



**CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN**

Virtual Fête du soleil - Episode 6

Les Olympiques Quarantaine/Quarantine Olympics

Activity Guide

Vocabulaire/Vocabulary

1. Une table d'affichage - A scoreboard
2. Le bowling - Bowling
3. Une course - A race
4. Un gagnant/une gagnante - A winner
5. Ligne de départ - Starting line
6. Une équipe - A team
7. Une médaille d'or - A gold medal
8. Un trophée - A trophy
9. Les anneaux - The rings
10. Les sports olympiques - Olympic Sports

Bricolage/Craft

Les médailles olympiques/Olympic Medals

Materials: cardboard or paper plate or cardstock paper, paint, markers, sparkles or glitter, ribbon or string, fruitloops(optional), hole punch

Instructions:

1. Cut a circle from you piece of paper or paper plate.
2. Decorate your medal as you would like (remember to put your name on it and the Olympic rings).
3. Using the hole punch, make a hole at the top and put a ribbon or string through the hole and tie it. Make sure the ribbon or string is long enough so that you can wear your medal around your neck.

Cuisine/Cooking

Les anneaux olympiques en fruit avec trempete/Olympic Fruit Rings with Dip

Ingredients: blueberries, green grapes, strawberries, banana, blackberries, any fruit that is the colour of the Olympic Rings, ½ cup Greek yogurt, 1½ tbsp honey, 1 tbsp cocoa powder, ¼ tsp vanilla extract, pinch of cinnamon

Instructions:

1. On a large piece of paper, trace 5 rings. Place the fruit inside the ring to make the Olympic rings.
2. In a bowl, mix the Greek yogurt, honey, cocoa powder, vanilla extract and cinnamon until smooth.

Science/Science

Électricité statique avec une flamme/Static Electricity Olympic Flame Experiment

Materials: cardboard, red tissue paper, orange tissue paper, yellow tissue paper, glue stick, black marker, scissors, balloon

Instructions:

1. Cut the torch handle out of cardboard taken from the side of a cereal box. We folded a piece of paper in half and cut the torch shape out of the paper. After unfolding the torch cutout, we traced the shape onto the cardboard. Then we cut the torch out of the cardboard. We then created a black outline along the edge of the torch.
2. After cutting out a number of flame shaped pieces out of the tissue, we glued one flame onto the torch at a time. We glued the tissue flames in several rows. We tried to alternate between each of the colors.

L'expérience scientifique/The scientifique experiment: While you can rub a balloon on a piece of wool or on a carpet, we rubbed our balloons on our heads. You may want to have your children use several different sources of static electricity while conducting your experiment. After gathering electricity, the next step is to rub it on the Olympic torch's flames. The negatively charged surface of the balloon attracts the positively charged flames. This causes the tissue flames to look like they are flickering. It is so cool! We tried to make all of the flames move. You may want to try to move one section of the torch at a time. It would be fun to see the flames flicker at one area at a time.

Les anneaux Olympiques cristal/Olympic Rings Crystals

Materials: boiling water, borax, jar or container, coloured pipe cleaners in the colours of the Olympic rings, string, stick

Instructions:

1. Begin by cutting your pipe cleaners in half and moulding them into a circular ring shape. You might choose to link them together (as I did at the end of this post) or make them as individual rings, which I found created larger crystals and was a whole lot easier to do.
2. Tie the string to the pipe cleaner ring and a popsicle stick so it hung down into the jar.
3. Making the solution to grow crystals by mixing 2 cups of boiling water with 1/2 cup of borax powder and stirred it very, very well before adding it to the jars with my hanging pipe cleaners inside. It's very important that you make sure the pipe cleaner is completely submerged as any parts of the pipe cleaner not in the solution will not grow crystals. If you don't have enough liquid to submerge the pipe cleaner then make up the solution again with the same ratio. Topping it up with water will dilute the solution and not create solid crystals.

