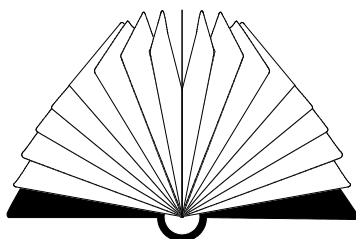


TV Free from A to Z



How-to-Kit



NWT Literacy Council

More than 26 fun activities to keep your family engaged and the TV off!

Other How to Kits & Literacy Activities

TV Free from A to Z was created to help celebrate NWT Literacy Week. It is part of a series of How-to-Kits, all of which are available for download at www.nwt.literacy.ca Feel free to print, photocopy and use any of these kits at home or in your program.

- 1-2-3 Rhyme with Me
- Community Book Swap
- Family Reading Party
- Games Night
- Literacy Treasure Hunt
- Pyjamas and Book Party
- Reading Circles and Story Extenders
- Scattergories
- Storytime on the Radio
- Family Literacy Activities Night
- Book Making
- Literacy Games for Adults
- Get Caught Reading & Other Promotion Ideas
- Election
- Environmental Print Games
- More Literacy Games
- Read for 15
- Writing and Publishing Children's Books
- Science Fun
- Involving Families in Children's Learning
- Literacy Activities for Holidays – Thanksgiving, Halloween, Christmas, Valentine's Day, Easter, Birthdays
- Puppet Making
- Writing Contest
- Culture and Traditions
- Books in the Home
- Facilitating a Workshop
- Talking Books
- Family Math
- Family Cooking
- Readers Theatre
- Family Literacy Activities Night 2
- Word & Picture Bingos
- Plan a Family Literacy Fair
- Storysacks
- Literacy Survivor

You are welcome to download and use these kits.

NWT Literacy Council

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Yellowknife, NT X1A 2N6

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How to use this kit

In celebration of NWT Literacy Week, the NWT Literacy Council has declared Thursday, October 1st **TV FREE Night**. We encourage families and communities to participate in this fun event.

We have developed the *TV Free from A to Z How-to-Kit* to give families and communities ideas and activities to do on their **TV Free Night**.

How can you use this kit?

- Teachers can use the ideas and activities in their classroom.
- Adult educators can share the ideas and activities with their learners who are parents.
- Family literacy providers can use it to prepare for a fun family literacy night to celebrate NWT Literacy Week.
- Parents can also use many of the ideas and activities with their children at home.
Please photocopy this kit and hand it out to families.

We encourage community groups to promote Thursday, October 1st as a **TV Free Night** in celebration of NWT Literacy Week. You can put up posters around town, advertise on the local radio, send out notices to families and tell everyone about it. You may choose to host a family literacy event that evening. Below are some helpful hints to get started.

❑ Get the community involved.

Meet with other people and organizations in your community that are interested in supporting and celebrating literacy. Work together to plan the event. Ask businesses and organizations to sponsor your **TV Free Night**. They can donate money to buy prizes and provide snacks.

☐ **Decide the date**

All across the NWT we will promote Thursday October 1st as **TV Free Night**. If this night does not work for you can always choose a different date.

☐ **Find a location**

Find a space in the community to hold the event – the school, band office, friendship centre, youth centre, nursing station, library, or community hall.

☐ **Advertise**

Begin advertising well in advance!

- Put up posters around the community.
- Advertise on the local radio station or green screen.
- Hand out invitations at school.
- Tell everyone about it.
- Advertise at least one week before the event.
- Ask families to sign up for the event.

☐ **Invite the local newspaper**

Tell the local paper about the event. Invite them to attend and to do a story about the event.

☐ **Prepare the activities**

Prepare all of the materials and things you'll need ahead of time. Check that you have everything, and then check again!

☐ **Plan and prepare snacks and drinks**

Keep it simple with cut up veggies or crackers and cheese. Or you may decide the time is right for a community feast. You decide.



☐ Have prizes

Collect prize donations. Have draws throughout the event for prizes and give prizes to individuals as well as the winning team. Be sure to have paper and pens ready for people to enter their name.

