



# On Mother's Lap

By Ann Herbert Scott



## What You Will Need for this Session

- A copy of *On Mother's Lap* for each family in the program
- Journals for parents
- Copies of *Eight Sleep Tips for Every Child* handout
- Copies of the *Literacy Action Plan* handout
- Craft materials—crayons, glue, scissors, paper, etc.
- Activities in this kit:
  - Word and Picture Math
  - Put the Story in Order
  - Find the Shapes
  - Memory Game
  - Connect the Dots (2)
  - Heart Maze
  - Rice Krispie Squares
  - Cut and Sequence
  - Words that Describe
  - Write a Short Story
  - Make a Place Mat
  - Stained Glass Hearts
  - Eggshell Picture Frame
  - Tickle and Bounce Rhymes



## Overview of this Session

### 1. Introductions

- Review the group agreements.
- Warm-up activity – Body and Brain Warm-up

### 2. Group Discussion

- Review what happened during the week:
  - What literacy activities did parents do at home with their children?
  - What worked well? Did anything not go well?
  - Did they follow the Literacy Action Plan?
- Talk about the adult discussion topic – Sleep Tips for Every Child.

### 3. *On Mother's Lap* by Ann Herbert Scott

- Introduce the book.
- Read the book together. Ask for volunteers to read parts of the story.
- Discuss the story. Think of activities related to the book that families can do at home.
- Hand out the activity sheets. Go over them and make sure that parents understand the activities.
- Make an activity related to the story that families can use at home.

### 4. Adult Writing

- Ask parents to fill in the Literacy Action Plan for the next week.



- Ask parents to write down one thing they learned this week in their journals. If they feel comfortable, they can share with the group.
- *Northern Writes* and *More Northern Writes* are good sources for other adult writing activities. They are available for download from the NWT Literacy Council website ([www.nwt.literacy.ca](http://www.nwt.literacy.ca)). Print copies are available from the NWT Literacy Council.

## 5. Story Time

- Have the children come back from their reading circle to read with their parents.
- Read a different book together.
- Sing some songs or play a circle game together.

## 6. Snack

- Serve a healthy snack.
- Leave a bit of time for parents and children to socialize.

### **Snack of the Week – Rice Krispie Squares**

Use the recipe in this kit to make Rice Krispie Squares. Remind parents that the recipe is in the kit. Serve the sweet treat with some healthy vegetables.





## Warm-up Activity – A Fun Warm-up for Your Body and Brain

1. Stand in a circle.
2. One person begins a simple repetitive exercise (arm raises, knee bends, swinging leg, up on toes, toe touches, etc.).
3. The group follows and repeats the same movement until someone else (anyone) decides to do a different exercise.
4. Everyone repeats the new movement until once again someone else (anyone) decides to do a different exercise.
5. After a few different movements, speed things up!



Have fun! Although it may seem a little bit silly, there are benefits to doing this warm-up. The physical activity helps our brain focus and overcome blocks to learning. Plus laughing helps us feel more comfortable and relaxed.





## Adult Discussion Topic – Eight Sleep Tips for Every Child<sup>17</sup>

Sleep is important. Sleep affects the function of our brains and our ability to learn. These tips can improve your child's sleep. But these ideas about sleep aren't only for children. Follow these tips and you will improve your own sleep and outlook as well.

### 1. Go to sleep and wake up at the same time each day.

Your child's body rhythms have a strong influence on tired or how awake they feel at different times of the day. When you go to bed and wake up at the same time each day you "set" your child's clock so that it functions smoothly. Aim for an early bedtime. Young children respond best with a bedtime between 6:30 and 7:30 P.M. Most children will sleep *better* and *longer* when they go to bed early.

### 2. Encourage regular daily naps.

Daily naps are important. It can be difficult for a child to go through a whole day without a rest break. Children who don't take naps may wake up cheerful in the morning and become more and more fussy as the day goes on. A nap will ease the fussiness and can actually result in a better night's sleep.

### 3. Work with your child's biological clock.

Work with your child's biology so that your child is actually *tired* at bedtime. Darkness causes our bodies to release a sleep hormone. Help your child feel sleepy. Dim the lights the hour before bedtime. In the

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<sup>17</sup> Adapted from *The No-Cry Sleep Solution for Toddlers & Preschoolers* by Elizabeth Pantley



morning, expose your child to light. Light is like pushing the “go” button in our brains, so keep your mornings bright!

#### **4. Have a regular bedtime routine.**

An organized routine helps you coordinate all the bedtime things: bath, pajamas, tooth-brushing and story-time. A routine helps you function on auto-pilot at the time when you are most tired and least creative. Sticking to a routine also creates security. A regular, peaceful bedtime routine helps your child transition from the commotion of the day to the quiet and restful state of sleep.

#### **5. Create a cozy sleep environment.**

Your child’s sleep environment can affect their sleep as well. Make sure the mattress is comfortable, the blankets are warm, the room temperature is right, pajamas are comfy, and the bedroom is welcoming.

#### **6. Provide the right nutrition.**

Food affects energy level and sleepiness. A few ideas for pre-bed snacks are: whole wheat toast and cheese, bagel and peanut butter, oatmeal with bananas, or yogurt and low-sugar granola. These foods are high in carbohydrates which have a calming effect on the body. Vitamin deficiencies can also affect a child’s sleep. Give your child an assortment of healthy foods every day.



**7. Help your child to be healthy and fit.**

Watching too much TV and not doing enough physical activities affect the quality of your child's sleep. Too many children don't get enough exercise. Children who get lots of exercise fall asleep more quickly, sleep better, stay asleep longer, and wake up feeling more refreshed. Avoid activity right before bedtime. This will stimulate them when they need to be relaxing, and they will be jumping on the bed instead of sleeping in it!

**8. Teach your child how to relax.**

Many children go to bed but can't get to sleep. It is important to help your child relax before bed. An excellent bedtime routine is to read stories. A child who is listening to a parent read or tell a story will tend to lie still and listen, which will help him to become relaxed and sleepy.

**Work with these eight ideas and you'll see improvements in your child's sleep, and yours too!**



## Literacy Action Plan

### Monday

Read for 15 minutes with your child.

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### Tuesday

Read for 15 minutes with your child.

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### Wednesday

Read for 15 minutes with your child.

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### Thursday

Read for 15 minutes with your child.

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### Friday

Read for 15 minutes with your child.

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### Saturday

Read for 15 minutes with your child.

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### Sunday

Read for 15 minutes with your child.

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### About the Author<sup>18</sup>



Ann Herbert Scott was born in Pennsylvania, USA. She has always loved to write, even when she was a child. She wrote her very first children's book with a friend when she was only 13 years old. They had a lot of fun writing it, but it was never published.

Since that first book, she has written many more. Ann Scott is one of the United States' leading children's authors. Her books have won many honors and awards.

*On Mother's Lap* is a book that captures the love and security a little boy feels as he snuggles on his mother's lap, seeking and receiving reassurance that there will always be room for him even when his sister is there too.

### About the Illustrator<sup>19</sup>



Glo Coalson is an internationally recognized illustrator of children's books. She grew up in Texas. She also lived in Kotzebue, Alaska for nearly a year. Ms Coalson is also a professional artist. She works with clay. She sells her work in many galleries across the United States. Her art work has taken her to many places in the world. In 2003, Ms Coalson was sponsored as a visiting artist in the Ukraine.

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<sup>18</sup> From <http://knowledgecenter.unr.edu/friends/hallfame/scott.html>

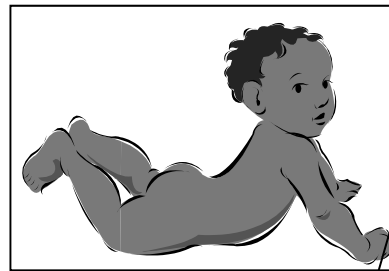
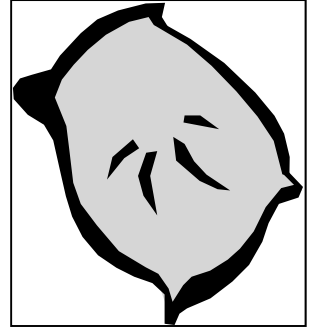
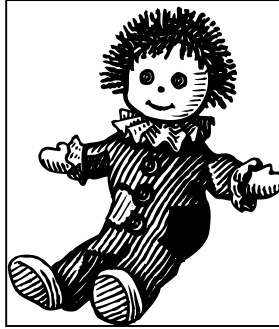
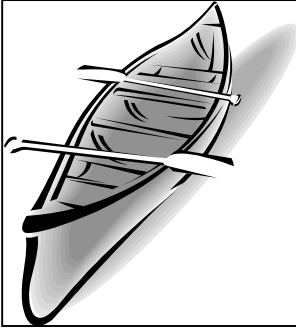
<sup>19</sup> From <http://www2.scholastic.com/browse/contributor.jsp?id=167844>



## Word and Picture Match

(Ages 5 and up)

Draw a line from the picture to the matching word.



puppy

blanket

dolly

baby

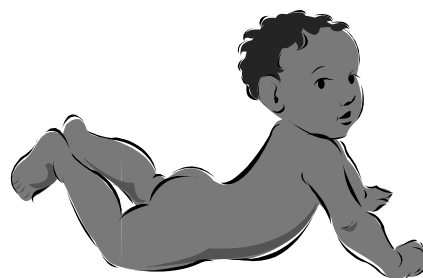
boat



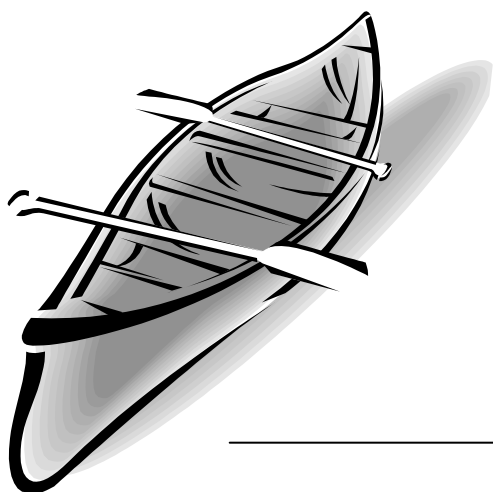
# Put the Story in Order

(Ages 5 and up)

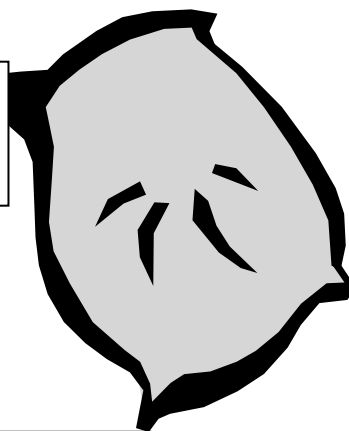
Name the pictures. Write the words on the lines below. Think about the story. What did Michael get first? Number the pictures in the order that Michael got them.



