

Let's Celebrate Earth Day!



The Earth Day Flag, an image of the Earth on a dark blue background has been associated with Earth Day, global community and environmental awareness. The Flag was design by John McConnell who introduced the idea of Earth Day at a UNESCO Conference on the Environment. The Flag was later modified to exhibit 'The Blue Marble' photo taken by astronauts of Apollo 17 mission.

Earth Day is celebrated on April 22 every year all over the world. Earth Day has grown so much that many celebrations take place all through the whole month of April, now known as Earth Month. More than 6 million Canadians will join 500 million people in over 180 countries in staging events and projects to address local environmental issues. Nearly every school age child will

take part in an Earth Day activity to learn different ways we impact the Earth and steps we can take to help make our planet a healthier place.



Here is a list of Earth Day Canada's Top 10 Actions to help the environment and small facts that tell us these actions DO MAKE A DIFFERENCE. By taking these steps we can teach our children that our choices have an impact and we can make a positive difference.

1. **Park It!** - Leave the car at home as much as possible. Walk or bike to school, walk to the park or take the bus to the store (it can be a fun field trip!). One transit bus eliminates the emissions from 40 cars.
2. **Shut Down!** - Turn the lights, computer and TV off when they are not in use. Remind children to switch off when they are finished and remind them why it's important.
3. **Where's the Beef?** - Try eating meat free at least once a week. A meat based diet requires seven times more land than a plant based diet. Livestock production is responsible for more climate changing gasses than all the motor vehicles in the world. Try a new meatless dish every week and take this opportunity to try new foods with your children. Not only are you helping the environment, your helping your body stay healthy!
4. **Eat It!** - Choose foods grown locally, organically and in season. Taking children to the local market is an excellent way to teach them about healthy food choices, not only healthy for their bodies but healthy for the environment too! Buying locally and in season is better for the environment than buying foods that have been shipped hundreds of kilometres.
5. **Let It Rot!** - Put a composter outside or use your green bin to reduce household waste. Composting has many benefits including reducing household waste headed to landfills, creating nutrient rich soil for gardens and allowing children to have hands on experience in reducing waste. Teach



children what foods are able to be composted and have a bucket handy after lunch and snacks for children to put their compostable waste in. Gardening with children is a wonderful activity and having composted material that children had a hand in creating is a great way to show children that they have made a difference.

6. **Don't Be Idle!** - Turn your car's engine off when stopped for more than 10 seconds. Dropping off at daycare and school only takes a few minutes, but for the sake of our children and our planet it is worth shutting off your engine. If every driver of a light duty vehicle avoided idling by five minutes per day, we would save 1.8 million litres of fuel per day, more than 4500 tonnes of harmful emissions and 1.7 million dollars in fuel costs. It's worth it!
7. **Keep Your Eye on the Temp!** - Set your temperature above room temperature in the summer and below room temperature in the winter. For each degree you adjust, you will save one percent in energy.
8. **Bright Ideas!** - Replace incandescent light bulbs with Compact Fluorescent bulbs (CFLs). A CFL uses only 25 percent as much energy as an incandescent bulb and lasts 10 times longer.
9. **Don't Dump It—Blue Box It!** - The simple act of recycling has more of an impact than the average Canadian thinks. Have blue boxes accessible at home, at school and at child care centres. Teach children what types of materials are recyclable and what happens to materials after they are recycled. The amount of wood and paper North Americans throw away each year is enough to heat 5 million homes for 200 years.
10. **Tell Someone!** - Share with children what you are doing to make the world a better place. Support the cause and encourage others to get involved too! Children naturally want to help and make a difference, so get them involved with these Top 10 Actions and make them habits for life.



Adapted from:
 www.earthday.ca, Copyright Earth Day Canada, 2008
 Earth Day Canada Resources, Copyright Earth Day Canada
 California Integrated Waste Management Board , 2008

Earth Day Activity Corner

Litter Bug

Here is what you need:

- ◆ A segment of a paper egg carton
- ◆ Glue
- ◆ Recycled materials, junk, buttons and other found materials like plastic lids, bottle caps, packing material, etc.