☐ Take pictures

Take pictures of the event. After the event make posters using the photos and hang them around town so everyone can see what a great time it was. Share your pictures with the NWT Literacy Council.



We like to report on literacy events in communities and would love to include photos in our newsletter.

☐ Contact the NWT Literacy Council

If you live in the Northwest Territories, the NWT Literacy Council can provide free books for prizes, share some ideas, and help you plan your event.



Why TV Free?

Experts who work with children (such as pediatricians) have been worried about the effects of TV on very young children for quite some time. Of course, children love TV and it's pretty hard to keep them away from it all the time. Next time you reach for the remote, remember these facts, and maybe snuggle up with a book instead!

- Research now indicates that for every hour of television children watch each day, their risk of developing attention-related problems later increases by ten percent. For example, if a child watches three hours of television each day, the child would be thirty percent more likely to develop attention deficit disorder.¹
- In a study of preschoolers (ages 1-4), a child's risk of being overweight increased by six percent for every hour of television watched per day. If that child had a TV in his or her bedroom, the odds of being overweight jumped an additional thirty-one percent for every hour watched. Preschool children with TVs in their bedrooms watched an additional 4.8 hours of TV or videos every week on average.²
- The more TV preschoolers watch, the less well they do academically in grade one. Also, the more TV preschoolers watch, the less well-socialized they are in grade one.³
- Children in households where the TV is on "always" or "most of the time" are less likely to read than are children in other homes.⁴

¹ D. Christakis, Pediatrics, April 2004

² Dennison, et.al. 2002

³ Burton, Sydney, James Calónico and Dennis McSeveney, "Effects of Preschool Television Watching on First-Grade Children," Journal of Communication, Summer 1979

⁴ Zero to Six: Electronic Media in the Lives of Infants, Toddlers and Preschoolers, Kaiser Family Foundation and the Children's Digital Media Centers, 2003



The good news is that there are many things that your family can do to reduce screen time. Check out our ideas for TV free activities and always remember to snuggle with a book before bedtime. Here is a list of some of our favorites:

Books for Babies and Toddlers

Red Hat, Green Hat by Sandra Boynton
The Going to Bed Book by Sandra Boynton
Moo, Baa, La La La by Sandra Boynton
The Baby Catalogue by Janet & Allan Alberg
Each, Peach, Pear, Plum by Janet & Allen Alberg
Yummy, Yucky by Leslie Patricelli
One Duck Stuck by Phyllis Root

White on Black by Tana Hoban
Black on White by Tana Hoban
One Moose, Twenty Mice by Clare Beaton
Hand, Hand, Fingers, Thumb by Al Perkins
Are You My Mother? by P.D. Eastman
Pat the Bunny by Dorothy Kunhardt
Brown Bear, Brown Bear, What Do You See?
by Bill Martin Jr

Books for Young Children

Alexander and the Terrible, Horrible, No Good Very Bad Day by Judith Viorst
Franklin series by Paulette Bourgeois
George and Martha by James Marshall
Not a Box by Antoinette Portis
Chicka Chicka Boom Boom by Bill Martin Jr.
The Big Orange Splot by Daniel Pinkwater
Red is Best by Kathy Stinson
Jillian Jiggs series by Phoebe Gillman

Alligator Pie by Dennis Lee
Stella series by Marie-Louise Gay
Scaredy Squirrel by Melanie Watt
Don't Let the Pigeon Drive the Bus! by Mo Willem
If You Give a Mouse a Cookie series by Laura Joffe Numeroff
Olivia by Ian Falconer
Where the Wild Things Are by Maurice Sendak

And of course anything by Dr. Seuss or Robert Munsch

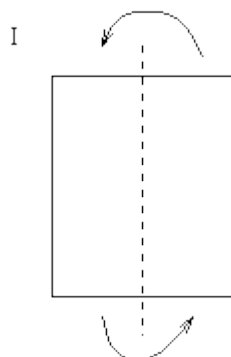
A ll about Airplanes



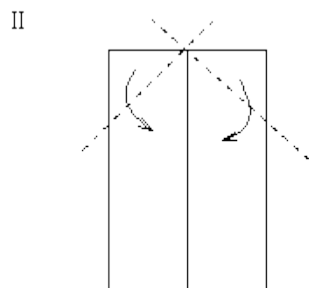
Paper airplanes and airport

Making paper airplanes has always been a fun activity for children. Here are a few models of airplanes to try in your program or with your children. We have included a fun game to play and the science behind why airplanes fly.