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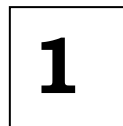
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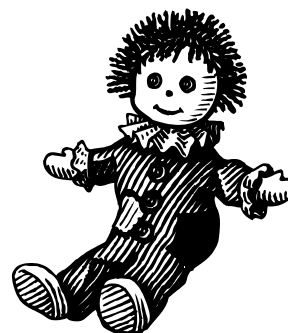
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dolly

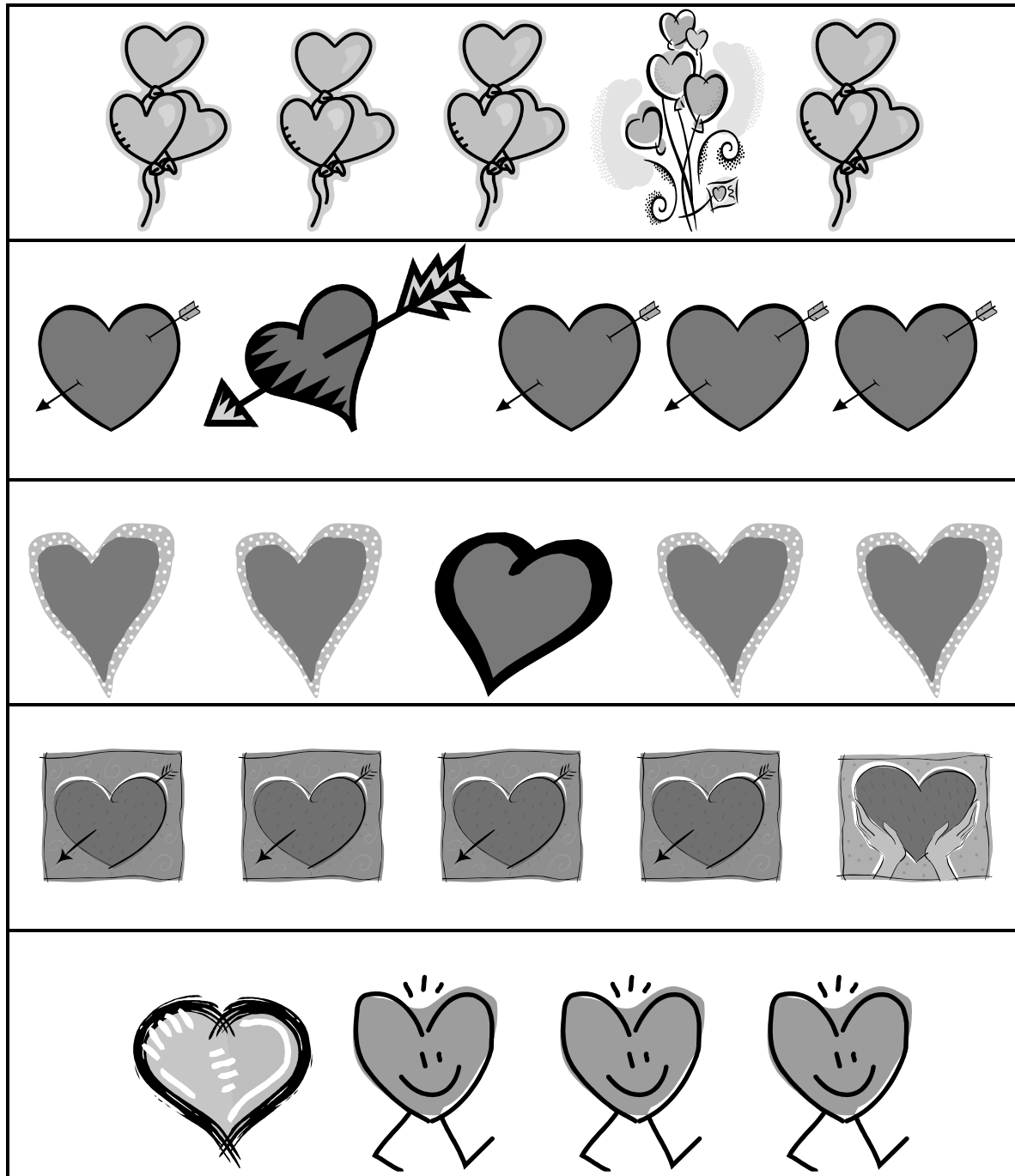




# Same or Different?

(Ages 3 and up)

Circle the picture that doesn't match.

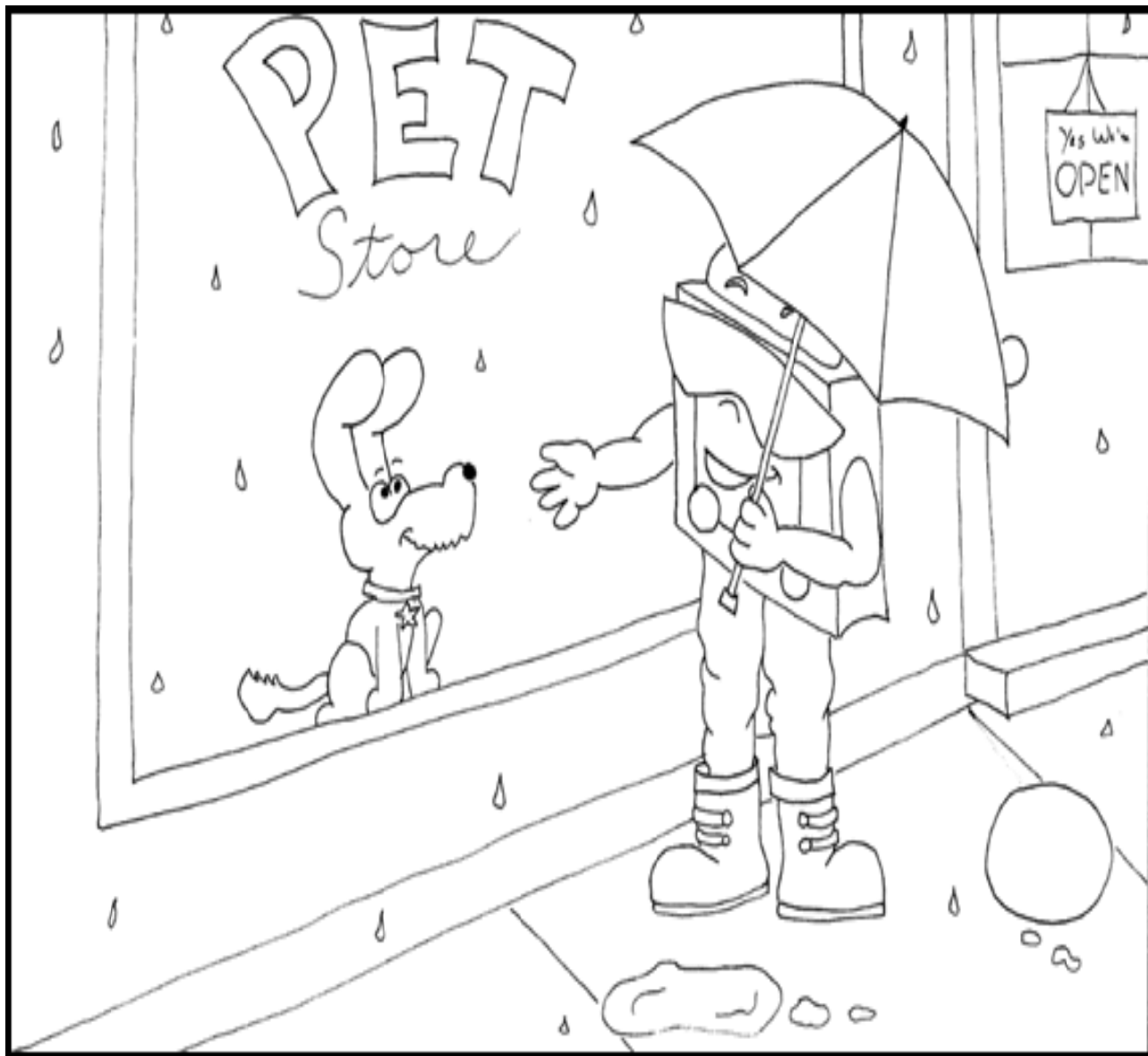




## Find the Shapes<sup>20</sup>

(Ages 3 and up)

What shapes can **you** see in the picture?



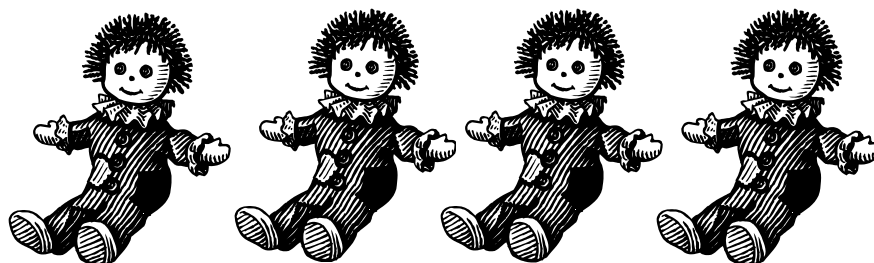
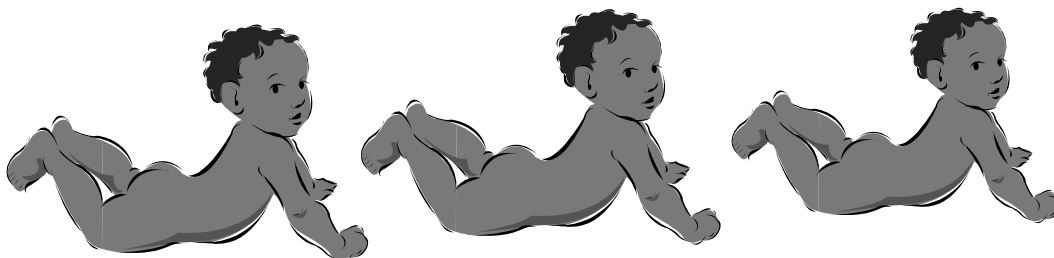
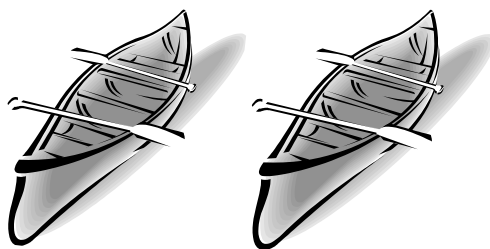
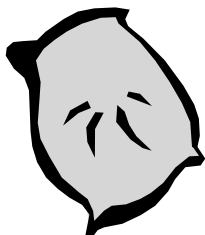
<sup>20</sup> From: [www.etch-a-sketch.com](http://www.etch-a-sketch.com)

**Memory Game**

(Ages 2 and up)

Cut out the number cards on this page and the picture cards on the next page. Paste them onto cardboard or card stock. Laminate them with packing tape. Practice counting and matching or play concentration.

1
2
3
4
5

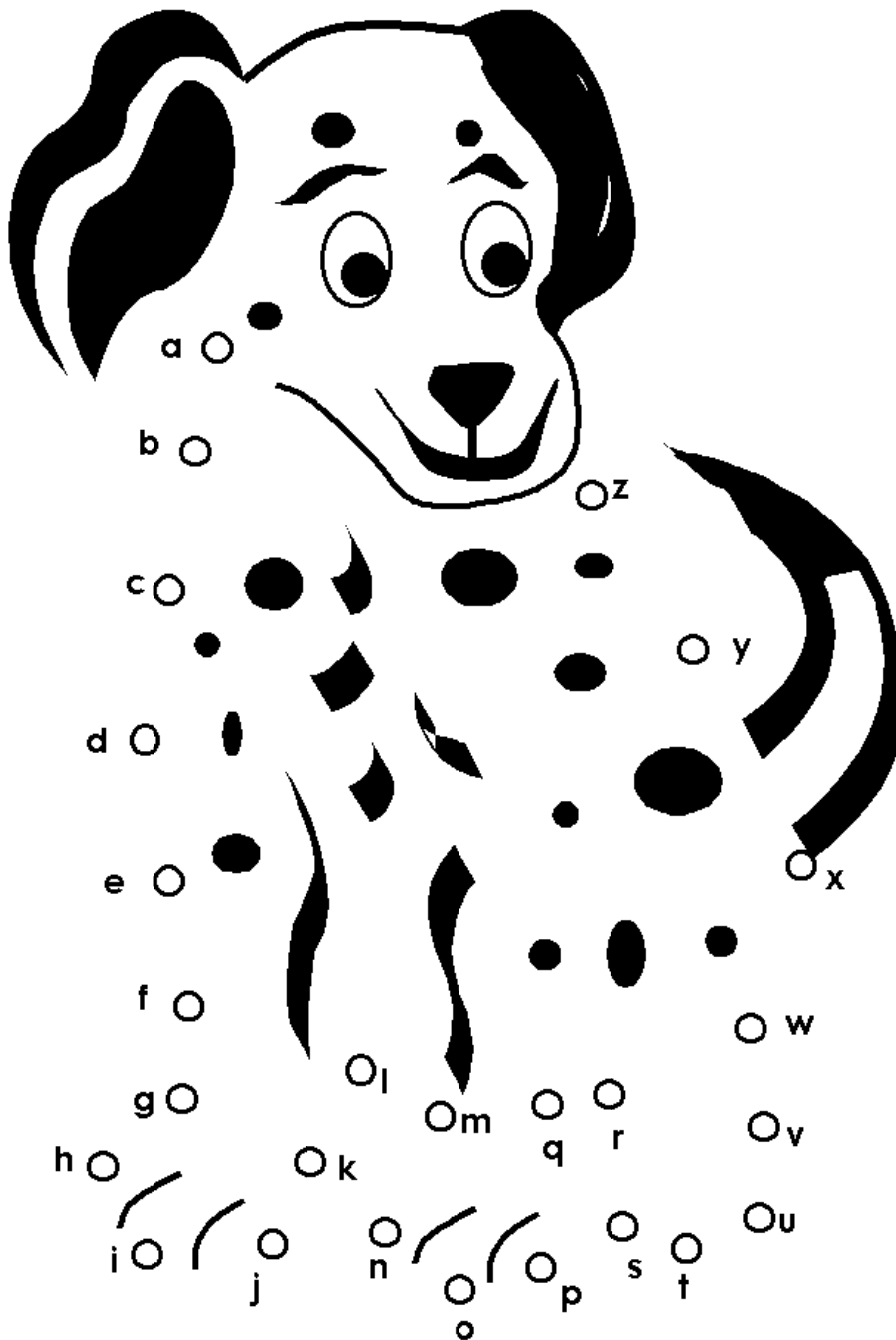




## Connect the Dots

(Ages 3 and up)

