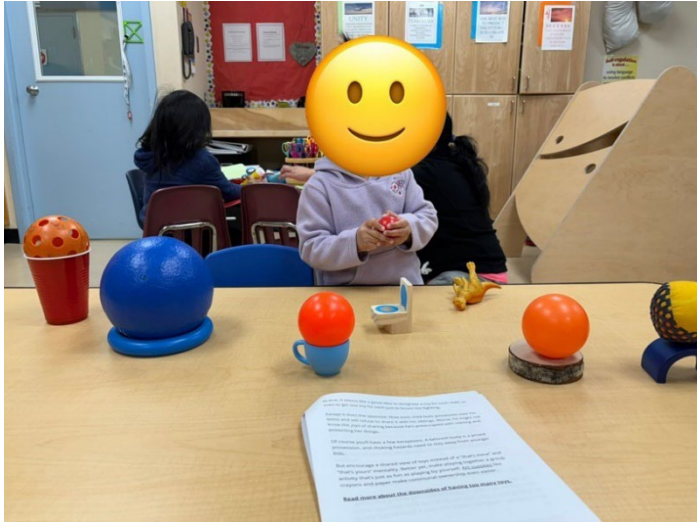


## StrongStart BC Pilot Program: Week 12 Activity Examples

### 1. Example submission:



#### **What do you see in the photo? What is happening?**

We tried the balance the balls activity on appetite to play. There are 5 different balls and 5 different things to balance the different sizes of balls on.

#### **Why do you think this activity is important? What does it represent?**

This activity is important because it is helping the child learn the important of how to balance while using their fine motor skills and cognitive development.

#### **What worked well or didn't work well in this activity?**

This child found it interesting for a couple of minutes, should have found different size balls and stands to make it more interesting and intriguing

#### **How will you adjust or build on this activity moving forward?**

I will find more of a variety of balls and things to balance them on and present it in a more exciting way.

## **StrongStart BC Pilot Program: Week 12 Activity Examples**

### **2. Example submission:**



#### **What do you see in the photo? What is happening?**

For my assignment this week I chose Stormy Seas with the Parachute. We began our physical activity with the calm seas, the gentle waves and stormy seas. We added 5 colorful soft balls and flew them off into the stormy sea. I added a slow in the circle and then we ran in a circle. And we played a game of color in which if you were wearing that you could run under the parachute. We played until everyone had turn running under the sea. The children loved when we threw the balls out into the stormy sea.

#### **Why do you think this activity is important? What does it represent?**

Parachute activities are great for children as they teach cooperation and help to develop social skills, like sharing and taking turns. Also they help to build hand- coordination, balance, mobility, and develop core and arm muscles. This helps to strengthen primarily shoulder, arm, and hand muscles. This activity encouraged social interaction and communication and encouraged listening and responding. It also encouraged teamwork, creativity, cognitive development, and mathematical skills.

#### **What worked well or didn't work well in this activity?**

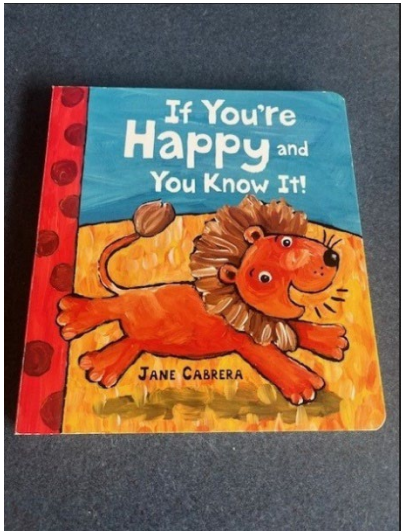
This activity encouraged social interaction and communication and encouraged listening and responding. It also encouraged teamwork, creativity, cognitive development, and mathematical skills.

#### **How will you adjust or build on this activity moving forward?**

I would not have changed anything to in our play because it was so joyful! I would like to find some more parachute games for next time.

## StrongStart BC Pilot Program: Week 12 Activity Examples

### 3. Example submission:



#### What do you see in the photo? What is happening?

This book was the anchor for conversation at our group time. We read the book, discussed the actions and talked about how else we may feel when stomp our feet or roar etc.

#### Why do you think this activity is important? What does it represent?

This activity is important as children (and adults) feel a variety of emotions. It is important to acknowledge we are not always happy and that's okay. We introduced emotions such as frustrated, cranky, sad, excited etc. This book provided an opportunity to explore emotional vocabulary and also identify in ourselves and others behaviours (or clues) we may experience or observe in others. As this book only specifically talks about if you are happy we were able to open discussion with parents that its okay to read as is, as well as find alternate ways to use the book to further discussion, vocabulary and learning.

#### What worked well or didn't work well in this activity?

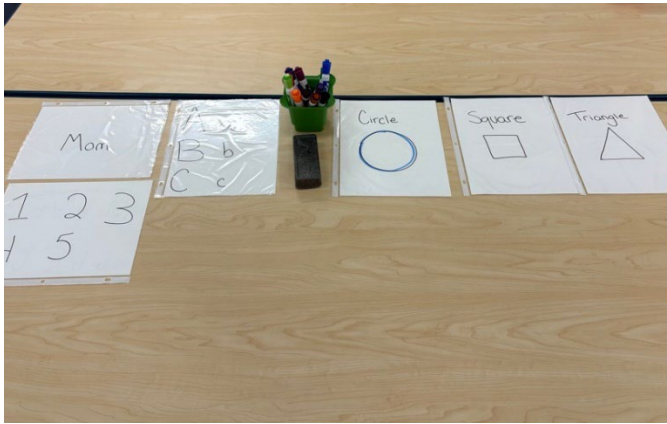
This activity worked well and sparked lots of parent/caregiver discussion. We were able to discuss the importance of building children's vocabulary as a way to express themselves and also to gain understanding of the emotions in others. we encouraged families to use words such a frustrated, excited vs only happy, sad, mad.

#### How will you adjust or build on this activity moving forward?

We will continue to introduce books and activities that encourage discussions of feelings, names of feelings and what we experience in our bodies or see in others as we/they experience different emotions.

## StrongStart BC Pilot Program: Week 12 Activity Examples

### 4. Example submission:



#### What do you see in the photo? What is happening?

Here is a variety of numbers, shapes, letters and words placed into page protector. Children can trace them to practise with dry erase pens.

#### Why do you think this activity is important? What does it represent?

It help children learn how to draw their shapes, and write letters and numbers.

#### What worked well or didn't work well in this activity?

Having the page protectors made it so that the dry erase pens could easily be wiped away and either the same or different children could keep trying.

#### How will you adjust or build on this activity moving forward?

Next time I would add simple drawings and more words for kids to practice tracing.