Craft #1: The Floater

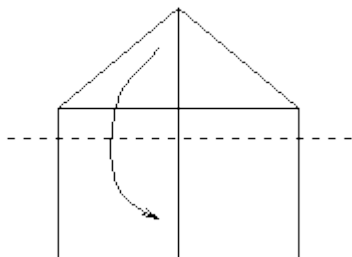


1. Take a piece of 8 ½ x 11 paper and fold it in half lengthwise. Unfold it. Fold it the other direction and unfold it.



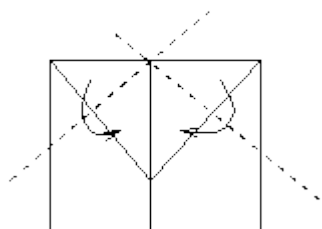
2. Make 45 degree folds to the centre as shown.

III



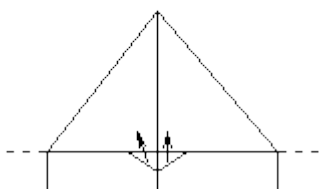
3. Fold down the top as shown. The gap between the folds made in II and the new fold should be about 2cm.

IV



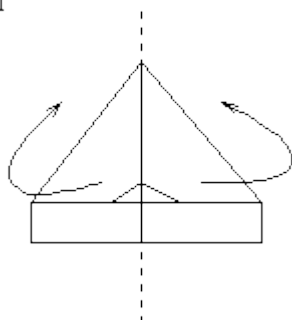
4. Now make 45 degree folds again.

V



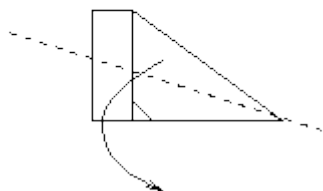
5. There should now be a small triangle of paper sticking out. Fold this upwards to 'seal' the folds made in IV.

VI



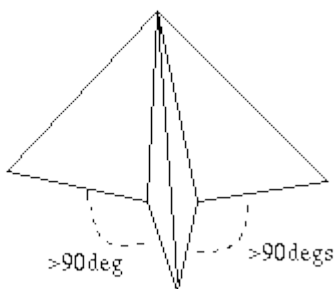
6. Now fold the plane in half along the fold made in step I.

VII



7. Fold down as shown to make wings. You should make the wings the same size as the fuselage, by folding them down to it.

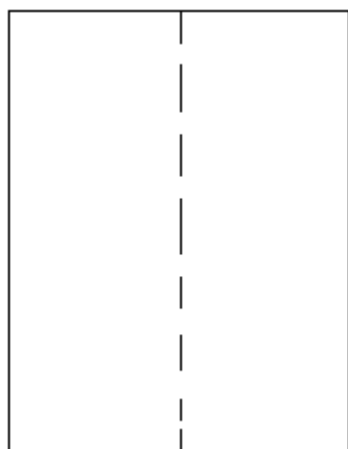
VIII



8. Fold the wings back out to make a plane shape.

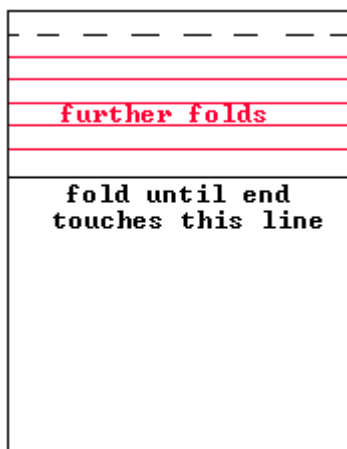
Source: <http://www.gratisweb.com/byeomans/s93.html>

Craft #2: The Rapier



DIG. 1

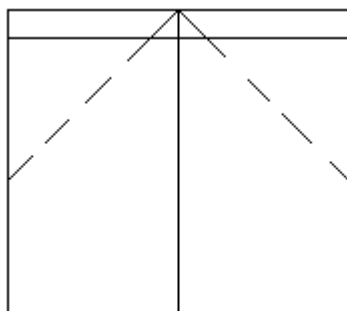
Take a rectangular sheet of paper and fold it in half lengthwise. Unfold it.