Practice the alphabet. Complete the picture below by drawing a line from letter A all the way through the alphabet to letter



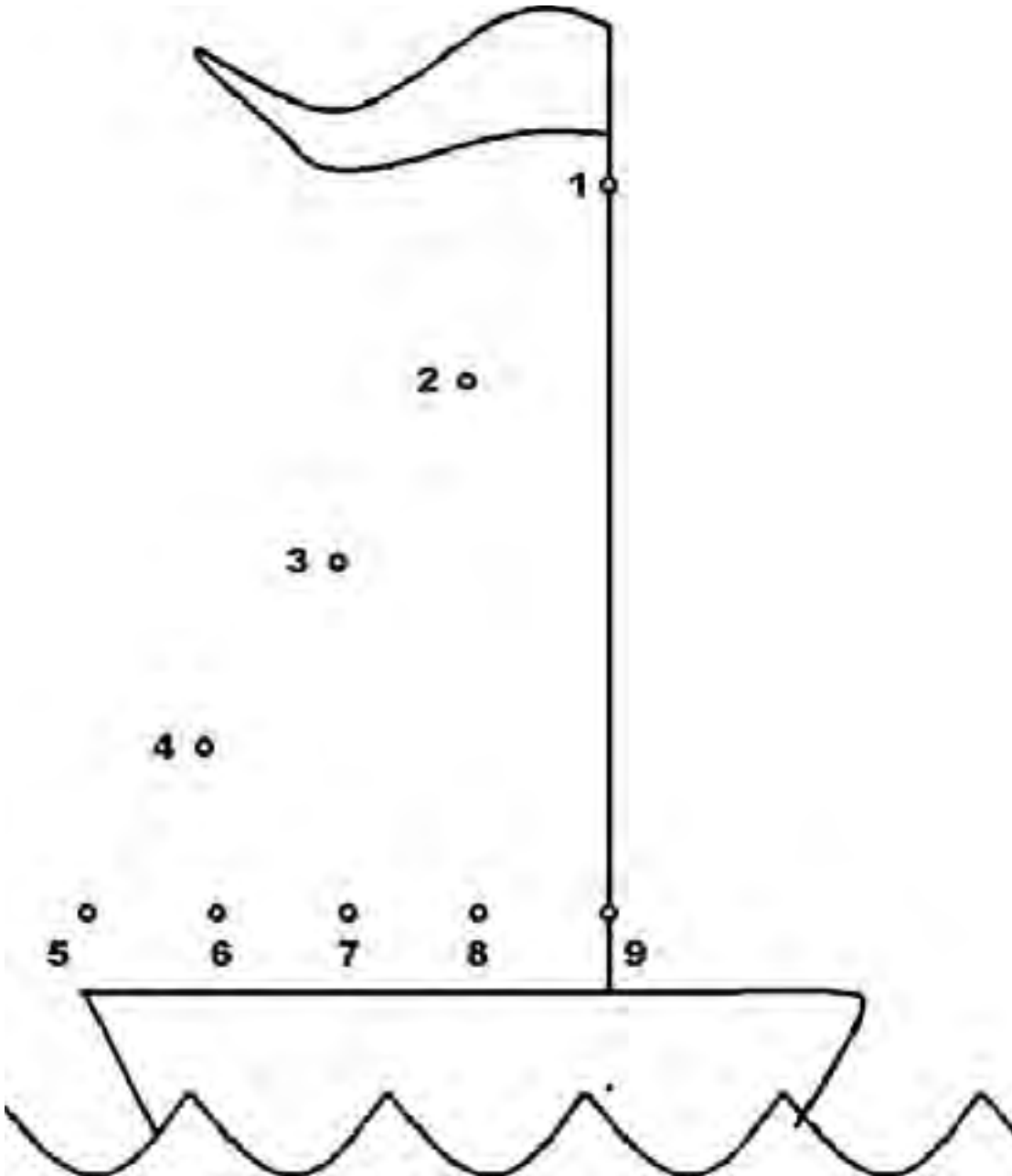




## Connect the Dots

(Ages 3 and up)

Practice counting. Give this boat a sail. Begin at number one and draw a line through to number nine.

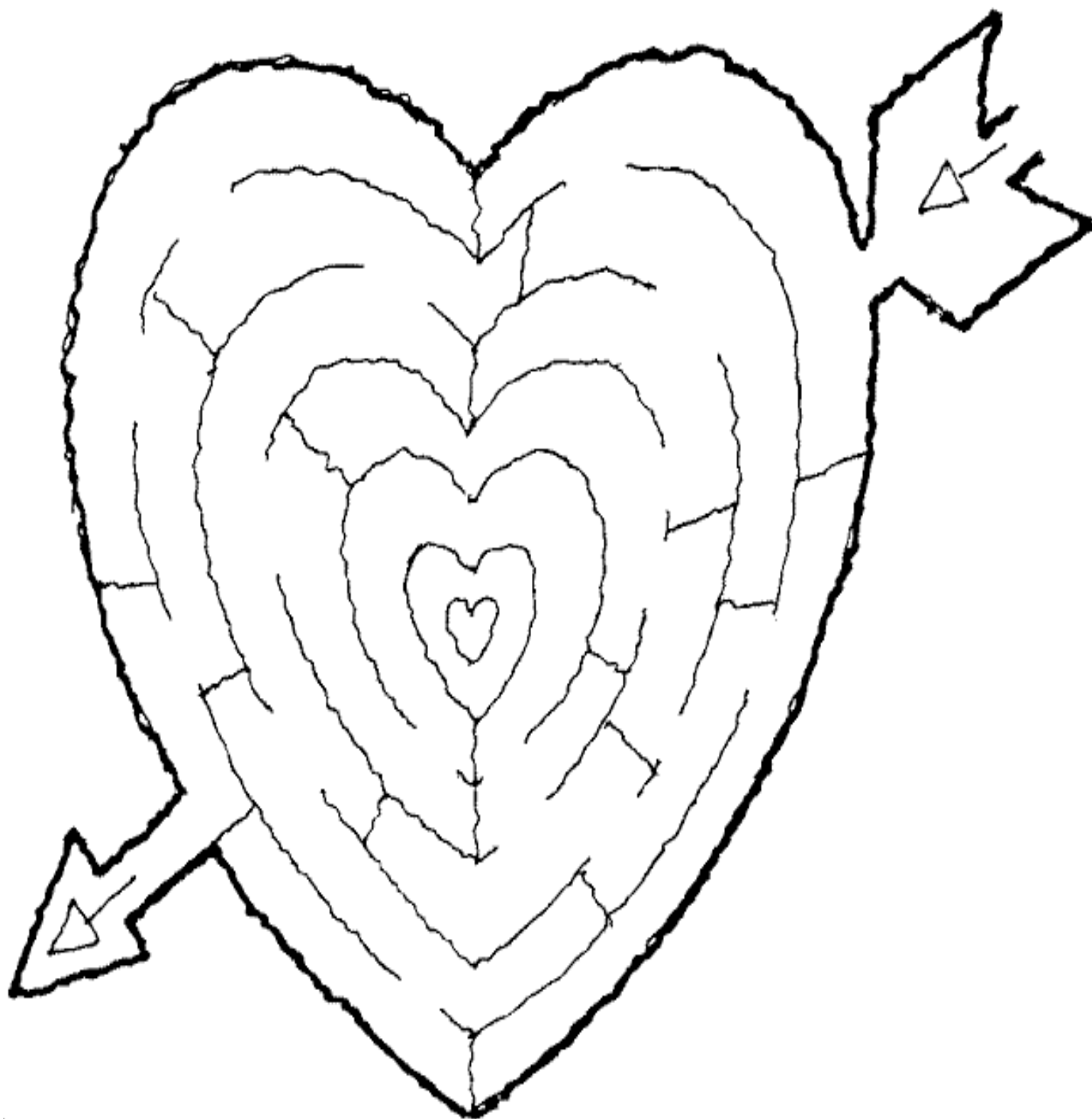




## Heart Maze

(Ages 3 and up)

Find your way through the maze without crossing any lines!





## Rice Krispie Squares

(All ages)

### You will need:

- ¼ cup butter
- 32 large marshmallows
- 4 cups of Rice Krispies



You can add some extra nutrition and flavour by adding a handful of raisins, sunflower seeds, or wheat germ.

1. Put the butter and marshmallows in a pot over low heat. Stir them until all the marshmallows have melted.
2. Take the pot off the stove and add the Rice Krispies. Stir the mixture until the Rice Krispies are coated.
3. Let the mixture cool slightly and then press it into an 8" x 8" pan. Let it cool completely before slicing.



Now set your table with your beautiful hand made paper placemats (*see page 178*), cut the Rice Krispie treats into squares and enjoy!





## Cut and Sequence

(Ages 6 and up)

**Turn on the stove.**



**Put the butter in the pan.**



**Melt the butter.**



**Add the marshmallows.**



**Stir until it is mixed together well.**



**Take the pan off the heat.**

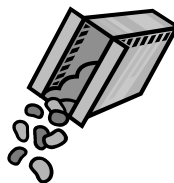


**Turn off the stove.**





**Add the Rice Krispies.**



**Stir.**



**Put it in a pan.**



**Let it cool.**



**Cut it into shapes.**



**Eat them!**





## Words that Describe

(Ages 8 and up)

What words can you think of to describe your treats?

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yucky    chewy    sticky    sour    soft    hard  
yummy    delicious    crunchy    gross    sweet



## Write a Short Story

(Ages 5 and up)

Ask your child to tell you about making the treats together. Did they get to stir? Pour? Measure? Write the story in his or her own words.

Title

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## Make a Place Mat

(Ages 3 and up)

Make your very own special placemat and bring some fun to mealtimes!

### You will need:

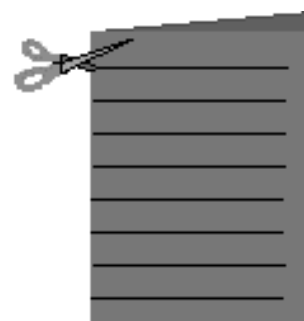
- Construction paper (8 ½" x 11")
- Construction paper strips (8 ½" x 1")
- Scissors
- Ruler
- Glue or tape
- Clear packing tape



1. Start with an 8 ½" by 11" piece of construction paper. Fold it in half.



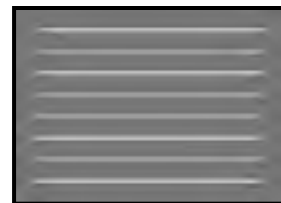
2. While the paper is still folded, draw a series of lines from the folded edge toward the outer edge, leaving about one inch on the outer edge. Draw the lines about one inch apart. For a very neat-looking place mat, use a ruler to draw the lines.



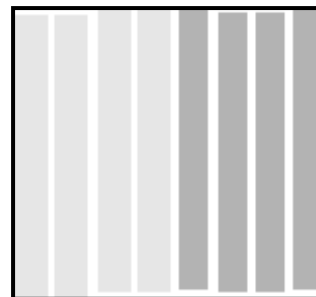




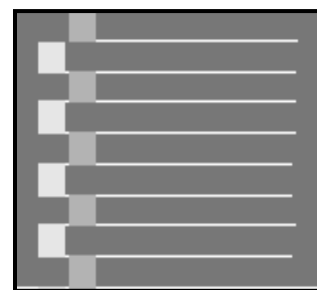
3. Cut along the lines. Unfold it.



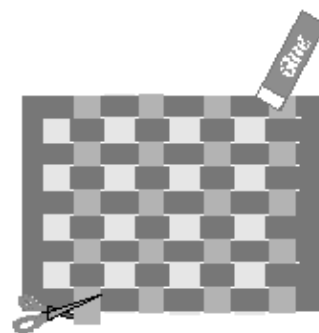
4. Cut strips of different coloured construction paper. Make them about 8 ½" x 1".



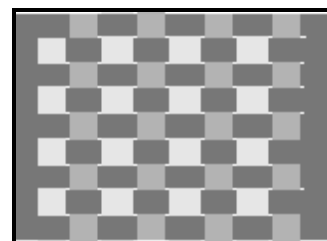
5. Start weaving the coloured strips onto the large piece of paper – under, over, under, over etc. Make sure that each new piece of paper is pushed up next to the previously woven piece.



6. When you're done weaving, trim the strips, if needed, to make the edges of the placemat even. Use some tape or a bit of glue to secure the ends of the strips in place.