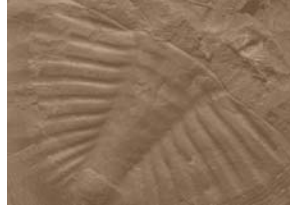
Use the egg carton as the bugs body and glue discarded materials to make eyes, mouth, legs, hair and other body parts.

Coffee Ground Fossils

Here is what you need:

- ◆ 1 c. used coffee grounds
- ◆ 1/2 c. cold coffee
- ◆ 1 c. flour
- ◆ 1/2 c. salt
- ◆ Wax paper
- ◆ Small objects to make impressions in the dough
- ◆ Round cookie cutter or can

Stir together coffee grounds, coffee, flour and salt until well mixed. Knead the dough together and then flatten it out on the wax paper. Use the cookie cutter (or can) to cut out circles of dough. Press objects firmly into the dough. When you take the object out, you will have your fossil. If you want to hang the fossil, poke holes into the edge to hold some string. Let the fossil dry overnight (may have to be baked to harden).



Body Collage

Here is what you need:

- ◆ Large paper bags (cut and taped together) or a large roll of paper
- ◆ Pencils
- ◆ Crayons, markers
- ◆ Old magazines and photographs
- ◆ Fabric, yarn and buttons
- ◆ Glue
- ◆ Scissors

Trace child's body outline on paper. Cut out the body shape. Children can cut pictures of things they like from the magazines and photos and glue them to their body shape. These could be anything from pictures of animals, to computer games or different foods. Use crayons, markers, fabric scraps and other recycled materials to decorate the bodies.

Milk Carton Village

Here is what you need:

- ◆ Milk, juice, cream cartons (different sizes)
- ◆ White acrylic paint
- ◆ Tempera paint and brushes

Cover the cartons with white acrylic paint and let dry. Draw windows and doors and fill in with paint to look like a house. Make several houses for a village!

Colourful Coasters

Here is what you need:

- ◆ Lids from margarine or other plastic containers
- ◆ Old greeting cards, postcards, fabric, wrapping paper or magazines
- ◆ Glue
- ◆ Scissors
- ◆ Water-based sealer

Cut shapes out of material of choice and glue onto the inside of a lid. Glue single pictures or use many materials and make a collage on the lid. Once the glue has dried, seal the coasters with the water-based sealer to protect them from moisture.

Adapted from:

www.kinderart.com/recycle

www.kaboose.com

www.enchantedlearning.com/crafts/earthday



This Old Earth

(to the tune of "This Old Man")

This old earth

Needs our help

To stay fresh and clean and green

With a pick it up; pith it in; and throw it in the can—

This old earth needs a helping hand!

Recycling In My Home

(to the tune of "The Wheels on the Bus")

Recycling in my home goes round and round,

Round and round, round and round.

Recycling in my home goes round and round,

All through the day

Tie up the papers and take them back,

Take them back, take them back.

Tie up the papers and take them back,

All through the day.

Collect the cans and take them back....

Rinse the milk jugs and take them back....

Save the glass and take it back....

Reduce, Reuse, Recycle

(to the tune of "The More We Get Together")

Reduce, reuse, recycle

Recycle....recycle

Reduce, reuse, recycle

It's easy to do

Cause your trash and my trash

Make up way too much trash

Reduce, reuse, recycle

It's easy to do!



www.canteach.ca-Songs and Poems for Earth Day

Spring Activity Corner

Spring Scavenger Hunt

Grab a camera and take a walk with your children to see if you can find signs of Spring! Daffodils popping up? Robins hopping? Laundry flapping? Cherry Blossoms? Ask the children to find signs of spring and photograph them to make a cool collage later.



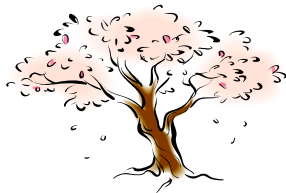
Pot of Gold

Collect rocks of different sizes with your children. Spray paint all the rocks gold with gold spray paint (adult does outside or in well ventilated area). Once "gold" is dry, it can be hidden around the yard, park or sandbox for the children to find. Little leprechauns will love to spend time hiding the "gold" and finding it again! Spend time comparing the children's gold, who has the biggest piece, who has the most pieces or whose weighs the most.

