

StrongStart BC Pilot Program: Week 15 Activity Examples

1. Example submission:



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

On our first community of practice we played a guessing game with pictures like this. I recreated my own and had children guess what food was in the picture. I asked questions like do you think it grows in the ground or on a tree? Have you eaten this food at home before? What are different meals you have tried with this food?

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

This activity promotes curiosity, observation skills, and making hypothesis. Turn taking and active listening in a group while sharing stories about different food also invites children and families to connect with culture.

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

We did this activity during snack. I find it is the perfect time to open up dialog as we are all settled. I made sure that we had a fruits and veggie from the pictures on our plate. Nourishing food with conversation creates a positive relationship with food.

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

I think I will bring in black and white dried and cooked chick peas to compare, and taste test. This was one thing we discovered not all the children had tried. I will also keep adding new food cards.

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2. Example submission:



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

In this photo a child is reaching up for a bubble. We dedicate 20 -30 minutes of each StrongStart session to outdoor time (regardless of the weather). On this crisp, sunny day we had out a bubble station. Children and adults were joyfully blowing bubbles. The child in the photo started shrieking, "more, more" and chasing the bubbles and popping them. Quickly several children joined in the fun running and popping bubbles.

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

This activity is a wonderful example of how, given the time and space, children develop their own games. This game involved outdoor play, big muscle movement, spatial awareness and eye hand coordination.

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

This activity worked well and served as a reminder that simple provocations often result in child led play that leads to appropriate child development of skills etc.

Outdoor play serves as space for children to naturally engage in large muscle play. As well, this activity evoked joy and opportunities for cooperation and self awareness.

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

We will continue to offer materials outside as a provocation (without game rules etc.) and observe the games and play the children engage in and develop.

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3. Example submission:



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

A four year old is holding a hard boiled egg. She is using a crayon to colour on it. There is red, blue and yellow food colouring available for her to dip it into. Having the eggs on the table opened up discussion around food colouring versus food dye, eggs as a good food choice, cultural practises.

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

This activity is important because it supports eye hand co-ordination, sensory exploration, colour exploration. It strengthens fine motor.

It opened up a variety of topics for discussion, including eggs as a nutritional snack.

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

Some of the younger children didn't want to dye the eggs, they immediately started peeling them and eating, which I didn't expect.

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

We have extended this activity by having the food colouring out with the eggs and some coffee filters so children can experiment with the colours and see them blending. We could also have hard boiled eggs for snack and have the children chop them up on crackers.

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4. Example submission:



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

This is a felt pizza making Kit where the children pretend to make their own pizza.

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

It's important to bring food vocabulary into every day activities. This is a great opportunity to talk About Different food groups..

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

This is a great activity that the children and families all enjoy doing. I did find quite a few felt pieces on the floor, but due to the different ages is the great activity for all ages.

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

The future, I will Continue with the pizza theme as it's a food that most children enjoy and includes many food groups. Soon we will make pizzas with Play-Doh as well as colouring sheets with pizzas...

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5. Example submission:



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

Forest Scavenger hunt

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

Develop skills like, balance, coordination and endurance.

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

The activity worked really well. Great relationship building between children and caregivers.

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

I wouldn't make any changes. Parents and children were all very engaged.

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6. Example submission:



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

Children coloured and dyed eggs. We also read, Bear finds eggs.
Easter Activities

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

It is a fun activity to do which is enjoyed by all children and adults. The children learn about eggs, what hatches from eggs, to handle them very carefully, and that they are a source of nourishment as well. It also is bringing awareness to different celebrations in our community.

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

I do this activity most years and is always enjoyed by all families. You do need to be mindful of families who may not eat eggs or may be allergic.

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

I would love if we had a family with a farm or chickens for children to visit.
Bring in different types of eggs for children to explore.

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7. Example submission:



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

Easter Activities: I prepared an Easter sensory bin and an activity to dye eggs. Weeks before this activity we talked about Easter celebrations and I took the chance to talk about eggs. We had the opportunity to boil some eggs, try to peel them and we dyed them! Along with this activity we had a sensory bin to play in and explore.

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

This activity is chance to explore eggs in a fun creative way. Eggs are a great nutritious food and is apart of lot of people's diet, I saw this food being eater a lot in my class so this gave me a chance to introduce it more hands on to the children who were curious about it. This activity doesn't mean the child has to eat the egg but they can explore it through other ways . The sensory bin was an alternate way for children to explore Easter celebrations that many of the children in the class celebrate. Both activities were great for fine motor skills as well.

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

I was able to boils the eggs in the school so the children got to help me fill the pot with water and place the eggs inside then later able to see the eggs form change from liquid to solid. A lot of the kids did not like the smell and it did become too much in the room, thankfully we had a window so I recommend this activity to be done in a bigger space with air flow 🤔

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

Growing up I loved egg sandwiches I would like to bring in the ingredients to make these during one of our outdoor lunch days !

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8. Example submission:



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

In this photo 3 children are balancing and shimmying along a curb and railing. On this particular day, due to things happening around our school, our usual outdoor space was not accessible to us. I am always fascinated to observe how flexible children are and how they adapt and display natural curiosity in new spaces. This curb and railing seemed to call out to the children to balance and shimmy!

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

This activity represents children's natural curiosity and ability to explore. This opportunity in a new space with few teacher set up provocations seemed to naturally provide a gift of time for children to explore with no apparent adult objective or provocation. This child led exploration led to joyful movement that included balancing, side movements, hand/foot coordination etc.

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

This activity worked well as children were excited to join their friends exploring the railing and curb. Most children eagerly joined in the opportunity to use balance, spatial awareness etc.

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

While this space is not our "usual" outdoor exploration space we may re visit this space and encourage children to create an obstacle course of which this balancing could be a part of.

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9. Example submission:



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

We had our ready set learn event this week, I did not make the snack my co-worker from Desert Sun made it so I could observe the socializing from families, during the eating time. Two new foods were introduced, papaya & pineapple. I provide a nice eating time for the parents and the children, there is so much joy and socializing during this time, many stories, memories, lots of food and food experiences.

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

My job is to facilitate an eating time environment where children learn how to socialize with each other during eating time. One of the presenters came late to the ready set learn time from Mental Health. He shared how children interactions with food are guided by the parent and caregiver. This was not part of my plan but it turned out well I have eager families who want to learn and share their experiences.

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


By eating with young children, I can role model alongside of the parents healthy eating behaviours and we can also help them to improve their development and communication skills. I have changed my time for our eating time so everyone is not rushed by relax and enjoy this social time. I try to continuously share with families about traditions, values, and culture. It's always good to take your time and eat slowly and have the opportunity to share what is going on in everyone's life. Eating together strengthens, builds healthy habits, encourages teamwork, and builds a tradition of socialization, as well as stronger family bonds.


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

What I would do differently although it went well when Bruce from Mental Health showed up in the classroom is to not have that distraction.

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10. Example submission: (Click on image below for 2 page PDF)






APPETITE TO PLAY

What do you see? What is happening?

These images represent invitations to engage our StrongStart community in joyful play. The materials are carefully chosen, according to the age groups of the day, and displayed in different areas of the classroom. The children have the freedom, *within limits*, to choose how they wish to use these. (*overall safety and respect for the materials are important *)



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

The value of open-ended invitations lies in the endless freedom to ignite the children's imaginations and invite them to engage in play, be it alone or with others. It is important to allow children to cultivate their own ideas, and be the narrators of their tales. Step back and observe, they can surprise you!

ATP: What is an Invitation To Play?

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