7. To protect your paper placemat, "lamine" it with packing tape. Use strips of clear packing tape to cover both the front and back of the mat. Now after meals it can be wiped clean!





## Stained Glass Hearts<sup>21</sup>

(Ages 2 and up)

Capture the sun and warm your heart! These hanging hearts are easy to make – using just waxed paper and crayons.



### You will need:

- Waxed paper
- Crayons
- An iron
- A handheld pencil sharpener
- Sheets of scrap paper

1. Begin with a 30 by 40 cm sheet of waxed paper.
2. Fold it in half length-wise. Make a crease and then unfold it.
3. Use the pencil sharpener to sharpen the crayons. This will create the wax shavings.
4. Put the wax-crayon shavings evenly, and not too thickly, across one half of the paper.
5. Fold the clean half of the paper over the shavings.
6. Fold the three open edges over by about 1 cm.



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<sup>21</sup> Adapted from: <http://familycrafts.about.com/od/miscvalentine>



7. Set your iron to medium heat. Place a piece of scrap paper onto your ironing surface.
8. Place your waxed paper onto the scrap paper and cover it with another sheet of scrap paper.
9. Iron lightly on medium heat. Check after every few passes of the iron. Stop when all the shavings have melted.
10. Let it cool and then trace and cut out hearts of various sizes. String each heart with a piece of thread for hanging.



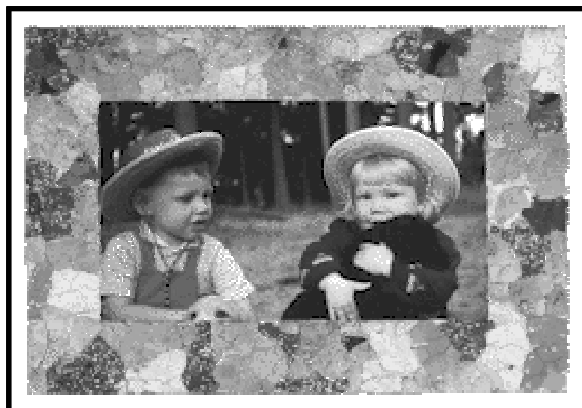
## Eggshell Picture Frame

(Ages 2 and up)

Here is a neat thing to do with the shells from coloured Easter eggs.

### You will need:

- Heavy white cardboard
- Dyed eggshells
- White glue
- String for hanging
- Modge Podge or thin white glue
- Photo



### Instructions

1. (Adult) Use a ruler to draw a rectangle that is slightly smaller than your photo in the centre of the cardboard (Most photos are 4" by 6"). Draw a larger rectangle around it. Cut the larger rectangle and the centre.
2. Spread glue over the frame.
3. Press egg shells all over the frame. Try to use larger pieces of eggshell and press them flat. It's easier than handling a lot of little pieces.
4. Gently shake off the extra bits of egg shell.
5. Fill in any blank spots.



6. Protect your eggshell frame by sealing it with white glue or Modge Podge. With a paint brush, lightly apply some thinned out white glue (white glue mixed with a little water.)
7. Glue a piece of string across the back for hanging.



## Tickle and Bounce Rhymes

(All ages)

Hold your child on your lap as you do these rhymes.

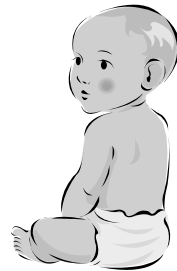


### Tickly Tickly

Tickly tickly  
On my knee  
If you laugh  
You must love me!

### One Two Three

One, two, three  
Baby's on my knee  
One, two, three, four  
Oops! Baby's on the floor!





### Boing Boing Squeak Squeak

*(begin gently bouncing child on your lap)*

Boing, boing, squeak, squeak

Boing, boing, squeak, squeak

A bouncy mouse was in the house

She's been here for a week.

She bounces in the kitchen.

*(bounce on left leg)*

She bounces in the den.

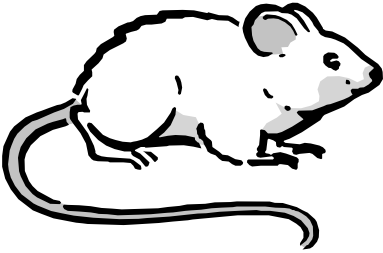
*(bounce on right leg)*

She bounces in the living room.

*(bounce on left leg)*

Oops, there she goes again!

*(bounce in middle again)*



### A Smooth Road, A Smooth Road

*(bounce child lightly)*

A smooth road, a smooth road,

A smooth road, a smooth road.

*(bounce child harder)*

A bumpy road, a bumpy road,

A bumpy road, a bumpy road.

*(bounce child even harder)*

A rough road, a rough road,

A rough road, a rough road.

*(drop child through your legs)*

A hole!







# The Missing Sun

By Peter Eyvindson



## What You Will Need for This Session

- A copy of *The Missing Sun* for each family in the program
- Journals for parents
- Copies of the *Tips for Giving Children a Head Start at Writing* handout
- Copies of the *Literacy Action Plan* handout
- Craft materials—crayons, glue, scissors, paper, etc.
- Activities in this kit:
  - The Solar System
  - Alphabetical Ordering
  - Word Search
  - Raven Maze
  - Counting Crows and Ravens
  - Did You Know?
  - Connect the Dots
  - Colouring Pages
  - Bird Beak Pop Up Card
  - Raven Craft
  - Paper Lanterns
  - Rhymes and Songs



## Session Overview

### 1. Introduction

- Review group agreements.
- Warm-up Activity – Assassin

### 2. Group Discussion

- Review what happened during the week:
  - What literacy activities did parents do at home with their children?
  - What worked well? Did anything not go well?
  - Did they follow the Literacy Action Plan?
- Talk about the adult discussion topic – Giving Children a Head Start at Writing.

### 3. *The Missing Sun* by Peter Eyvindson

- Introduce the book.
- Read the book together. Ask for volunteers to read parts of the story.
- Discuss the story. Think of activities related to the book that families can do at home.
- Hand out the activity sheets. Go over them and make sure that parents understand the activities.
- Make an activity related to the story that families can use at home.

### 4. Adult Writing

- Ask parents to fill in the Literacy Action Plan for the next week.
- Ask parents to write down one thing they learned this week in their journals. If they feel comfortable, they can share with the group.



- *Northern Writes* and *More Northern Writes* are good sources for other adult writing activities. They are available for download at [www.nwt.literacy.ca](http://www.nwt.literacy.ca). Paper copies are available from the NWT Literacy Council.

### 5. Story/Circle Time

- Have the children come back from their reading circle to read with their parents.
- Do a craft together from the kit.
- Read another story or sing some songs together.

### 6. Healthy Snack

- Serve a healthy snack.
- Leave a bit of time for parents and children to socialize.

#### **Snack of the Week – Yellow Yogurt Jello**

Make yellow Jello to represent the sun. Use vanilla or plain yogurt instead of water when you make the Jello. Put into individual cups. Place into the refrigerator or freezer long enough for them to set and let the children enjoy. Not only is it a wonderful snack but good for them as well!



### Warm-up Activity – Assassin

The object of this game is to talk to as many people as you can and collect their answers to a list of questions. Whoever collects the most answers wins. There is one catch: there is an “assassin” in the room! If the assassin winks at you, you have been killed and must step out of the game.

1. Have each participant write out a list of about 10-15 questions or sentence starters. You may choose to do this as a group, or you may use the sentence starters that are listed below.
2. Decide who is to be the killer. Ask everyone to close their eyes. Tap one person on the shoulder. He or she will be the assassin. If it's a large group choose two people.
3. Allow time for people to circulate asking questions to as many people as they can.
4. The killer circulates and asks questions. While doing this they quietly “kill” people by winking at them.
5. When a person is winked at, he or she steps out of the game.
6. After about five minutes, have everyone stop.
7. Find out who gathered the most answers. Talk about some of the new and interesting things people may have learned about the other participants.



1. I like people who . . .
2. The funniest thing I ever saw was . . .
3. I'd like to have . . .
4. The riskiest thing I ever did was . . .
5. I hate it when . . .
6. My favourite music is . . .
7. Last night, I . . .
8. The best gift I ever received was . . .
9. In the future, I'll . . .
10. I wish . . .
11. I could not live without . . .
12. I have never . . .
13. Everybody should . . .
14. \_\_\_\_\_ makes me feel good.
15. If I had a \$1,000,000 I would . . .



## Adult Discussion Topic – Giving Children a Head Start at Writing<sup>22</sup>

1. Do activities that help develop hand-eye co-ordination, for example sewing, doing jigsaw puzzles, drawing and painting.
2. Keep crayons, pencils, paper and colouring books at home for your child to use. Fat crayons, pencils and markers are easier for children to hold than thinner ones.
3. Children will sometimes pretend to write. This shows that your child understands that lines and marks on paper can be used to communicate. Ask your child to “read” what they’ve written back to you.
4. Write letters in large print on a piece of paper and have your child trace over them.
5. Write together. For example, while you write out a grocery list sit with your child and have them write a grocery list too.
6. Help your child learn to write her name. Have her write their name on their drawings and books.
7. Remember, you are a role model for your children. Let your child know that learning to write is important by writing yourself. Write notes, letters, and birthday cards.



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<sup>22</sup> These ideas come from: Marianne Paul, *ABC-123*. Edmonton: Grass Roots Press, 1992



## Literacy Action Plan

### Monday

Read for 15 minutes with your child.

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### Tuesday

Read for 15 minutes with your child.

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### Wednesday

Read for 15 minutes with your child.

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### Thursday

Read for 15 minutes with your child.

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### Friday

Read for 15 minutes with your child.

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### Saturday

Read for 15 minutes with your child.

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### Sunday

Read for 15 minutes with your child.

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### About the Author<sup>23</sup>



Peter Eyvindson is a Canadian author and storyteller. He lives in Clavet, Saskatchewan. Mr. Eyvindson has a passion for books and for teaching children about them. In 1983 he left his job as a teacher-librarian and began to write children's books full time. He has written many very popular children's books including *A Crow Named Joe*, *Kyle's Bath*, and *Red Parka Mary*. All of them have become bestsellers.

In 1998, he and his wife took a trip to Haiti and stayed at a guest house run by the boys of St. Joseph's Home, a home for abandoned and homeless boys. When the boys living there learned that an orphanage for physically and mentally challenged children was going to close, they made a decision to take over the care of the disabled children. Mr. Eyvindson was very moved by what he saw, and decided to write a story about it. The result was *Soni's Mended Wings*, a book whose proceeds went to support the boys of St. Joseph's Home.

Although his passion has become Broken Wings Missions and the children of Haiti, Peter continues to write children's books.

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<sup>23</sup> From [http://www.saskschools.ca/curr\\_content/rbtboxes/lit/sask\\_a/eyvindson/eyvindson.html](http://www.saskschools.ca/curr_content/rbtboxes/lit/sask_a/eyvindson/eyvindson.html)





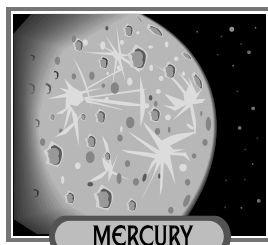
## About the Solar System

(Ages 5 and up)



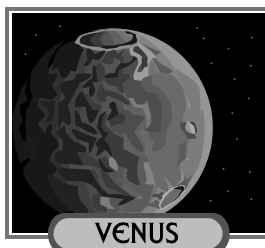
THE SUN

The sun is at the center of our solar system. There are nine planets that *orbit* the sun. To orbit the sun means that the planets move in a path around the sun.



MERCURY

Mercury is the closest planet to the sun. It is the second smallest planet in our solar system. Mercury has rolling, dust covered hills. Mercury has no moons.

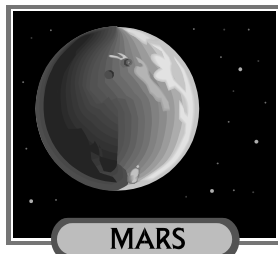


VENUS

Venus is the second planet from the sun. It is the hottest planet in our solar system. This planet is covered with a type of cloud that traps the heat from the sun. Venus has no moons.

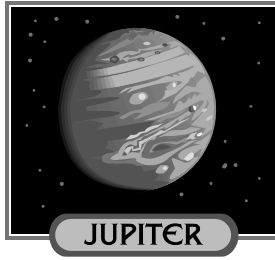


Earth is the third planet from the sun. It is the only planet in our solar system that we know supports life. Earth has one moon.