DIG. 2

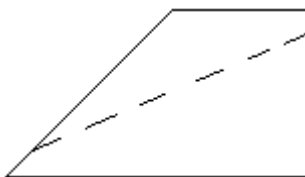
Take the first 1cm of the rectangular sheet and fold it up along the dotted line in DIG. 2

Accordian fold the flap over and over until about $\frac{3}{8}$ of the length of the sheet is folded as in DIG. 2. This should give a heavy and thick front lip.



DIG. 3

Fold along the two dotted lines in DIG. 3, bringing the top edges into the center line. Fold along the center line to give DIG. 4 as a side view.



DIG. 4

Fold the wings down along the dotted line in DIG. 4 on either side of the center. Now the plane should look like the diagram at the top of the page.

Source: <http://www.paperairplanes.co.uk/rapier.php>

Activity: Chase 'n Race

Here's a game you can play with some friends after you each have made a paper airplane.

1. Make a start and a finish line on a grassy area if possible. To make it super fun, have the space between the start and finish around the length of a soccer field. If you don't have that much space, just make it as long as possible.
2. Get all your pilots lined up at the start line with planes in hand.

3. The beginning of the race is started by someone yelling, "Wheels up!" (or "Go!"). Then, each pilot throws his/her paper airplane as far and as straight as he can toward the finish line.
4. Each pilot then runs after his own plane, picking it up, and then throwing it toward the finish line.

Two Rules Only!

1. No running with the plane in hand. If a pilot runs while the plane is still in his hand, he has to go back to the start line and start over.
2. The first person that throws his paper airplane over the finish line and crosses it himself is the winner!

Source: <http://www.zimbio.com/Kids%27+Games/articles/4/Chase+n+Race+Paper+Airplane+Game>



The Floater



The Rapier

How do paper airplanes fly?

The curve at the top of an airplane's wing means that air above it has to travel farther (as the distance is greater) than the air below which forces the air to move faster. The result is lower pressure on top and more pressure on the bottom. Another name for this is lift. The higher pressure below the wing is just like someone pushing from below the wing; the lower pressure above the wing is like someone pulling it up (like sucking on a straw to draw up milk in a glass). If a wing has enough lift upwards, it moves upward, if a wing has lift downwards, it moves downward.

B

uild a Box Community

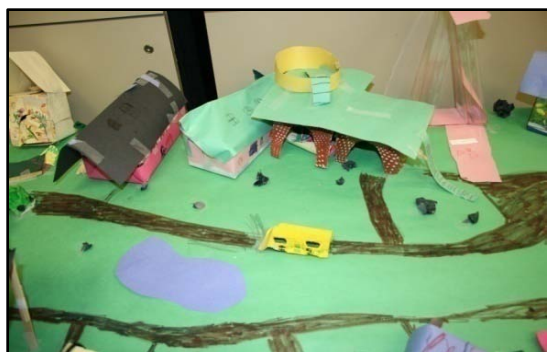
Children can have a lot of fun creating a community from empty boxes around the house. To make things even more fun, re-create your community.

Supplies:

- Empty boxes such as cracker boxes, shoe boxes and canisters.
- Paper towel and toilet paper tubes for trees and chimneys
- Paint
- Colored paper
- Regular paper
- Anything else you can think of.

Use a large piece of paper, or tape several pieces together to make your base. Use black or brown paint for the roads and yellow for the lines. Don't forget some green paint for grass!

Either cover or paint the boxes to resemble houses. Ask an adult to cut out doors and windows for you. You can make trees from a toilet paper trunk with some green tissue paper for leaves.