Cherry Blossoms

Here is what you need:

- ◆ Popped popcorn
- ◆ Red food colouring
- ◆ Construction paper
- ◆ Glue
- ◆ Brown marker



Shake popcorn in zipper bag with a few drops of red food colouring until popcorn is pink. Draw a tree shape on construction paper and glue popcorn on the branches to make "blossoms".

Plastic Easter Eggs

Wondering what to do with all those plastic Easter eggs? Here are a few ideas to make the most out of them:

1. Use them for matching colours. Take all the eggs apart and put them in a bin. Have the children match the tops and bottoms and put them back into a egg cartons.
2. Use a permanent marker and draw dots on the tops and bottoms of the eggs (like dominoes). Have the children match the correct number of dots on the top piece of the egg with the bottom piece.
3. Hide different materials in the eggs and have children try to guess what's inside by shaking the eggs. Rice, pom poms, dried beans, coffee, sand, small shells, etc. will all make different sounds.
4. Play hide n' seek with the eggs inside or outside. Can you find all the green eggs? Can you find the eggs that only have stickers on them?
5. Egg on a spoon. Walking while balancing an egg on a spoon is hard work! Easier clean-up if those eggs are plastic!

Have fun with your plastic Easter eggs and remember to reuse them again next year!

Have You Seen a Leprechaun? (to the tune of "Mary had a Little Lamb")

I'm looking for a leprechaun,
Leprechaun, leprechaun.
I'm looking for a leprechaun,
Do you know where he's gone?



He wears a suit that's made of green,
Made of green, made of green.
He wears a suit that's made of green,
Do you know where he's gone?

He lives by a rainbow and hides gold,
Hides his gold, hides his gold.
He lives by a rainbow and hides his gold,
Do you know where he's gone?

If you see a leprechaun,
Leprechaun, leprechaun.
If you see a leprechaun,
Please tell me where he's gone!

Springtime-Feltboard Activity (pieces needed: green frog, brown log, bee, tree, red and yellow snake, lake, red bird)

A small green frog
On a big brown log,
A black and yellow bee
In a little green tree,
A red and yellow snake
By a blue-green lake,
All sat and listened
To a red bird sing,
"Wake up, everybody,
It's Spring! It's Spring!"



My Spring Garden-Fingerplay

Here is my little garden, (hold arms in circle in front)
Some seeds I'm going to sow. (hold hand out)
Here is my rake to rake the ground (make raking motion)
Here is my handy hoe.
Here is the big, round, yellow sun (hold arms above head)
The sun warms everything.
Here are the rain clouds in the sky, (wave arms above head)
The birds will start to sing.
Little plants will wake up soon, (pretend to be growing plant)
And lift their sleepy heads.
Little plants will grow and grow, (keep growing)
From their warm earth beds.

www.canteach.ca
www.alphabet-soup.net/songs&poems



Easter Activities

Here is a Bunny-Fingerplay

Here is a bunny with ears so funny (hold up two fingers)
 And here is his hole in the ground (make circle with thumb and index finger of other hand)
 When a sound he hears,
 He pricks up his ears (hold two fingers up straight)
 And POP jumps into the ground! (place two fingers in "hole in the ground")

Thumbprint Eggs

Here is what you need:

- ◆ Construction paper
- ◆ Brown construction paper
- ◆ Glue
- ◆ Paint in pastel colours



Cut out basket shape from brown construction paper and glue it to the other sheet of paper. Dip your thumb in to the paint and stamp it near the top of the basket to look like an egg. Stamp thumbprints as many times as you like to fill your basket up with eggs.

Bunny Afoot

Here is what you need:

- ◆ White paper
- ◆ Pencil
- ◆ Pink construction paper
- ◆ Crayons
- ◆ Glue
- ◆ Cotton ball

Trace around child's foot on the piece of white paper and cut out the foot shape. Position the foot shape vertically with the narrow end at the top (this will be the head). Have the child cut or draw ears, eyes and paws and then glue them onto the foot shape. Add a cotton ball tail.