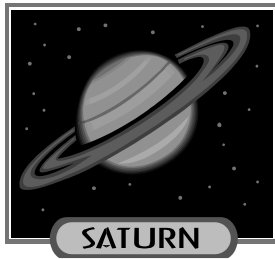


MARS

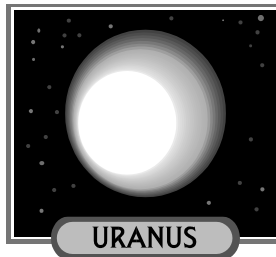
Mars is the fourth planet from the sun in our solar system. It is the most Earth-like planet. It is about half the size of Earth. It has a dry and rocky surface. It has two moons.



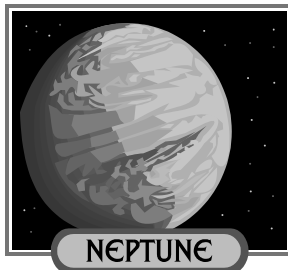
Jupiter is the fifth planet from the sun. It is the biggest planet in our solar system. Jupiter has a great red spot. This spot is actually a storm. Jupiter has 28 moons.



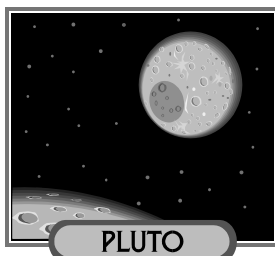
Saturn is the sixth planet from the sun. It is the second largest planet in our solar system. It has rings around it. These rings are mostly chunks of ice and some rock. You can see Saturn without using a telescope, but you would need a telescope to see the rings. Saturn has 30 moons.



Uranus is the seventh planet from the sun. Uranus is an icy planet covered with clouds. It is surrounded by a belt of 11 rings. Uranus has 21 moons.



Neptune is the eighth planet from the sun. It is a cold and windy planet. It has storms with winds of 400 miles per hour. These storms have lasted for hundreds of years. Neptune has eight moons.



Pluto is the ninth and farthest planet from the sun. It is also the smallest planet in our solar system. Pluto has one moon which is almost as big as Pluto itself.



## Alphabetical Ordering

(Ages 8 and up)

Cut out the names of the planets below. Rearrange the words to put them into alphabetical order. Then, arrange them in order of distance from the sun.



Mercury	Saturn
Venus	Uranus
Earth	Neptune
Mars	Pluto
Jupiter	Sun



## The Missing Sun Word Search

(Ages 8 and up)

m	z	p	g	n	i	s	s	i	m	d
n	u	e	q	u	a	t	o	r	a	t
e	y	v	g	y	k	i	h	r	p	j
v	k	i	v	u	n	i	k	c	s	c
a	n	e	b	h	k	s	c	o	l	d
r	w	r	a	d	t	v	t	j	w	c
k	j	v	e	p	l	a	h	e	u	o
o	t	l	m	q	i	q	y	p	a	u
r	h	p	x	m	t	l	y	u	e	l
h	q	d	i	s	a	p	p	e	a	r
j	r	q	n	q	f	u	s	u	n	u

Can you find these words?

dark  
raven  
steal

missing  
disappear  
sun

equator  
tilt  
cold

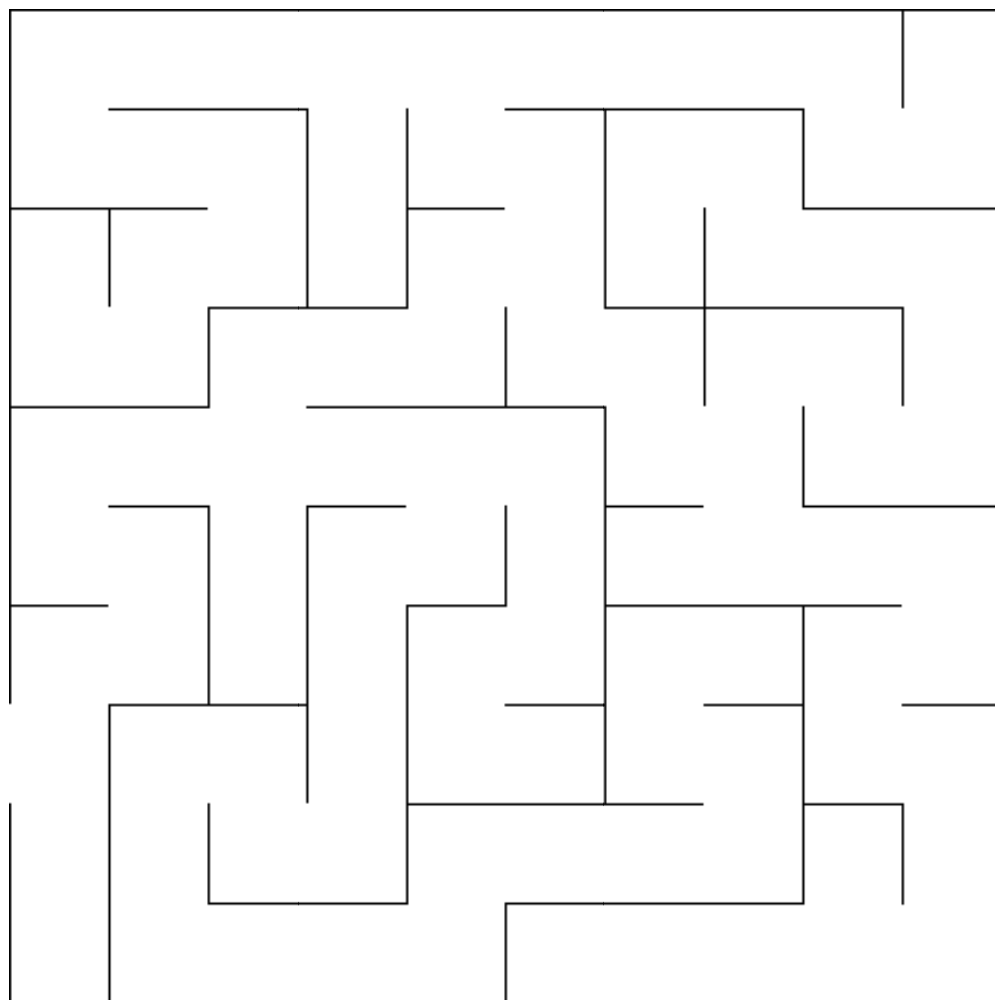
Inuvik



## Raven Maze

(Ages 4 and up)

Help this raven find his way.



Start





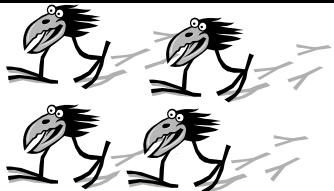

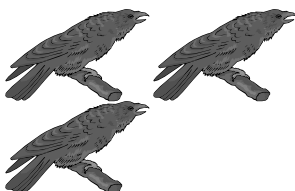


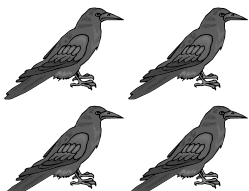
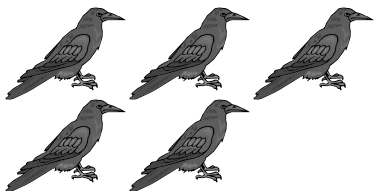




## Counting and Adding

(Ages 4 and up)

Count and add the crows and ravens.

 	+		=	
	+		=	
	+		=	
	+		=	
	+		=	



## Did You Know?

(Ages 6 and up)

Have you ever seen a basketball player spin a ball on his finger?

When you see this spinning ball, what you are seeing is the ball spinning on its axis. An axis is an imaginary straight line around which an object spins.

The earth spins on an axis too. The axis of the basketball passes straight through the centre of the ball and the ball spins straight up and down

The Earth is different. The axis of the earth is on a tilt. Just like Emily's mother explained in *The Missing Sun*, the tilt of the Earth is  $23\frac{1}{2}$  degrees from the centre.

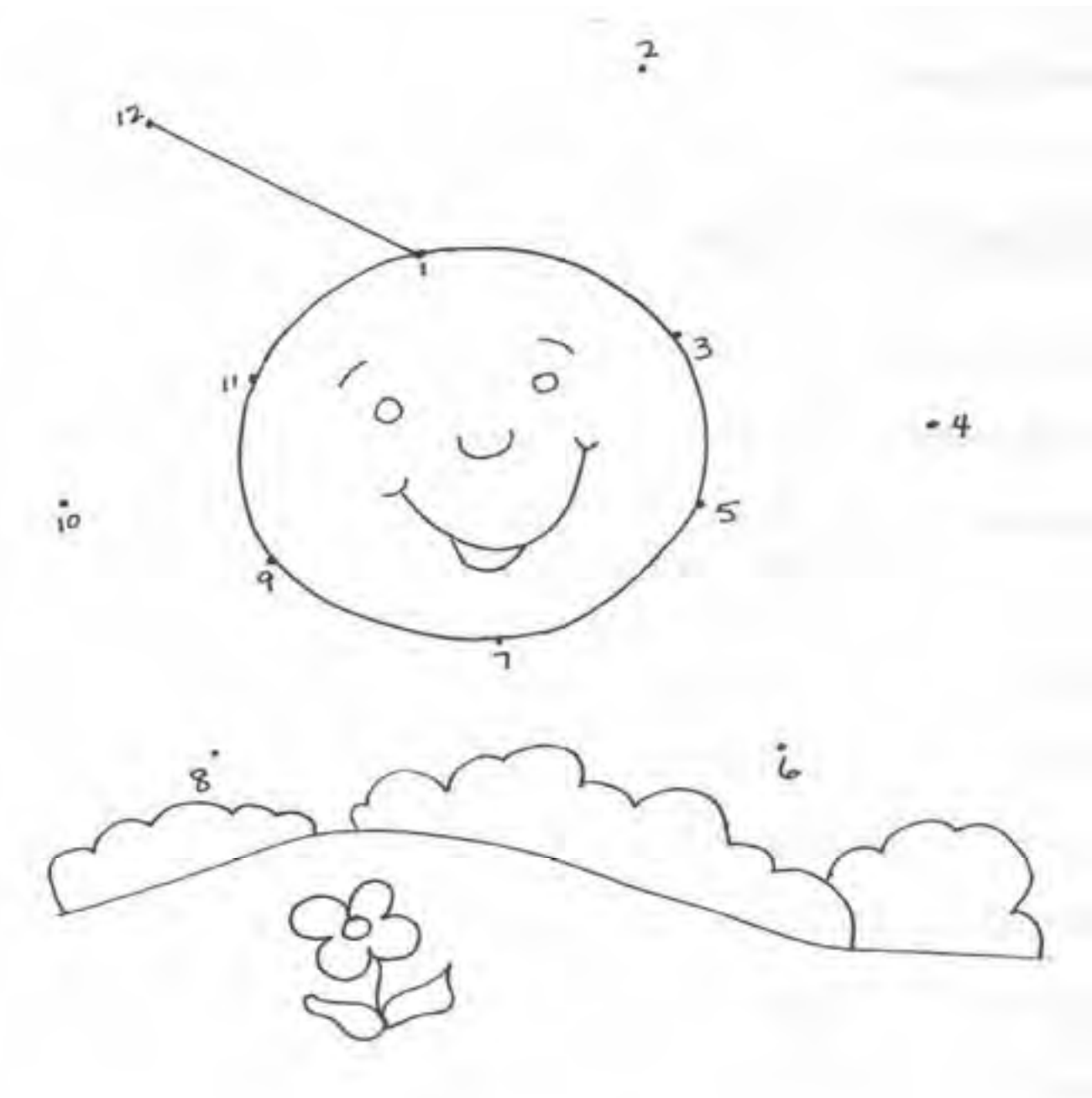
It is because of the tilt of the Earth that we have changes in the lengths of the days. It is also because of the tilt that we have seasons.