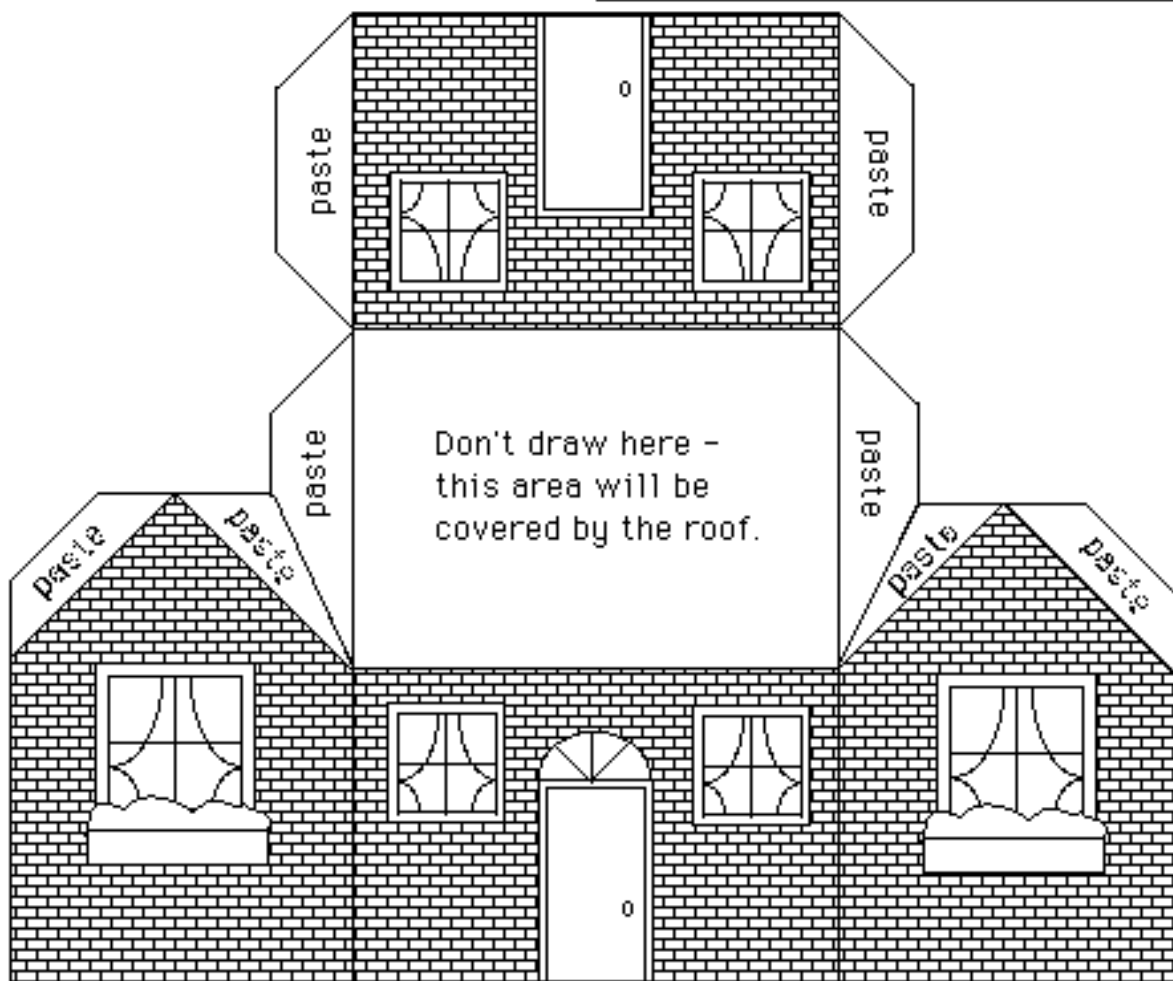
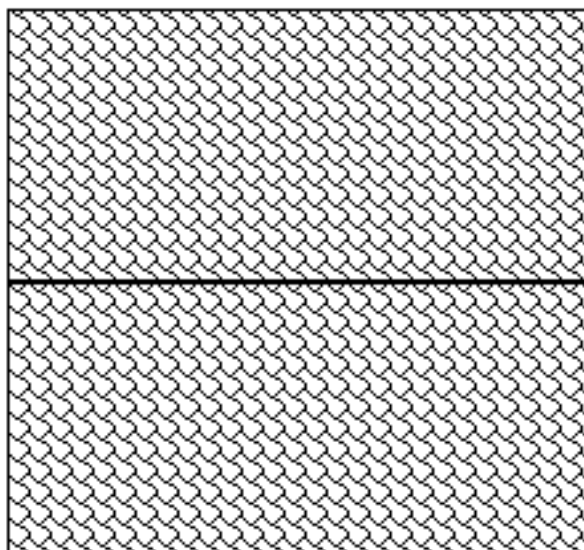


