

Do Bugs Need Drugs Boxes - Ask your consultant to bring out a “Do Bugs Need Drugs” activity box. These are a great resource to teach the children about germs and viruses. The boxes are filled with lots of fun learning tools and games. Visit the website below to print off free coloring and activity sheets all about germs and bugs <http://www.dobugsneeddrugs.org/wp-content/uploads/kindergarten-activities.pdf>



Core Strengthening Bucket Challenge - *You will need:* tennis balls, tape, shallow bins/buckets. This is a great activity for the children to strengthen their core and shoulder muscles in addition to working on balance and proprioception (the sense which we perceive the position and movement of our body, including our sense of equilibrium and balance). Start by taping down 3 long pieces of tape on the ground (the length in between can differ depending on how tall each child is), then gather a bucket and different types and sizes of balls. Invite the children to play by having them keep their toes on the line furthest away from the bucket and then placing their hands on the first line having their body stretched out in a plank position. Using one hand the child will pick up the ball and place it in the bucket, continue until all the balls are collected. Change it up by having the kids switch to their less dominant hand and change the position of the bucket so that they are reaching, stretching and balancing in a different direction.



ABC Sidewalk Chalk Game – Create a 6x6 grid that has 36 spaces. Once the grid is complete add the letters not in order and add “free spaces” on the grid where there are no letters. Invite the children to play by hopping from one letter to another. Start at the “A” and see if they can jump to the “B”, if it is too far the children can use a “free space” to help them. Encourage the children to go through the entire alphabet!



Sidewalk Chalk Shadows – This is a great summer activity that teaches children how the sun moves. On a sunny day using the driveway or sidewalk (where no trees or buildings block it from the sun) begin by having one child lay down on the sidewalk and another child trace their body outline (write down what time the first tracing was done) . Ask the kids to describe their shadows each time they trace a new one – Is anything different? (long and skinny, short and wide). Get the children to notice the location of the sun in the sky in their notebooks when you make each tracing. You could do the tracings every 2 hours or 3 times in the day (morning, mid-day, afternoon). Measure the length of your child’s shadow each time you trace it and record it. Ask the kids to predict where their shadow will be and what it will look like at the next tracing time. Once the experiment is finished take a final photo of the shadows and then the children can paint their outlines. Later you can explain that our earth spins on its axis in a day and makes its way around the sun in a year to produce the changes that we see in our shadows.

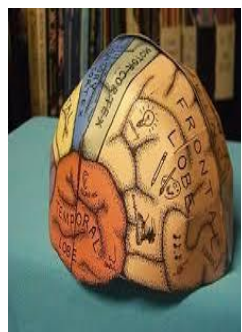
Skipping is an awesome way to get the kids moving and their heart rates up! Encourage the kids to try these different variations that promote co-ordination, endurance as well as strengthening their heart, lungs and muscles

- Bunny Hops** – Hop on one foot
- Flashback** – Swing the rope in the other direction, jumping backward
- Run it** – Run or jog forward as you jump
- Firecrackers**- Jump as fast as you can
- Jump Rope Jack** – Jump with feet together then feet apart
- Twister**- Twist body to one side and then the other when jumping
- Skier**- Spread the rope on the floor and jump side to side over it
- Up and Back** – Spread the rope on the floor and jump forward and backward over it
- Crisscross** – Criss cross legs on every other jump
- Crossovers**- Cross arms on every other jump
- Donut Jumps** – Make the rope into a circle on the ground, jump into the circle then out

August 2020 – The Human Body – This month lets help the children explore the human body, all the amazing abilities it has and all the unique things that make each child interesting and special! This is a great website to help discuss COVID with the children if they have questions <https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>



Fingerprint Science – This is a fun activity that gives the children an up-close look at their fingerprints. *You will need:* Modeling Clay and flour (enough for each child to have their own), a magnifying glass, clear packing tape, small soft brush – like for make-up. Begin by having each child firmly push their finger into their clay. Ask the children what they see when they look closely? Are everyone’s fingerprint’s the same or different? Another option of looking at the fingerprints is to provide each child with their own small amount of flour, press their finger into the flour and then press it onto the sticky side of a piece of packing tape. Shine some light onto the fingerprints and discuss with the children how everyone has their own unique prints. A way to extend this activity is to try to find fingerprints on items around the house like, doorknobs, drinking glasses etc. Brush the doorknob with a small amount of flour and then gently place the tape over the powder to “lift” the print off, then place the tape sticky side down onto a dark piece of paper to preserve the fingerprint. Discuss with the children how police officers and detectives solve crimes from collecting criminals’ fingerprints as no two people have the same fingerprints – not even twins!



Create a Brain Hat – The human brain is like a powerful computer, it is the center of our nervous system, controlling our thoughts, movements, memories, and decisions. Did you know that an adult’s brain weighs 3 lbs. and that the brain is protected by the skull a protective casing made up of 22 bones that are joined. Visit this website to print off a free copy of the brain hat <http://ellenjmchenry.com/brain-hemisphere-hat/>



Mouldy Sandwich Experiment – *You will need:* 3 slices of bread (you will see the best results if you have homemade bread or a type of bread that has minimal preservatives in the ingredients), 3 resealable sandwich bags, soap. Begin by labeling the bags: “Control”, “Clean hands” and “Dirty hands”. Next, pass a slice of bread around to all the children and have them each touch a different spot on the bread then place the slice in the dirty hands bag. Seal the bag. Get the children to wash their hands and pass around another slice of bread. Place this in the clean hands bag. Seal the bag. Place the last piece of bread, that no one has touched, in the control bag. Seal the bag. Place the bags in a cool dry place and record daily observations. You should start to see bacteria beginning to grow within a few days. This is a great visual tool in explaining to children the importance of handwashing.

Make your own X-Rays – *You will need:* Large cardboard pieces (save your cereal boxes- you will need 1 box for each x-ray), scissors, glue, pictures of bones (Find on Google image), paint for your frame colour, white paper. Begin by cutting out the 2 frames of cardboard from each box- make sure that your paper will fit the frame. Next, have the children paint the frames and then they can cut out the images of the skeletons. The children can then glue the skeleton onto the paper and then glue the bottom frame to the back of the white paper and the other frame on the front side of the x-ray creating a sturdy sandwich. When done hold the x-rays up to a light source to see the skeleton part shine through. To continue the fun set up a doctors office for the kids to engage in some dramatic play. Items to create a doctors office or hospital could include: cotton swabs, band aids, gauze, a clipboard, baby dolls. Visit this website for free Doctor’s office printables <https://thehappeninghousewife.com/2016/07/08/free-doctor-play-set-printables/>