## Draw by Numbers

(Ages 3 and up)

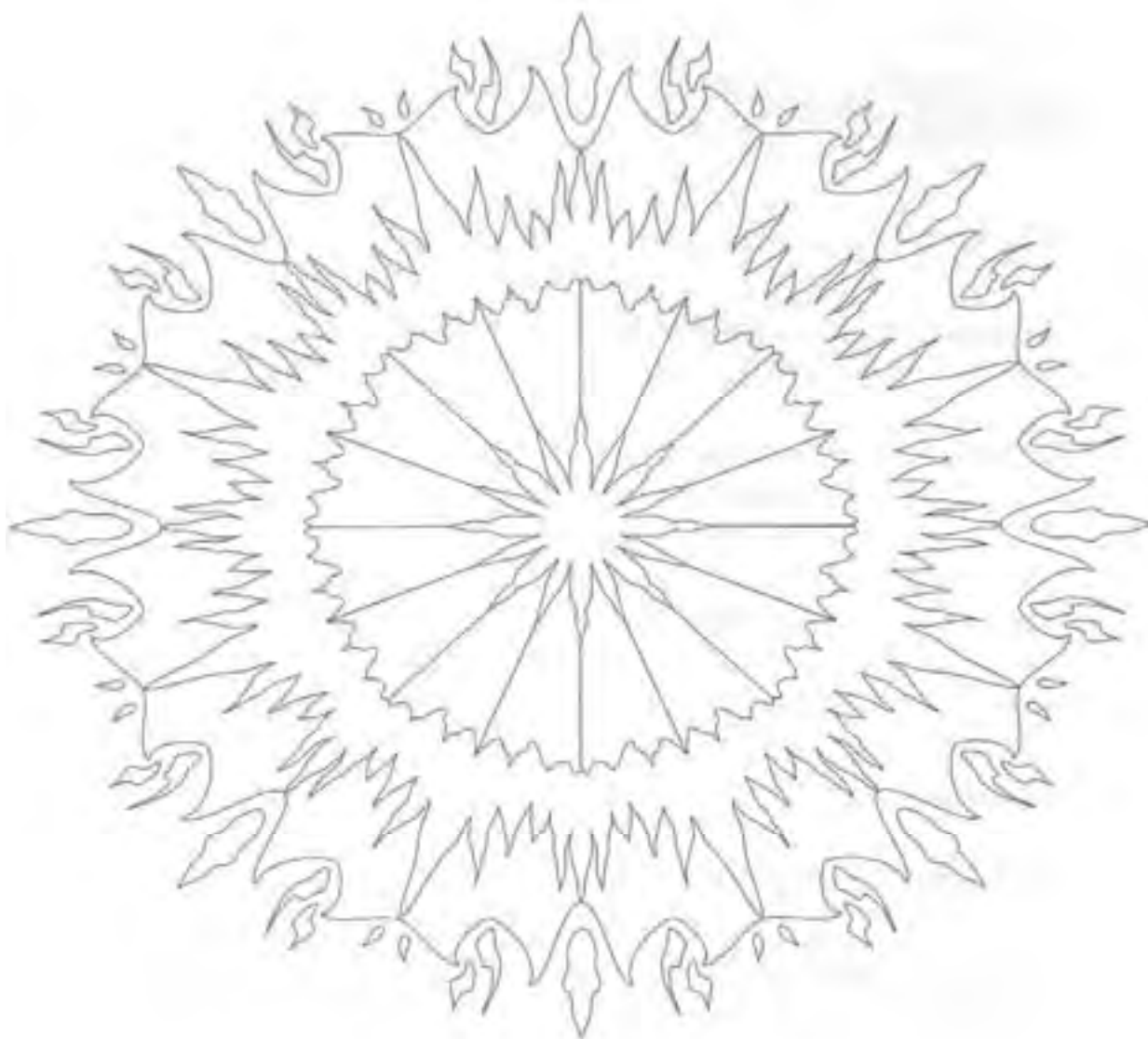






## Colour the Sun

(All ages)

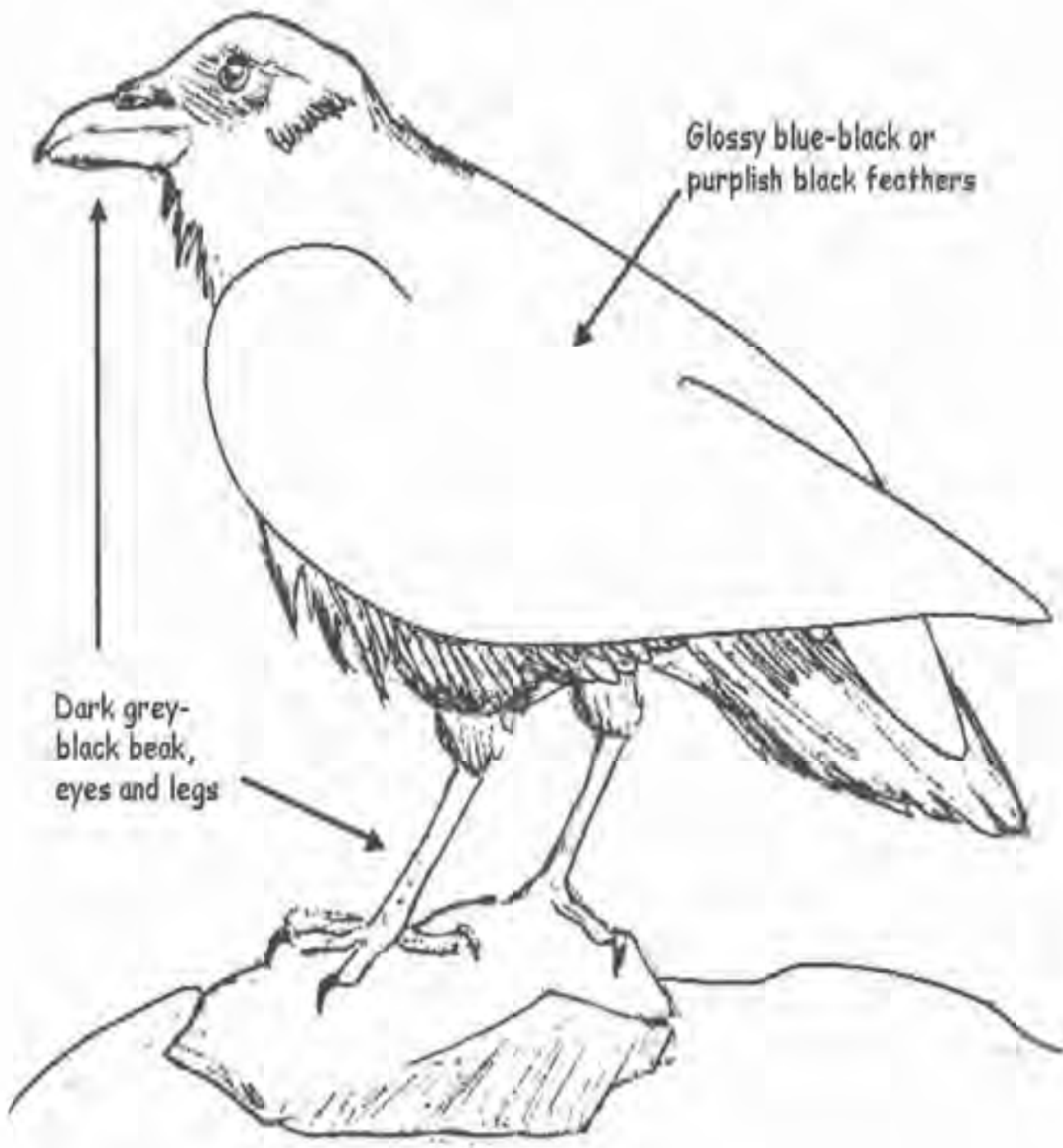


[www.ColoringCastle.com](http://www.ColoringCastle.com)



## Colour the Raven

(All ages)





## Bird Beak Pop-Up Card<sup>24</sup>

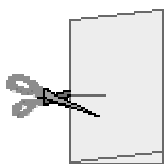
(Ages 3 and up)

Make a bird beak pop-up card. When you open the card, the beak opens!

### You will need:

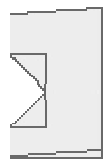
- 2 pieces of paper (2 different colors of cardstock work well)
- Glue
- Scissors
- Crayons and/or markers

1.



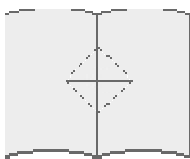
Fold a piece of paper in half. Make a cut about 5cm long in the folded edge.

2.



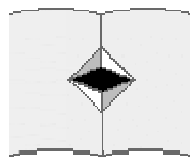
Fold the paper back on each side of the cut to make 2 triangles.

3.



Open up the card and lay it down.


4.





Push one of the triangles up and pinch the edges together above the card. Repeat with the other triangle.

<sup>24</sup> From: [www.enchantedlearning.com/crafts/Birdcard.shtml](http://www.enchantedlearning.com/crafts/Birdcard.shtml)



5.  Carefully close the card and push down on the folds to crease them well. Open the card to see your pop-up beak.

6.  Fold another piece of paper in half (a different color looks great). Glue this new card to the outside of your pop-up card. Don't glue near the beak area or it won't open! Let the glue dry.

7.  Draw a bird around the beak and finish decorating your card.



## Raven Craft<sup>25</sup>

(Ages 2 and up)

### You will need:

- Copies of the pattern
- Crayons
- Yellow paper (optional)
- Tape
- Scissors
- Stapler
- Googly eyes



1. Colour the pieces and cut them out.
2. Tape the body piece together to form a cone shape.
3. Glue the wings on the back.
4. Tape the head to the top front of the cone.
5. Glue on the googly eyes if you have them.
6. Tape the tail feather inside bottom of the cone at the back.
7. Fold the legs with an “accordion” fold, finishing so that the feet are pointed upward.

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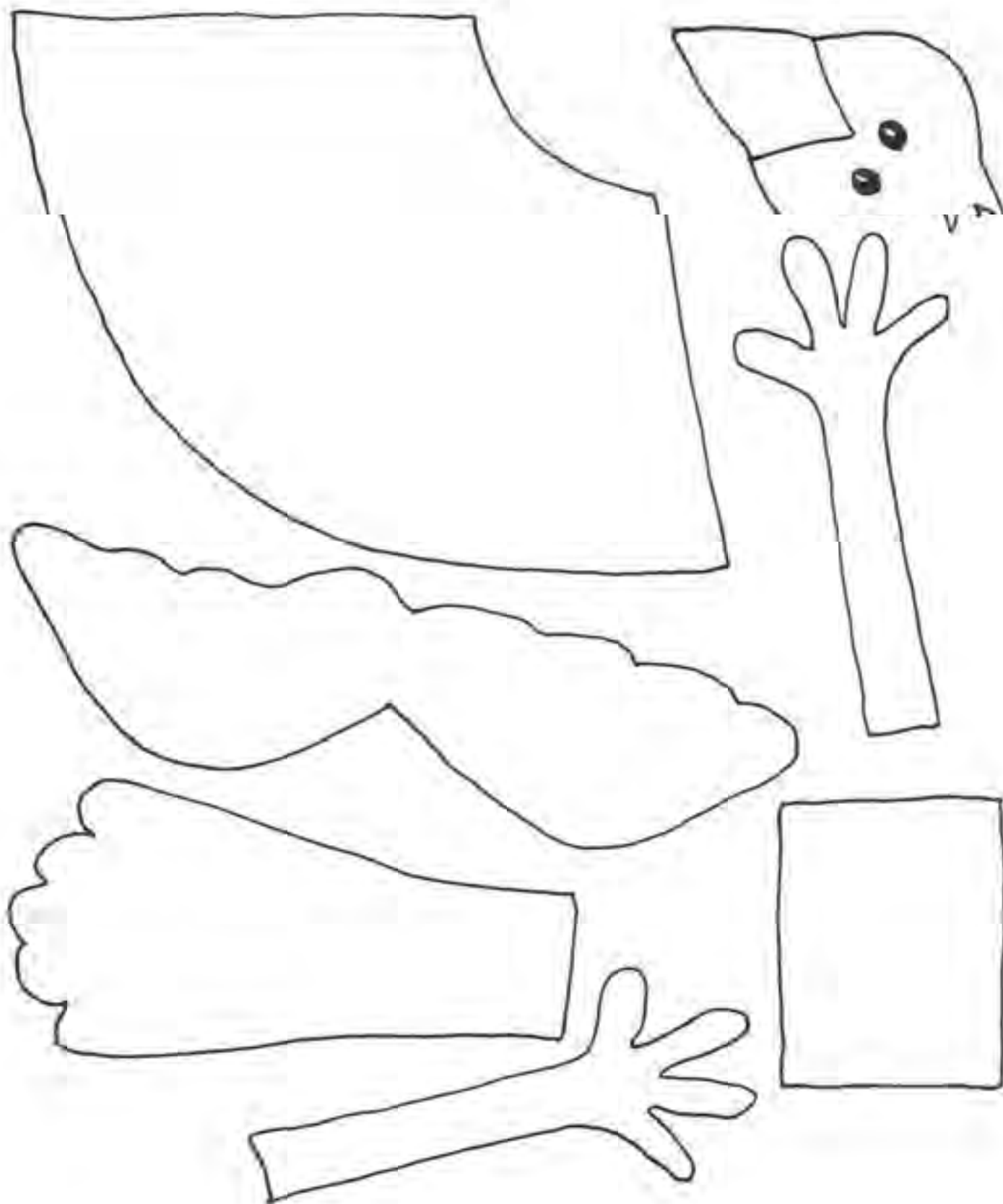
<sup>25</sup> Craft idea from [www.daniellesplace.com](http://www.daniellesplace.com)



8. If you prefer, skip the folding of the legs and instead cut them a little shorter.
9. Tape the legs to the body.
10. Write your message on the square cut out:
  - “I love you”
  - “Read for 15”
  - “I love reading”
  - “Read to succeed”
  - Or any other message you would like to write

Then glue or tape the sign into the beak.

