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WinterKids WINTER WARM UPS

UPWARD SALUTE

As you breathe in, bring your arms up over your head. Place your hands together & look up at them.

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STANDING FORWARD BEND

As you breathe out, relax your arms and fold forward to touch your toes. Bend your knees if you need to.

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TRICEPS STRETCH

Hold your right elbow with your left hand. Slowly pull your elbow down behind your head. Lean left to deepen the stretch. Switch arms & repeat on the other side.

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QUAD STRETCH

Gently pull your right foot towards your bottom until you feel a mild stretch. Hold for 15 seconds. Then, repeat with your left leg.

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BACKWARD RUN

Run backwards from a start to a finish line. Focus on staying low & pumping your shoulders & arms. Repeat 4x. Extra challenge: try running backwards up a hill!

WinterKids WINTER WARM UPS

SKIER'S JUMPS

Jump laterally from your right leg to left leg, & your left leg to right leg. Make your jumps as smooth as possible. Continue drill for 20 seconds.

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DOWNHILL SKIER

Imagine you're downhill skiing! With both of your feet together, jump side to side. Keep hands on your hips, or for an extra challenge: try to lift your alternate arm to the side. Continue drill for 15 seconds.

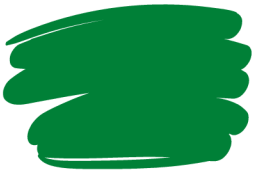
WinterKids WINTER WARM UPS

BEAR WALK

Place your hands on the ground, in front of you. Keep your bottom high in the air. Using your hands & feet, walk forward like a bear.

SNOWSHOE SCAVENGER HUNT

Circle each item as you spot it!

 Pine cone	 Bird	 Snowman
 Something green	 Animal tracks	 Something cold
Icicle	 Berries on a branch	 Chimney smoke

BONUS: Collect sticks of various sizes for a stick seriation activity (also included In this packet!)

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Stick Seriation
(aka Arranging Sticks)

Source: WinterKids Guide to Outdoor Active Learning (GOAL), Preschool Edition
A "Spring Forward: Week 1" activity (P. 99)
To learn more about how you can obtain a full copy of our Guide, visit WinterKids.org

Procedure:

Children will seriate the sticks from shortest to longest, then, from thinnest to thickest.

Vocabulary:

sticks, wood, length, short, long, order, thin, thick, seriating

Materials:

Sticks of all sizes

TIP: Collect your sticks during your Snowshoe Scavenger Hunt, then Save the sticks you collect for our DIY wind streamer activity (both activities are also included in this packet!)

Questions to Ask:

Which one is the longest stick? Where would you place it? Which one of these sticks is shorter? How do you know? This stick is very thick but short. Does this one go after the long, thin stick or before when we are seriating from thin to thick?

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DIY Wind Streamers

Source: WinterKids Guide to Outdoor Active Learning (GOAL), Preschool Edition
A "Spring Forward: Week 1" activity (P. 84)

To learn more about how you can obtain a full copy of our Guide, visit WinterKids.org

Procedure:

Take the children outdoors to collect sticks. Explain that you are making wind streamers and that they will hold the stick (wand) with one hand, and tape streamers to the other end. Bring all materials outside for this project. Have the children choose materials to cut and create streamers. Help them tie, tape, or staple the streamers to the top of the stick. See below for more detailed instructions. Have the children make wide circles or figure eights with their wind streamer. They can also walk or run to see what happens to the streamer.

Vocabulary:

streamer, ribbon, attach, effect, wind, breeze, flutter, flap, swirl

Materials:

- Sticks found outside, or popsicle sticks
- Ribbon or string
- Crepe paper
- Tape or stapler
- Scissors

Questions to Ask:

What do you think will happen to the streamers when we go outside – when you run – you stand still? Why? – Will it make a good wind streamer when you cut short pieces of ribbon? – How will you attach the ribbon to your stick?

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DIY Seed Mosaics

Source: WinterKids Guide to Outdoor Active Learning (GOAL), Preschool Edition
A "Spring Forward: Week 1" activity (P. 85)

To learn more about how you can obtain a full copy of our Guide, visit WinterKids.org

Prep:

Make edible glue following the recipe below.

