

Theme: Nature Walks

Date: September 29, 2021

Hello StrongStart families,

We would like to acknowledge that StrongStarts operate on the traditional, ancestral and unceded territory of the Coast Salish peoples—Sḵwx̱wú7mesh (Squamish), Stó:lō and Səlílwətaʔ/Selilwitulh (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.

Just a reminder that **all StrongStarts will be closed tomorrow, Thursday September 30th, for National Day of Truth and Reconciliation.**

Going for a walk is a great activity to do with friends and families. It requires little equipment and can be lots of fun! Here are some activities you can do on and after your walk!

Sticks

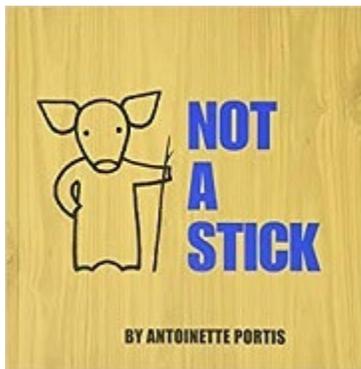
Who doesn't love a good stick? If you find a good one, bring it home and make these easy stick wind streamers with leftover yarn, ribbons or strings. It's a great prop for dancing or pretend play!



You can also just simply paint the sticks. After it's dried, arrange in different ways like laying side by side or stacking it up. Encourage your children to try different colours and different patterns! When you're done, lay them outside your home for all the people walking by to see.

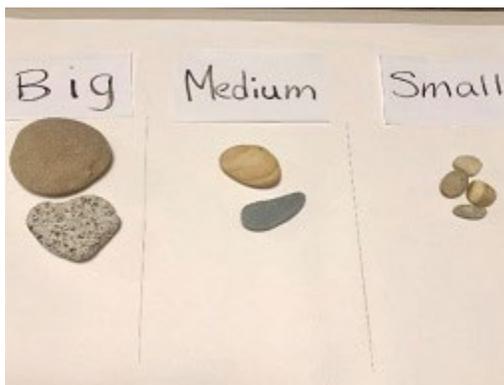


Now, let's join Ms. Karolina for a story about imaginative play called "Not a Stick" by Antoinette Portis - <https://youtu.be/ticr-qj1dtA>



Rocks and Pebbles

Another popular find on walks is rocks and pebbles! Gather rocks and pebbles of different shapes and wash them outside before bringing it in. Let's use them for some math games.



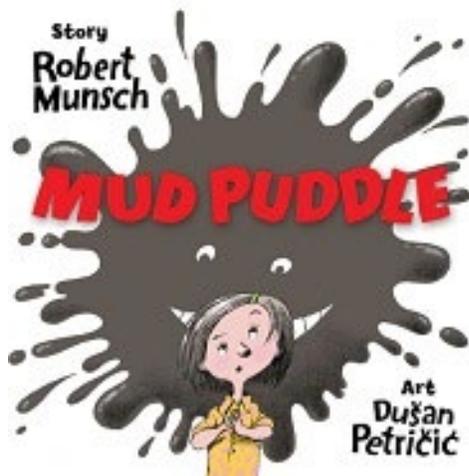
Once you've laid out your rocks, you may notice some are big, some are small and some are in between. Sorting and size comparison are pre-math skills for young children. Using comparison words like "bigger", "smaller" and "the same", you can sort them into piles of big, medium and small.

Scavenger Hunts

Before you go for your walk, compile a list of things to see with your child. For example, a fire hydrant or a garbage truck. With older children, you can spy for letters and numbers. This is called environmental print or print in everyday life, for example, street signs, license plates or house numbers. Here's a visual scavenger list you can try!



When you are out on a walk, a jump into a puddle is a must! Let's listen to Teacher Steven read "Mud Puddle" by Robert Munsch - <https://youtu.be/wP4yFf9F5Fk>



Leaves

Gather and dry some fallen leaves. Here are a few things you can do with them after.

Nature Collage



Nature Self-Portraits



Leaf Rubbing - Take some of the leaves collected and place them under a white piece of paper. Rub white crayon over the leaves. Then, paint with watercolours to reveal the pattern of the leaf! You can talk about the different parts of the leaf like how the veins (the lines on the leaf) help get water and minerals to stay alive



To wrap up, let's join Ms. Maxine for a song called "Falling Leaves" (to the tune "Twinkle, Twinkle, Little Star") - <https://youtu.be/KxsohoEE0dM>

*Falling, falling, falling leaves.
Mother Nature, did you sneeze?
AHH-CHOO! Bless you!
Red and yellow, orange and brown.
Falling, falling, falling down.
Falling, falling, falling leaves.
Mother Nature, did you sneeze?
AHH-CHOO! Bless you!*

Thanks for reading :)