## The Missing Sun





## Paper Lanterns<sup>26</sup>

(Ages 2 and up)

Has raven stolen the sun? Light up your winter and make a paper lantern! Make many lanterns of different colours and hang them around your house.

### You will need:

- Scissors
- Pencil
- Glue, tape or stapler
- Ruler
- Colored construction paper



1. Take a rectangular sheet of paper (any size) and cut a 1 cm strip off one short side to make a handle. Put the strip aside for later.

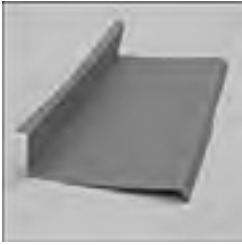


2. Measure and mark fold lines about ½ inch wide at top and bottom of paper as shown in the photo. Add fold lines in the middle, at an equal distance from the edges, as shown.

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<sup>26</sup> Craft idea from: [www.kidsdomain.com/craft/lantern1.html](http://www.kidsdomain.com/craft/lantern1.html)





3. Fold the paper along the fold lines as shown.



4. Cut the paper into strips about 1 inch wide on both folded edges. Make sure not to cut through the small folds at the top and bottom of the paper.



5. Open out the paper and roll it along the long edge as shown. Glue, tape or staple the short edges together.



6. Glue, tape or staple the handle you made in Step 1 to the top of the lantern. If you like, you can add tassels, glitter, and other decorations.



## Rhymes and Songs

(All ages)

### Sing a Song of Sixty<sup>27</sup>

Sing a song of sixty  
A snowflake in your eye  
Four and twenty ravens  
Baked in a pie.



When the pie was opened  
The birds flew in the air  
What a truly northern dish  
To set before the mayor.

The mayor was in his office  
Counting out his votes  
His wife was in the kitchen  
Eating boiled oats.

The son was in the front yard  
Fixing his old sleigh.  
The ravens grabbed the garbage can  
And with it flew away.

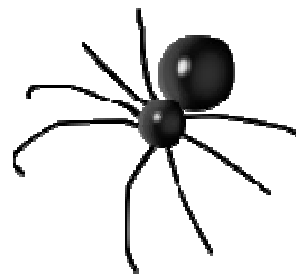
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<sup>27</sup> From: *Mother Raven Nursery Rhymes* by Peter Redvers. Illustrated by Don Harney. 1992. Hay River, NT: Crosscurrents Associates.



### Eency, Weency Spider

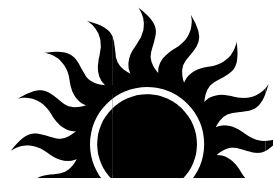
Eency, weency spider  
Crawled up the water spout.  
Down came the rain  
And washed the spider out.  
Out came the sunshine  
And dried up all the rain.  
So the eency, weency spider  
Crawled up the spout again.



### Oh Mister Sun

Oh Mister Sun, Sun  
Mister Golden Sun  
Hiding behind the tree

These little children  
are asking you  
To please come out  
so we can play with you.



Oh Mister Sun, Sun  
Mister Golden Sun  
Won't you please shine down on me?





# The Moccasin Goalie

By William Roy Brownridge



## What You Will Need for this Session

- A copy of *The Moccasin Goalie* for each family
- Journals for parents
- Copies of the *Tips for Encouraging Children to Read* handout
- Copies of the *Literacy Action Plan* handout
- Craft materials—crayons, glue, scissors, paper, etc.
- Activities in this kit:
  - Word Search
  - Story Strips
  - The Hockey Maze
  - The Colouring Page
  - Hockey Jersey Cake
  - Banana Cake Recipe
  - Butter Icing Recipe
  - Word and Picture Match Up
  - I am Special and So are You
  - Crossword Puzzle
  - About the Goalie
  - Hockey Time Rhyme



## Session Overview

### 1. Introductions

- Review the group agreements.
- Warm-up activity – Word Association.

### 2. Group Discussion

- Review what happened during the week:
  - What literacy activities did parents do at home with their children?
  - What worked well? Did anything not go well?
  - Did they follow the Literacy Action Plan?
- Talk about the adult discussion topic – Tips for Getting Kids to Read.

### 3. *The Moccasin Goalie* by Roy William Brownridge

- Introduce the book.
- Read the book together. Ask for volunteers to read parts of the story.
- Discuss the story. Think of activities related to the book that families can do at home.
- Hand out the activity sheets. Go over them and make sure that parents understand the activities.
- Make an activity related to the story that families can use at home.

### 4. Adult Writing

- Ask parents to fill in the Literacy Action Plan for the next week.
- Ask parents to write down one thing they learned this week in their journals. If they feel comfortable, they can share with the group.



- *Northern Writes* and *More Northern Writes* are good sources for other adult writing activities. They are available for download at [www.nwt.literacy.ca](http://www.nwt.literacy.ca) or in paper form from the NWT Literacy Council.

## 5. Story/Activity Time

- Have the children come back from their reading circle to read with their parents.
- Do a craft together from the kit.
- Read a different book together.
- Sing some songs or play a circle game together.

## 6. Snack Time

- Serve a healthy snack.
- Leave a bit of time for parents and children to socialize.

### Snack of the Week – Banana Cake

Use the recipe in this kit and make banana cake. You can be adventurous and turn the cake into a hockey jersey. Serve with cut up bananas to make it more nutritious.





## Warm-up Activity – Word Association

This warm-up is lively and fun. It is a game that can go in many different directions. There is never one right answer. This game also helps to focus everyone's attention.

### Description

1. Stand in a circle.
2. Begin the Warm-up by saying any word.
3. The person to the left then says the first thing that comes to mind.
4. The person to *her* left then responds to *that* word, continuing until someone gets stuck.



### Example

The game might sound something like this:

The first person might start with the word "*coat*."

The next person might say "*jacket*."

The third person, responding to the word jacket, might say "*zipper*."

Then followed by "*stuck*," "*push*," "*pull*," "*tow*," "*foot*," "*inch*," "*measure*," and so on.

As you can see the game can and will go in many directions. The game should move along quite quickly. Have fun! Remember it's a game of *free* association. There are no right or wrong answers!





## **Adult Discussion Topic – Tips for Encouraging Children to Read**

### **1. Read together.**

Reading together is the most powerful tool for motivating your child to read.

### **2. Reading isn't only about books.**

Reading material comes in many different forms. Reading magazines or comic books, playing board games, and writing notes and messages to each other are all great ways of to practice reading.

### **3. Keep it fun for everyone.**

As you read with your children keep them involved by asking questions about the story. Talk about the pictures in the book. Use different voices for the people and animals in the stories. Act out parts of the book.

### **4. Keep a record.**

Another successful approach to help motivate your child is to use a visible record of achievement. A chart or graph that shows the number of books that your child has read lets them see their accomplishments.

### **5. Choice.**

Reading should be a choice, not a chore. Provide a variety of books for your child to choose from. Make a weekly library date and select books to read during the upcoming week.

**6. Talk.**

Reading doesn't have to stop when you put the book down. Talk with your child about the book that you've read. Point out similarities between the stories in the books and your everyday events.

**7. Make time for reading.**

Make time in the day to dedicate to reading. When you set aside a specific time instead of trying to squeeze it in, you pass along the message that reading and spending time together is important.





## Literacy Action Plan

### Monday

Read for 15 minutes with your child.

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### Tuesday

Read for 15 minutes with your child.

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### Wednesday

Read for 15 minutes with your child.

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### Thursday

Read for 15 minutes with your child.

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### Friday

Read for 15 minutes with your child.

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### Saturday

Read for 15 minutes with your child.

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### Sunday

Read for 15 minutes with your child.

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## About the Author<sup>28</sup>



The author of *The Moccasin Goalie* is William Roy Brownridge. He was born in Rosetown, Saskatchewan in 1932. He was the youngest of five children.

Bill was born with spina bifida and club feet. Spina bifida is a birth defect where parts of the spinal cord and nerves do not develop properly.

When he was still a boy his health conditions got worse. Doctors had to amputate one of his legs. He was not able to move around very well and had to sit for long periods of time. He began to pass the time by drawing and painting. Through his art he began to see that he could become more independent.

## Hockey

Mr. Brownridge always loved hockey. He loved hockey because it was a lot of fun. But there are many other qualities to the game that he believes are even more important. Hockey taught Mr. Brownridge about the problems of bullying and cheating. He also learned about courage, determination, patience and discipline. He learned about selflessness and how to be a team player.

Learn more about the author William Roy Brownridge and see his artwork at [www.heartofhockey.com](http://www.heartofhockey.com).

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<sup>28</sup> From <http://www.lloydminster.net/Brownridge.htm>



## Hockey Word Search

(Ages 8 and up)



s k c i t s e s k t t h  
m c h c d h k k s s i c  
o r s g e m o s g u s p  
y i s k e c l h o k a u  
e n n o a i e c u i u c  
k k i o d t r a s i n k  
c z s e e l e o e c i i  
o a a t e a m c a a f l  
h n c k e i l a o g o h  
i k c x a s h c c o r u  
n r o c i i t n c c m t  
n e m t d w i i m h x m

Can you find these words?

uniform

ice

rink

skate

puck

goalie

slide

hockey

team

moccasins

coach

stick



## **Story Strips**

(Ages 7 and up)

Cut out the strips below. Read each sentence and put the story into the right order.

You can also glue the strips in order onto a piece of paper and practice reading it together.

**As Danny put on his hockey sweater, he felt proud but his heart was pounding.**

**Danny felt very disappointed.**

**Mr. Matteau asked Danny to stay on the team.**

**Danny didn't make the team.**

**The team went to Chong's Café to celebrate.**



Weeks later, Mr. Matteau asked Danny to play on the team.

Danny and his friends played road hockey on Main Street.

They won the game three to two.

Mr. Matteau read out the names for the new team.

Danny said, "They play the rest of the year with the Wolves,  
too.

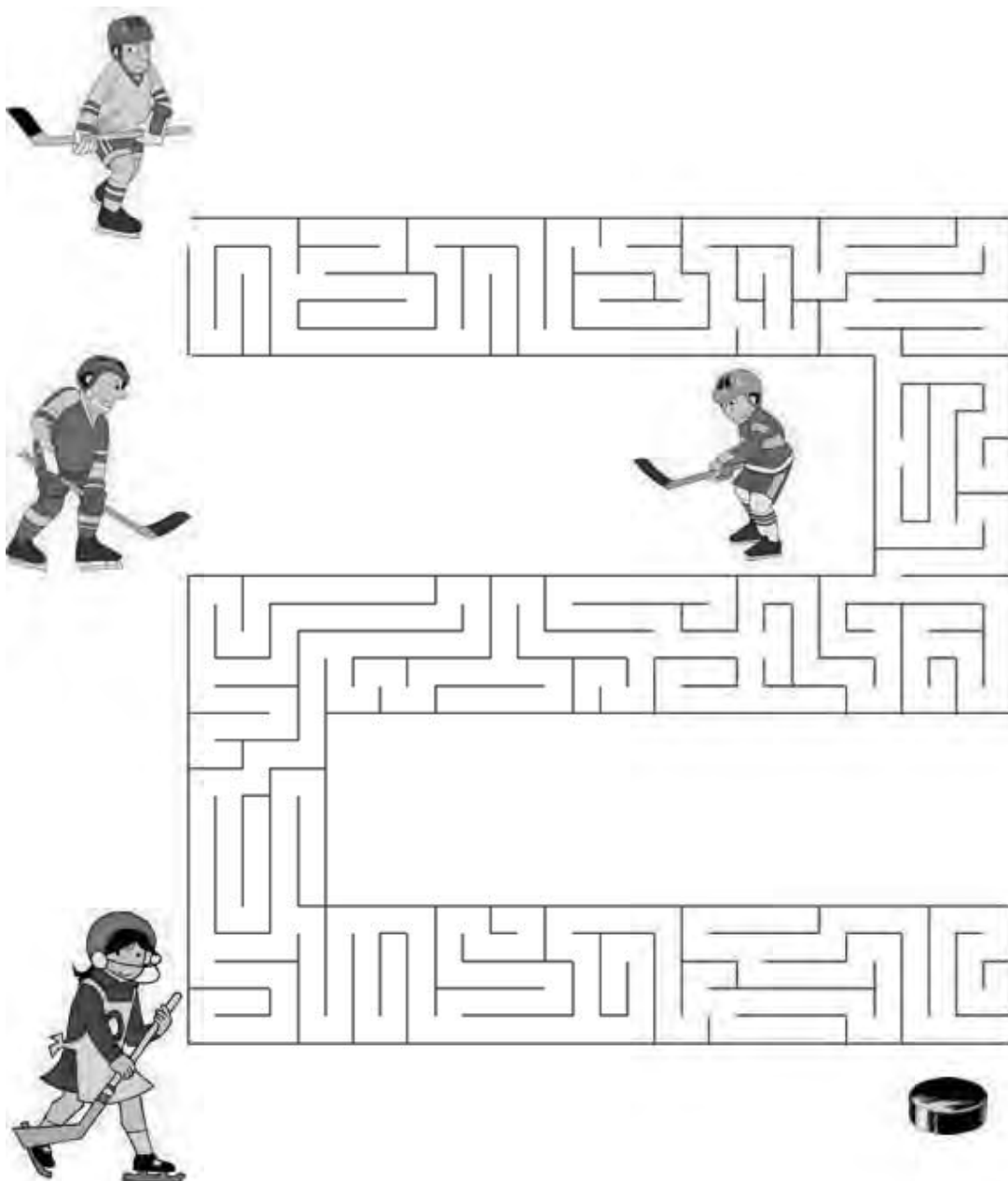
The men and the bigger boys began to make the ice.



