Hands and feet on the floor, hips high, walk left and right.

Gorilla Shuffle: Sink into a low sumo squat with hands on the floor, shuffle around the room.

Starfish Jumps: Jumping Jacks as fast as you can, with arms and legs spread wide.

Cheetah Run: Run in place as TAST as you can. Just like the fastest animal in the Sahara.

Crab Crawl: Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.

Elephant Stomps: March in place lifting your knees as high as you can and stomping the ground as hard as you can.