This box community was created by Mélanie Landry's Kindergarten class at École J.H. Sissons in Yellowknife.

Craft:

Print a Paper House

- Color the house and roof.
- Cut along the edges.
- Fold along the solid lines and along each flap.
- Paste the flaps and connect to form the house.



©1998 Enchanted Learning Software

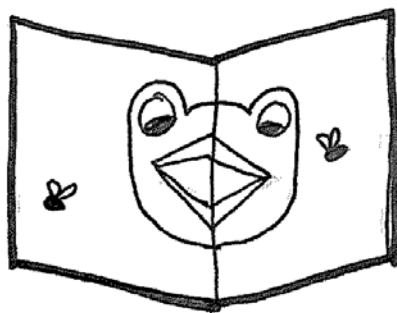
C

reate Some Cards that Pop –up!

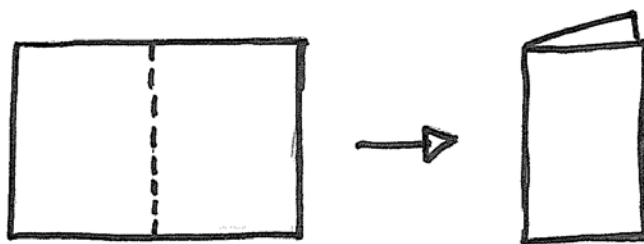
Pop-up cards are a lot of fun to make and to give. Once you know how to make some basic shapes, you can make almost anything pop up. You can also make many different cards and glue them together to make a book.

For many more pop-up ideas, check out *How to Make Pop-Ups* by Joan Irvine. It is out of print, but is still available in many libraries.

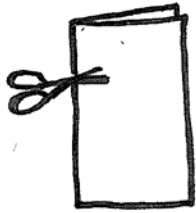
Craft #1: Make a Talking Mouth



1. Fold a piece of heavy paper in half.



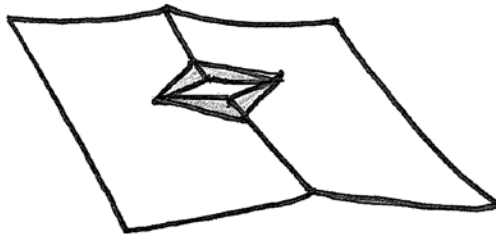
2. Make a small (about 2cm) horizontal cut along the folded side.



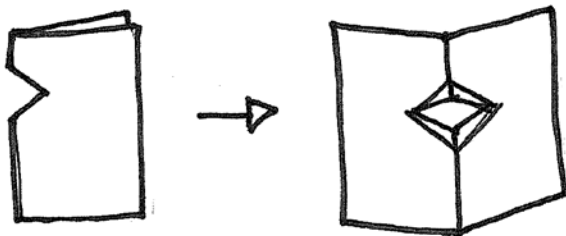
3. Fold each side of the cut up to form a small triangle.



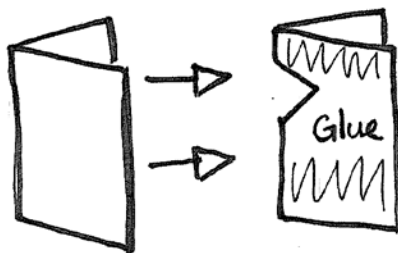
4. Unfold the piece of paper. Push the triangles to the inside of the card.