## The Hockey Maze

(Ages 4 and up)

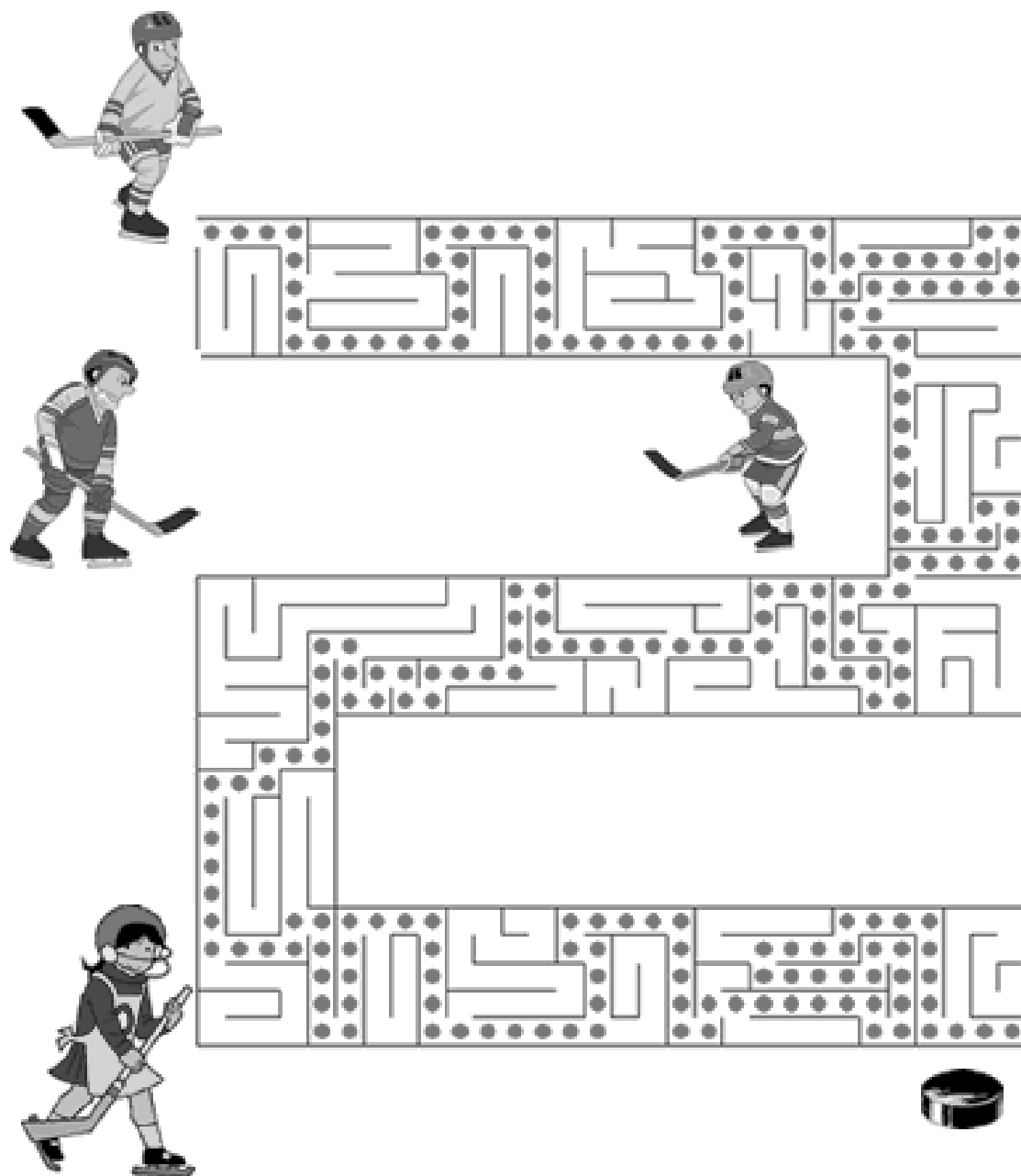
Help the hockey players get to the puck!







## Solution to Maze





## Colour the Hockey Player

(All ages)





## Did You Know?

(Ages 6 and up)

NHL hockey players skate up to 50 km per hour.

A puck can travel 160 km per hour.

A goalie wears about 16 kg of equipment.



### Players Code of Conduct

**It is important for all kids and all adults to play sports and games with the right attitude.**

Play for FUN!

Work hard to improve your skills.

Be a team player — get along with your teammates.

Learn teamwork, sportsmanship and discipline.

Be on time for practices and games.

Learn the rules and play by them. Always be a good sport.

Respect your coaches, your teammates, your opponents and the officials.





## Hockey Jersey Cake

(All ages)

### You will need:

- Cake batter
- 9" x 13" cake pan
- Icing

1. Make the batter for your favorite kind of cake (or follow the recipe below to make a banana cake.)



2. Bake the cake in a 9" x 13" cake pan.



3. Be sure to grease the pan so that the cake doesn't stick!

4. Let the cake cool.

5. Cut a two inch wide strip from each end of the cake.



6. Use a bowl to cut a curved line for the neck.

7. Arrange the pieces into the shape of a jersey.

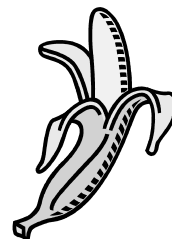
8. Make different coloured icing and ice the cake to look like your favorite team!



## Banana Cake

(All ages)

This is a very yummy cake. It doesn't really need icing, but for a special occasion you could add icing and turn the cake into a hockey jersey.



### You will need:

- 4 very ripe bananas
- 1 cup white sugar
- 1 teaspoon vanilla
- 2 cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- Pinch of cinnamon
- Pinch of nutmeg
- ½ cup chopped nuts (optional)
- ½ cup chocolate chips (optional)

1. Mash the bananas until they are smooth.
2. Add the sugar and vanilla. Blend everything together until it is well mixed.
3. In another bowl, mix the flour, baking soda, baking powder, baking soda and spices until they are well blended.
4. Add the dry ingredients to the banana mixture. Mix them together thoroughly.
5. Add the nuts and chocolate chips. (optional)
6. Pour the batter into a greased 9 x 13 pan. Bake at 350 degrees for 1 hour.



## Butter Icing

### You will need:

- 3 tablespoons butter (at room temperature)
- 2 tablespoons milk
- 1 teaspoon vanilla
- 2 - 2 ¼ cups icing sugar



1. Cream the butter to make it soft and smooth.
2. Add the milk, vanilla and a little bit of the icing sugar. Mix it well.
3. Add a little more of the icing sugar and mix well again. Continue to add the sugar a bit at a time, until the icing reaches a good spreading consistency.
4. Put the icing into smaller bowls. Use a few drops of food colouring to make the icing the same colours as your favorite hockey team's jerseys.



## Word Picture Match

(Ages 6 and up)

Draw a line to match the word to the picture.



Flour

Eggs

Carrots

Soup

Banana

Fork

Pan

Pot

Measuring cup





## Special Time

(Ages 3 and up)

### I am Special and So Are You



Just like Danny in *The Moccasin Goalie*, every one of us is born different from everyone else. We are all special and we all have something special to share. We all make a difference in the world.

Help your child see what is special and unique about her. Encourage her to see what is special and unique in others. Help her overlook differences and become a caring friend.

Take some time together with your child and think about friends and family and what makes them special. Fill in the table on the following page.





## I am Special and So Are You

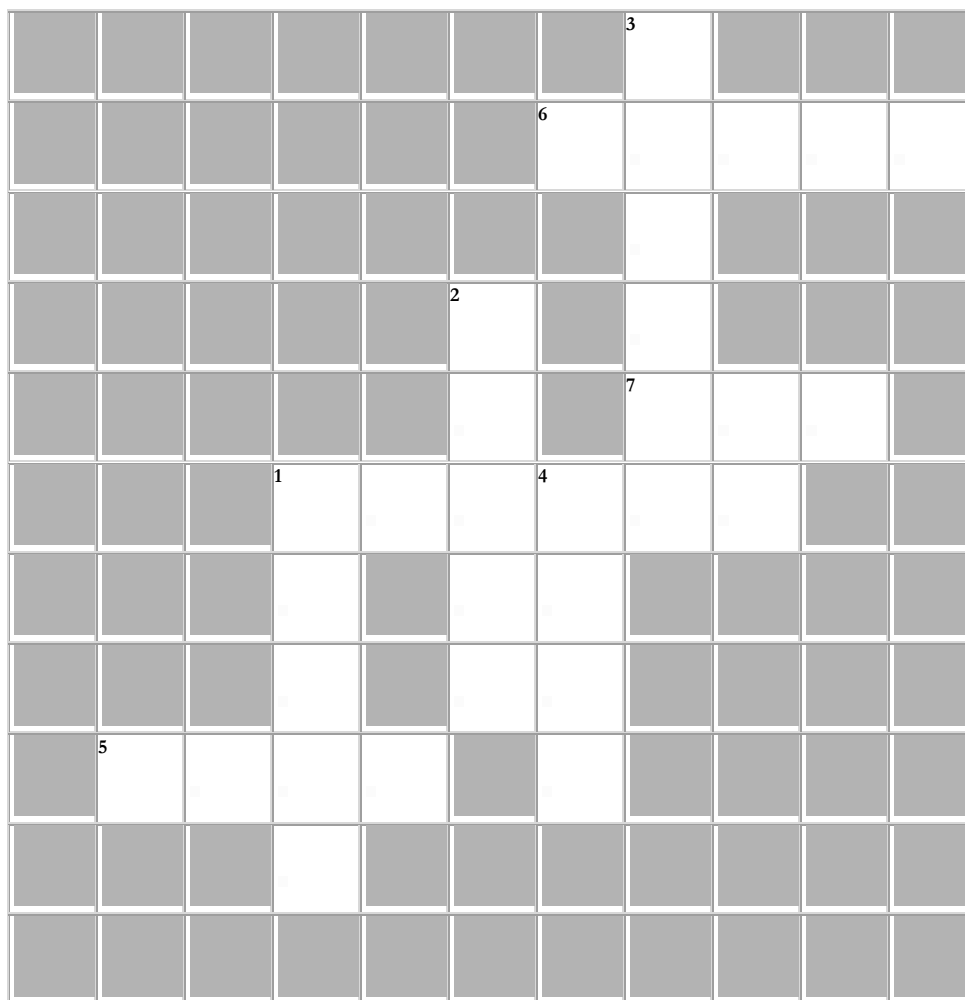


Name	Things that Make Him or Her Special



## Hockey Puzzle

(Ages 8 and up)



### Down

1. You hit the puck with a \_\_\_\_\_.
2. The sharp part on a skate.
3. The person on the team who keeps the puck out of the net.
4. A group of people that plays together on the same side in a game.

### Across

1. What you wear on your feet.
5. The small black rubber disc that you hit when you play hockey.
6. The person who helps organize the team.
7. Frozen water.




## About the Goalie

(Ages 4 and up)<sup>29</sup>

### The goalie has a hard job



 The goaltender (goalie) plays in front of the goal. Players on the other team try to shoot the puck into the goal. The goalie tries to guess where the players will shoot the puck.

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<sup>29</sup> \* This story is printed with permission from *English Express*.  
The artwork is by Nola Johnston



## Hockey Time Rhyme

One, two  
Blades so new

Three, four  
Shoot and score

Five, six  
Hockey sticks

Seven, eight  
Play 'til late

Nine, ten  
Score again!