Five Brown Eggs-Feltboard Activity (pieces needed: five brown eggs, five yellow chicks)

Five brown eggs in a nest of hay,
 One yellow chick popped out to play.
 Four brown eggs in a nest of hay,
 Another yellow chick cheep-cheeped good day.
 Three brown eggs in a nest of hay,
 Crack went another one, hip hooray.
 Two brown eggs in a nest of hay,
 One more chick pecked his shell away.
 One brown egg in a nest of hay,
 The last yellow chick popped out to say,
 Happy Easter!!



www.canteacch.ca
 A Year of Fun Just for Fives, Spewock, 1995

Recipes for Spring Celebrations

Ladybugs on a Stick

Ingredients:

- ◆ Red grapes
- ◆ Strawberries
- ◆ Mini chocolate chips
- ◆ Honeydew melon
- ◆ Trimmed wooden skewers



For each ladybug, push half a red grape onto a skewer for the head. Next, push on a hulled strawberry for the body. For spots, use a toothpick to gently press mini chocolate chips, tips down, into the strawberry. Arrange the "ladybugs" on a honeydew melon half.

Cream Cheese and Jam Blossoms Sandwiches

Ingredients:

- ◆ Bread
- ◆ Cream cheese
- ◆ Jelly or jam
- ◆ Water bottle cap
- ◆ Flower cookie cutter



For each sandwich cut two slices of bread into flower shapes with the cookie cutter. Cut a hole in one of the slices by pressing a water bottle cap into the centre. Spread the cream cheese on the whole slice of bread and the jam. Place the slice with the hole on top to complete the sandwich.

The Very Tasty Caterpillar

Ingredients:

- ◆ Store bought pizza dough (half a bag)
- ◆ 2 white button mushrooms, sliced
- ◆ Olive oil
- ◆ Toppings of your choice, peppers, olives, pepperoni, etc.
- ◆ Pizza sauce
- ◆ Mozzarella



Pre-heat the oven to 400 F. Lay a piece of parchment paper on a cookie sheet. Let the dough rise according to the package directions. Divide the dough into 15 one inch balls and combine three balls for the caterpillar's head. Dust hands with flour and arrange the balls on the cookie sheet to make the caterpillars body. Flatten the balls slightly with hands. Press the mushroom slices under the dough for legs. Brush the dough and mushrooms with oil and bake 10 minutes. While the dough bakes, create the caterpillar features with the toppings. Remove caterpillar from the oven and when it is cool enough to touch, paint the surface with sauce. Arrange toppings and mozzarella and bake for about 8 minutes or until cheese is browning.

All recipes taken from www.familyfun.com.

LEAP BC

Early Learning Practitioners Resource 2010 Legacies Now

Early learning settings in which children live, learn, and play are important influences on children’s behaviour. Through their actions and decisions, adults in these settings show children what they value and help children develop their abilities. Children of preschool age are developing and learning at an unprecedented rate, and they learn best when learning is active. Young children have a natural desire to explore their environment and to participate in new activities and challenges. When activities simultaneously involve several areas of the child’s development (such as physical, social, language, creative and intellectual), learning is most powerful.

The Healthy Opportunities for Preschoolers (HOP) program is an initiative of 2010 Legacies Now in partnership with the Province of British Columbia and the University of Victoria. LEAP BC provides children from birth to age five with a strong foundation in literacy, physical activity, and healthy eating. The program offers resources and training to support early learning specialists and caregivers as they actively participate in children’s learning.

HOP program builds upon simple, fun play activities that lay a foundation of attitudes, habits, skills, and values that will last a lifetime.

Temple, Vivienne and Preece, Alison. (2007). *Leap BC, Literacy, Education, Activity and Play*. 2010 Legacies Now

Watch for information on upcoming CCRR sponsored HOP workshops in the new year.