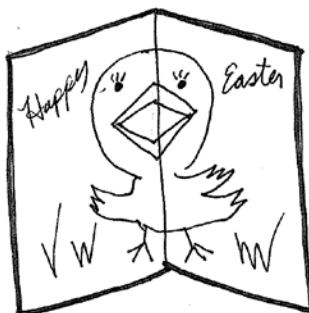
5. Fold the paper in half again. Unfold it to see your pop-out.



6. Fold another piece of paper in half. Glue it to the outside of your card.



7. Decorate your card however you like.

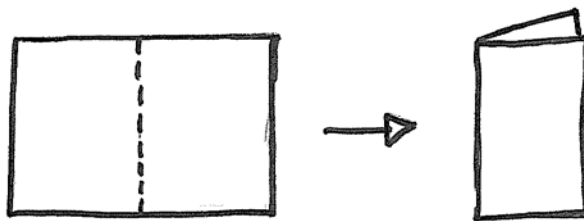


Craft #2: Make a Pop-up Box

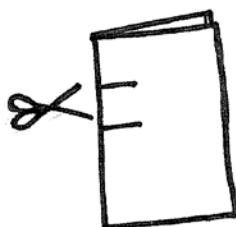


A pop-up box can be almost anything – a present, the hood of a car, a table, a chair or whatever else you can draw.

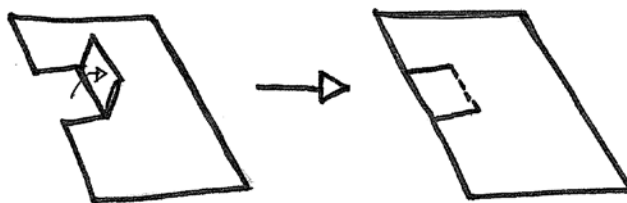
1. Fold a piece of heavy paper in half.



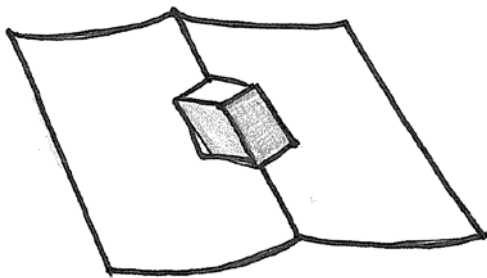
2. Make two parallel cuts along the folded edge.



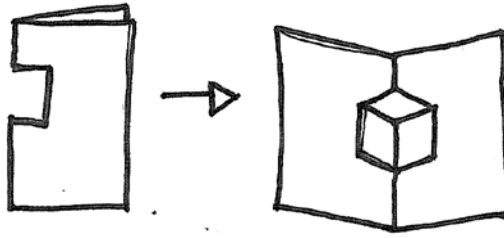
3. Fold the cut section up and then back again, making a crease.



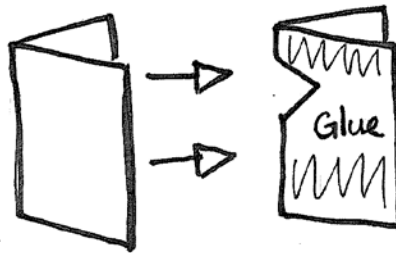
4. Unfold the paper. Push the cut section through to the inside of the card.



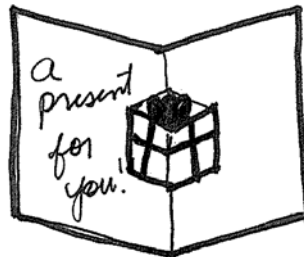
5. Fold the paper in half again. Unfold it to see your pop-up box.



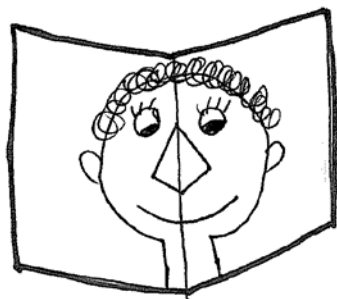
6. Fold another piece of paper in half. Glue in to the outside of your card.