Ingredients:

- 3/4 cup of flour
- 1/2 cup of water
- 3 T corn syrup
- 1 package of Knox Unflavored Gelatin

Measure flour into a medium mixing bowl. Add water, and mix thoroughly. Add corn syrup and mix thoroughly. Add gelatin, and mix until there are no lumps. Add a little more flour if too thin. Using a hole punch, make a hole in the cardstock. Tie a 12-inch piece of twine/yarn through the hole to make a hanger.

Procedure:

Children will create designs by gluing seeds onto paper in a design of their choosing. Spread edible glue over the cardstock. Have children press seeds into the “glue” to create their unique design. When dry, hang outside for the birds to enjoy.

Vocabulary:

seed names, design, mosaic, abstract, pattern, bumpy, adhere

Materials:

- Corn
- Variety of dry beans Peas
- Sunflower seeds
- Cardstock
- Flour
- Water
- Corn syrup
- Unflavored gelatin
- Hole punch
- String, yarn, or twine

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Snow Volcanoes!

Adaptable for Many Grade Levels

CONTRIBUTED BY:
Glenburn Elementary,
Bay Ridge Elementary, and
Dr. Levesque Elementary in Maine

LESSON SUMMARY:

In this activity, students make volcanoes with snow and a few other ingredients. While creating their volcanoes, they will explore the states of matter - solids, liquids, and gases! This is a fun and engaging opportunity to study science and math outdoors.

GRADE LEVEL STANDARDS:

Maine State Learning Results:

PS1.A: Structure and Properties of Matter
Different kinds of matter exist and many of them can be either solid or liquid, depending on temperature. Matter can be described and classified by its observable properties. (2-PS1-1) Different properties are suited to different purposes. (2-PS1-2),(2-PS1-3) A great variety of objects can be built up from a small set of pieces. (2-PS1-3)

PS1.B: Chemical Reactions
Heating or cooling a substance may cause changes that can be observed. Sometimes these changes are reversible, and sometimes they are not. (2-PS1-4)

PRIOR LEARNING

Anything that takes up space is called matter. Air, water, rocks, and even people are examples of matter. Different types of matter can be described by their mass. The mass of an object is the amount of material that makes up

CONTINUED...

the object. A bowling ball, for example, has more mass than a beach ball. There are four natural states of matter: Solids, liquids, gases and plasma.

OBJECTIVES

Students will explore states of matter including solids, liquids, and gases, and understand that when we mix two or materials we get a new substance.

Students will understand that this new substance is called the gas gain.

Students will learn that when you are mixing an acid (the vinegar) and a base (baking soda) it produces a gas called carbon dioxide.

MATERIALS

-Snow

-Cups

-Vinegar

-Food Coloring

-Baking Soda

-Jell-O Packets

-Baskets

BOOKS

- Eruption! The Story of Volcanoes (Level 2) by Anita Ganeri

- Volcanoes - Mountains That Blow Their Tops (Level 3) by Nicholas Nirgiotis

- Volcanoes! Mountains of Fire (Level 4) by Eric Arnold

PROCEDURE

Designate 4 teams of students. Each team should have a basket containing the following supplies: a large cup, a bottle of vinegar, food coloring or a jello packet, a box of baking soda.

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SNOW VOLCANOES || Continued...

Each team should have the following directions:

1. Form your snow volcano.
2. Place cup into the center of volcano, pack the snow around it.
3. Fill cup with baking soda.

For the next steps, each group does something different.

Group 1: Add a packet of jello power to your volcano, directly on top of your baking soda. Then, pour the vinegar on top until it is empty.

Group 2: Add liquid food coloring into the volcano, directly on top of your baking soda. Then, pour the vinegar until it is empty.

Group 3: Mix the liquid food coloring into vinegar. Pour it directly on top of the baking soda until it is empty.

Group 4: Mix the jello into the vinegar. Pour it directly on top of the baking soda until it is empty.

After each class is finished, measure to see which cold lava had flowed the furthest down the volcano side. *(When the students at Bay Ridge Elementary tried this, the team with the pre-mixed jello and vinegar solution traveled farther by far.)* After the experiment, have a class discussion about factors that could affect their volcano's lava flow, such as the size of the cup, the peak of the volcano, etc.