



CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN

Virtual Fête du soleil - Episode 21
Fête d'anniversaire/Birthday Party
Activity Guide

Vocabulaire/Vocabulary

1. Les ballons - Balloons
2. Un kalxon de fête - Party horn
3. Les cadeaux - Gifts
4. Un gâteau d'anniversaire - A Birthday cake
5. Les bougies - Candles
6. Une carte d'anniversaire - A Birthday card
7. Un chapeau - A hat
8. Des confettis - Confetti
9. Chanter (Joyeux anniversaire) - To sing (Happy Birthday)
10. Les invitations - Invitations

Bricolage/Craft

Petit gâteau/Puffy Paint Cupcakes

Materials: cardboard or cardstock, white glue, food colouring, shaving cream,

Instructions:

1. Draw a cupcake shape on the cardboard or card stock and cut it out.
2. Mix the white glue, food colouring and shaving cream.
3. Ice (paint) the cupcake with fluffy paint.

Chapeau de fête/Birthday Hat

Materials: Birthday Hat Template (space to add pompom at home), Cone Hat Template, markers, pompoms, glitter, stickers, hole punch, elastic string

Instructions:

1. Print out the template of your choice.
2. Decorate the hat using markers, glitter, paint, etc.
3. Cut out the hat.
4. Add fun toppers like curly ribbons, crepe paper strips, feathers, or feather boas. Tape or glue them at the back of the template and as close to the tip as possible.
5. Roll the template into a cone and glue it.
6. Add a chin strap but punch two hole in opposite sides of the hat and tie elastic string in the holes.

Cuisine/Cooking

Barre de gateau/Cake Batter Granola Bars

Ingredients: 1 tsp coconut oil, ½ cup unsweetened applesauce, ⅓ cup milk, 1 tbsp honey, 1½ tsp butter extract, 2½ cups old-fashioned oats, 3 tbsp sprinkles

Instructions:

1. Preheat the oven to 300°F, and lightly coat an 8"-square baking pan with nonstick cooking spray.
2. In a large bowl, stir together the coconut oil, applesauce, milk, honey, and butter extract until smooth. Add in the oats, stirring until thoroughly coated. Fold in the jimmies.
3. Gently press the mixture into the prepared pan, and bake at 300°F for 13-16 minutes, or until the center is no longer wet to the touch. Cool completely to room temperature in the pan before slicing into bars.

Petit gâteau/Cupcakes

Ingredients: cupcake mix, icing, sprinkles

Instructions:

1. Follow instructions on the cupcake mix box.
2. Ice and decorate the cupcakes as you desire.

Science/Science

Un ballon gonflable/Balloon Blow Up

Materials: small empty plastic bottle, balloon, baking soda, vinegar, funnel, food colouring

Instructions:

1. Using a funnel, pour about a third of a cup of vinegar into the bottle.
2. Then insert another funnel into the mouth of the balloon. Tip: It is best to have two funnels, one for filling the bottle with vinegar and one for the balloon. If you only have one funnel, it is important that you completely wash and dry the funnel after you add the vinegar and before you put it into the balloon.

3. Place two teaspoons of baking soda into the funnel so it falls into the balloon. Then remove the balloon from the funnel.
4. Next, secure the mouth of the balloon over the top of the bottle. Tip: Don't let any of the baking soda drop into the bottle...yet!
5. While holding the bottle, lift the end of the balloon allowing the baking soda to drop into the bottle.
6. Watch as the balloon inflates.

Le flux lumineux/Laminar Flow Balloons

Materials: balloon, tape (scotch tape or duct tape work well), pin, bowl

Instructions:

1. First, fill up your balloons with water. Fill up about half a dozen to about half capacity. This is so that they don't pop just from the pressure of the water.
2. Next, dry the balloons so your tape sticks better. Move your balloons outside.
3. Gather a pin, a bowl, and your duct tape or scotch tape.
4. Make a hashtag pattern on the balloon with your tape. Leave the center opening pretty small (about 1/2 an inch or less). This will make the flow better than a larger opening.
5. Place the balloon in your bowl or container and prick it with the pin.
6. The water should start to flow out evenly.

Jeux/Games

Passer le cadeaux/ Pass the present

Equipment: something to use as a present, candies, saran wrap or wrapping paper

Instructions:

To play, have the children sit in a circle, passing the wrapped parcel around the circle. Wearing oven mitts, one child will begin to unwrap the present. The person ahead of them will begin to roll two dice. They roll doubles, the present is passed to them and they begin to unwrap. Continue to do this until someone unwraps the big prize.

Éclater le balloon/ Balloon stomp

Equipment: balloons, small papers and a pencil

Instructions:

Write some challenges on paper and insert them into different balloons before inflating them. The kids will have to pop the balloon and perform the challenge within it. It could be anything, like dancing, licking their elbow, etc. Get creative with your challenges.

Se dandiner avec un balloon/ Balloon waddle

Equipment : balloons

Instructions :

Place a balloon between each child's knees and have them race to the finish line. If a child drops the balloon or pops it, he must start over.

Dessiner sur un dos/ Drawing on a back

Equipment: a paper, marker and something to trace with

Instructions:

One player will trace a drawing on the back of another player and they must try to replicate the drawing on a piece of paper.

Exercice/Exercise

Un exercice pour chaque année de la vie de Sierra/ An exercise for each year of Sierra's life

Equipment : nothing

Instructions :

1. Burpee
2. Inch worms
3. Push ups
4. Dead bugs
5. Sit ups
6. Side lunges
7. V in and outs
8. Russian twists
9. Shoulder taps
10. Second plank
11. Crunches
12. Squats
13. Butt kicks
14. Side lunges
15. Second wall sit
16. Penguin
17. Arm circles
18. Mountain climbers
19. Jumping jacks