Physical Activity

1. Participate with the children
2. Provide for active play every day
3. Encourage vigorous play
4. Help children develop movement skills
5. Build physical activity into the day
6. Use physical activity to support learning and social development
7. Promote creativity and self-expression



Literacy

1. Support play and activity with talk and other forms of communication
2. Expose children to varied vocabulary
3. Play with, and emphasize, the sounds of the language
4. Promote pretend play
5. Provide opportunities to count, sort, classify and predict
6. Invite children to draw, paint, write, and record
7. Model your own pleasure with language and activity
8. Honour the children’s home languages

Healthy Eating

1. Offer a variety of healthy foods
2. Offer snacks and meals at the same times each day
3. Let children’s hunger and fullness cues guide you
4. Have water readily available
5. Join the children at the table and model healthy eating
6. Familiarize children with foods that might be new to them
7. Help the children develop food skills: selecting, preparing, and serving
8. Make healthy eating part of everyday learning

Provide for active play every day

- ☺ Preschoolers need at least two hours of active movement every day. They shouldn’t be inactive for more than an hour at a time, except when sleeping.
- ☺ Preschoolers need many opportunities to practice and gain confidence in basic movement skills. These skills are the building blocks of more complex movement patterns and include: throwing, catching, kicking, hopping, jumping, skipping, balancing and body awareness
- ☺ Preschoolers need opportunities to express themselves through movement and make-believe. Play that allows children to create new ideas and solutions helps develop their flexibility, inventiveness, thinking, and social skills

Literacy is more than “reading a good book”

- ☺ Incorporate new words in active games and songs - climb, scramble, scamper, rambunctiously, backward, softly, sideways, lightly
- ☺ Provide opportunities for rhyming, repetition, songs and chants (and they swam and they swam, right over the dam)
- ☺ Model your pleasure in language and activity (With a wiggle to the left and a glide across the floor, watch me boogie out the door!)
- ☺ Promote opportunity to count, tally, sort, sequence, compare, measure, and categorize

HOP Activities

Creative Balances

Developing movement skills (body awareness and manipulation, balance, creativity)

Literacy links: Increase vocabulary (sit, squat, cross-legged, juggle)

Book links: The Little Red Hen and The Grains of Wheat ; Make it Balance

- ◆ Show the children different ways to balance. Invite them to copy your actions (stand on one leg; on tip-toes; two knees and one hand; bottom and two hands; cross-legged; knees and one elbow)
- ◆ Play "Puzzle Balances." Ask the children to show how they can balance on different combination of body parts
- ◆ Read the "Upside Down" poem together and invite the children to suggest tricky balances and challenges to try
- ◆ Have the children balance by leaning on or away from each other, matching hands, backs, bottoms
- ◆ Have the children balance bean bags, scarves, balls etc. on different body parts
- ◆ Try some of the ideas in Make it Balance



Upside Down by Aileen Fisher

It's funny how beetles
And creatures like that
Can walk upside down
As well as walk flat.

They crawl on a ceiling
And climb on a wall
Without any practice
Or trouble at all.

While I have been trying
For a year (maybe more)
And still I can't stand
With my head on the floor.



Place and Space



Developing body and spatial awareness

Literacy links: Pretend play, movement vocabulary, collective nouns

- ◆ Put one hoop or carpet square for each child in a space with defined boundaries
- ◆ While standing or kneeling and without moving outside the hoop invite the children to see how far they can trace with their finger. Have them reach out forward, reach up high, kneel down and reach. Next try it sitting on their bottoms, tracing with their toe on floor and in the air
- ◆ Talk about the space where each can reach as being "your own space."
- ◆ Have everyone stand up, holding their hoops horizontally. Choose two or three children to be "navigators." Their task is to move around the open space without touching any of the other hoops. The goal is to demonstrate "respecting each other's own space." Children take turns being the "navigators."
- ◆ Read the poem "Where we are" and then sing "Twinkle, twinkle, little star." Invite the children to imagine they are stars in a galaxy. Define the boundaries of the space within which the children can move. Have each child find their own spot in this "space."
- ◆ Read the poem "Fish" and talk about schools of fish and how they move without bumping into each other. Have the children move the way the fish are described (wiggling, swiggling, swerving, curving, etc.)

Fish by Mary Ann Hoberman

Look at them flit
Lickety-split
Wiggling, swiggling
Swerving, curving
Hurrying, scurrying
Chasing, racing
Whizzing, whisking
Flying, frisking
Tearing around
With a leap and a bound
But none of them making the
Tiniest, tiniest, tiniest, sound

Where we are by Karla Kuskin

Where we are
Is very far
From every star