5. Crystals begin to grow within the hour. Can leave submerged for up to 48 hours. Just make sure that your crystals can still fit through the opening of your jar (if you are using a jar).

Jeux/Games

Les Olympiques quarantaine/Quarantine Olympics

Equipment: create a scoreboard for your family

Instructions:

Play the following games and add up the points at the end

Jeux/Game #1: Les rouleaux de fruits/Fruit Roll-Up Race

Materials: 1 fruit roll-up per person

Instructions: Be the first person to eat their Fruit Roll-up without using their hands.

Jeux/Game #2: Champ de mines/Minefield

Equipment: blindfold, red solo cup, markers that can stand up, etc.

Instructions: Place the cups face down and stand the markers up. The blindfolded person walks through. Each time you hit something is a point, you want the least amount of points.

Jeux/Game #3: Bowling avec papier hygiénique/Toilet Paper Bowling

Equipment: water bottles, toilet paper roll

Instructions: Place the water bottles like the set-up of bowling pins. Throw the toilet paper to try to knock down as many water bottles as you can.

Jeux/Game #4: Planche/Plank Challenge

Instructions:

Place feet hip-width apart, and elbows shoulder-width apart. Engage your abs, then tuck your toes to lift your body (forearms remain on the ground; press the floor away from you with forearms). You should form straight line from shoulders to heels. See who can hold a plank the longest

Jeux/Game #5: Flip la glasse/Flip Cup

Equipment: two red solo cups, tape, water bottle

Instructions: Two people face off against each other with the water bottle beginning between them. For each flip the person moves the middle bottle closer to the other person.

Jeux/Game #6: Souffler la balle/Blow the Ball

Equipment: ping-pong ball, water, cups

Instructions: Put 7 cups filled with water in a row, the ball beginning in the first cup and you have to blow it all the way to the last cup. If the ball falls, you have to start from the beginning.

Jeux/Game #7: Combat d'oreiller/Blindfolded Pillow Fight

Equipment: pillows, bandanas,

Instructions: Two people's eyes are covered. They have to spin around 2 times and first person to hit the other person with a pillow wins.

Jeux/Game #8: Mettre debout avec une tasse de l'eau/Standing up with a Glass of Water

Equipment: a cup, water

Instructions: With the cup of water on your forehead, stand up. Record the number of tries and the amount of time it takes. The person with the least amount of tries and least amount of time wins.

Jeux/Game #9: Plateau pivotante/The Lazy Susan Challenge

Equipment: turn table, cellphone, bandana, plates with whipped cream on them

Instructions: Prop up a phone in the middle of a lazy susan and record, have everyone sit around blindfolded and sing the song spin it around spin it around spin it around and stop, the person it lands on gets a face full of whip cream and it eliminated, play until one person is left.

Jeux/Game #10: Course d'avion en papier/Paper Airplane Race

Equipment: paper, scissors,

Instructions: Each person makes a paper airplane and flies them to see whose paper airplane can fly the furthest.

Exercice/Exercise

Actions des sports olympiques/Olympic Sports Actions

Instructions:

- Bicyclette (cycling): bicycle circle with legs or bicycle kicks
- Nager (swimming): lay on the floor, keep your arms and feet off the ground
- Kung Fu: punches and kicks
- Fencing (escrime): shuffle forwards and back and jab with arm
- Le bowling (bowling): lung position throw ball, switch legs throw ball
- Faire du canoë (Canoeing): sitting down, keep your legs in the air and row on each side of your body
- Courir (running): run in place, sprint for the finish
- Patiner (skating): Keep you balance as you stand on one foot
- Saut en l'air (high jump): jump as high as you can
- Lancer du poids (shot put): spin around and throw arm forward
- Le Ski (ski): leg separated vertically and switch legs while swinging arm on side, hops from side to side feet together
- Le planche à neige (snowboarding): legs separated and do 180 degree turns
- Gymnastique (gymnastics): somersaults, Roll back and forth or roll up and jump, stretching