

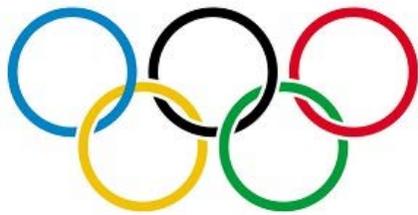
Theme: Mini Olympics

Date: June 24, 2020

Good morning StrongStart families,

Today's post is put together by Ms. Ruth (from Renfrew) with a circle time video from Ms. Natalya (from Nightingale) and a story time video from Ms. Cindy (from Cook).

Our Summer Olympic Games was supposed to start next month in Tokyo, Japan. However, for the first time in history, this event has been postponed. The new date is set for July 23, 2021. In the meantime, let's have our own Mini Olympics at home!



First, we need to warm up. Move your body with Ms. Cindy and the book, "Groovy Joe Dance Party Countdown" - <https://youtu.be/SDCDtVAvAHs>.

After your body is all warmed up, here are a few races you can try:

1. **Running Races** - For this activity, you can use your backyard or the park. Mark a beginning and an end (with cones, a skipping rope or chalk). On your marks, get set, GO! You can try a variety of races like running, hopping or skipping. You can even invent your own race! How about something silly like running while balancing a stuffed animal on your head?



1. **Balancing Games** - For this activity, mark a straight line on the pavement. Demonstrate for your children how to walk on the line with arms straight out to the sides for balance. If this is easy, challenge your child by asking them to stand on one leg on the line. Maybe hold a ball in one hand? Maybe close their eyes?
2. **Obstacle Races** - With safe objects you may have at home (e.g., cardboard boxes, small chairs, hula hoops), create an obstacle where they must climb, jump, crawl under or roll. Take turns making and doing the obstacle course!



After the races, athletes will need a snack. You can cut out some rings of oranges or pineapples and arrange them like the Olympic rings. If you want, you can get creative like the photos below!



You can also make these Olympic rings as an art activity. You will need some plastic cups, paint and paper.



Put the rim of the cup into the different paint colours. Stamp the cup onto the paper and you might get something like this:



To wrap up this email, join Ms. Natalya in a circle time where she shares a felt story called "The Wolf's Chicken Stew" (by Keiko Kasza) - <https://youtu.be/8GE0QryTcP0>.

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Send us some photos of your home Olympic games 😊

