

StrongStart BC Pilot Program: Week 9 Activity Examples

1. Example submission:



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

For the past couple of circles, we have been reading "Breathe Up, Wonder Pup" by Angela Murphy and introducing a new breathing technique called Animal Breathing. As a group we thought of an animal and when we exhaled we made the sound of the animal chosen. The children really enjoyed this so I made visual breathing cards for the children to practice with.

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

This activity opens up conversations about how one is feeling and the importance of needing to take a break when feeling anxious, upset, etc. We talked to the children about when they may need to "breathe up" like a wonderpup allowing them to make connections to their own mind and body. Having the child use their finger to trace the line as they breathe is also allowing that connection and awareness.

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

This activity went very well as we had been practicing it a lot during circle times. The children adapted the images to what worked for them, some of the children began to use pompoms to place on the line and as they placed them they would take a breathe in and out for each Pom Pom.

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

I would like to have these put up on a wall for children to be able to go back to it as needed. I feel having it in the classroom at all time would encourage children to use it and hopefully motivate them to use it as a coping technique for when they are feeling hard emotions.

StrongStart BC Pilot Program: Week 9 Activity Examples

2. Example submission:



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

This photo was taken on pink shirt day (February 26th). Since then, we have been reading from this collection of stories every day at circle.

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

This activity exposes children, and their parents, to diversity. It explores emotions and promotes empathy. Additionally, it prompts conversations.

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

The stories were well received by both parents and children. I felt a little awkward reading sexual health books around parents because I wasn't sure how they would be received. I made sure to pre-read the books to make sure the content was age appropriate

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

I think I would send out a letter explaining the goal and highlighting the books that I was planning to read. That way, if someone objected to the content, they could discuss that with me privately.

StrongStart BC Pilot Program: Week 9 Activity Examples

3. Example submission:



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

Children are playing with play-doh's with different textures to mimic real life things.

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

This is important to show how we can re-create real life things in our classroom. These play-doh's are a mock mud and mock ocean sand. They represent real life textures in the environment.

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

These worked well because these recipes felt just like mud and sand but without all the mess.

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

Next time I would put pictures of what mock play-doh we have recreated so ensure the connection is made for the younger kids.

StrongStart BC Pilot Program: Week 9 Activity Examples

4. Example submission:



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

Ending our Dr Seuss week, we made Green Eggs and ham. Instead of food coloring we used baby spinach. I also kept the ham separate to accommodate diet restriction with families.

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

I have started baking/cooking once a week in my schedule. I find it has given the children so much confidence in helping and choosing their snack.

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

The one part that failed with the egg bites were stuck in the muffins tins.

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

Needed to use a liner I would also make plain ones with no spinach to give the taste difference.

StrongStart BC Pilot Program: Week 9 Activity Examples

5. Example submission:



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

I set up a cruising/balance circuit for the kids I think we only had one 4 year old and the rest were 3 and under so it presented challenges for some with required support.

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

This activity is great for a variety of reasons it helps the children learn how to control their bodies and build on coordination, cognitive benefits and sensory integration. These activities are important because they help in many areas of development.

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

This activity worked well I know the original cruising circuit was more for babies/toddlers, but I adapted it for the age range of children I have.

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

I just made simple modifications so all age ranges could participate.

StrongStart BC Pilot Program: Week 9 Activity Examples

6. Example submission:



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

Children are bottle feeding lambs at the farm. StrongStart was very fortunate to be invited to a sheep farm to learn how to care for lambs and empathy for living things while viewing the lambs our little group got to sing some songs to the lambs 😊

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

Hands on activities are the best way to learn about the animals while teaching respect and empathy for living things.
Toddlers and preschoolers discover all about their world through songs, hearing and touching.

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

The outing was a huge success as the children and parents, received a lot of joy seeing and caring for the baby lambs.

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

We will build on this activity by talking about it during our circle. Asking questions about how we can help others that may need help. Provide an art activity sheet and cotton balls. Compare the textures to see how they are different from the real thing.
Talk about how our lambs help us just like we help them c by giving us wool to make. Sweaters, socks, mittens etc

StrongStart BC Pilot Program: Week 9 Activity Examples

7. Example Submission:



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

This loose parts provocation was created to support our reading of Todd Parr's, The Feeling Book.

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

Loose parts provide sensory materials for children to create and share their thoughts, feelings etc. Loose parts are also a great material to model how children can use found materials vs store bought. This set up encouraged children to make faces etc. It also encourages oral language exchange around social, emotional, feelings vocabulary.

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

This activity worked well. Children and adults were engaged in the materials and subsequently conversations about feelings thereby increasing children's vocabulary and understanding of feelings.

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

We will continue to engage with loose parts in a variety of ways and areas in our classroom. In addition, we will build on this activity by using the supporting Todd Parr 'feelings cards' to explore more feelings vocabulary.