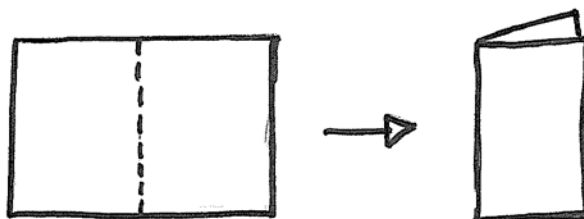
7. Decorate your card however you like.



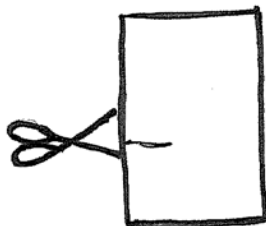
Craft #3: Make a Pop-up Nose



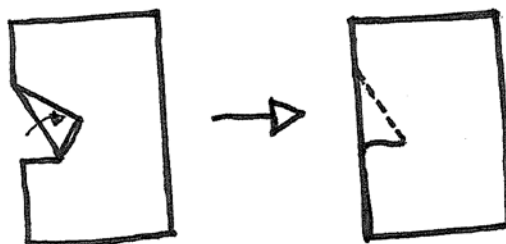
1. Fold a piece of heavy paper in half.



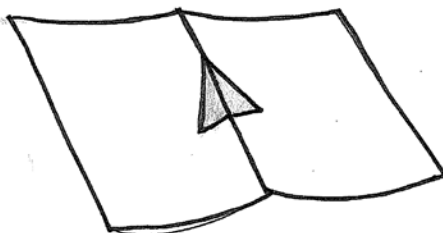
2. Make a small horizontal cut on the folded edge.



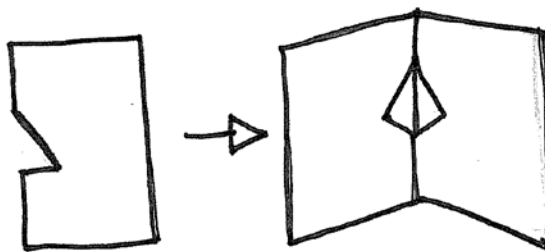
3. Fold the cut section in to form a triangle shape. Unfold it.



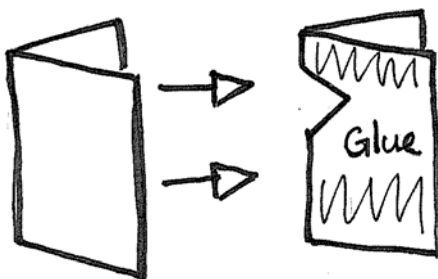
4. Unfold the card. Push the cut section to the inside of the card.



5. Fold the card in half. Unfold it to see your pop-out nose.



6. Fold another piece of paper in half. Glue it to the outside of your card.



7. Decorate your card however you like. If you cut the slit a little higher, a pop-out nose can also be a hat. If you turn it upside down, it can be a bouquet of flowers.



D

iscover a Diorama!

A diorama is a miniature environment in a case. Most children's dioramas are made with a shoe box or other cardboard box. Dioramas can be quite elaborate and are often used by museums to make representations of various ecosystems.

Supplies

- Shoe box or cardboard box
- Construction paper
- Paint, crayons, markers
- Scissors
- Glue
- Small figures (people, trees, shells, etc)
- Cotton balls



How to make a diorama

Make a background in the box. Depending on whether you are making an ocean or a forest or a winter diorama, you can paint or use construction paper to make your background.

1. Glue cotton balls to the diorama for either the sky or for snow.
2. Make and glue figures to the diorama. You can draw or use clipart or magazine pictures for the diorama.
3. You can suspend some figures from the top of the diorama (like the example).
4. Cover and paint the outside of the box.

E

xercise Your Ecology!

Craft #1: Litter Bug

A litter bug is a fun craft you can make from a piece of egg carton and some junk you find around the house. It is an inexpensive craft that will also encourage children to think about ways to use items that they may have thrown away. Children will have to creatively think about ways to use things to make eyes, ears, mouths, hair, etc.

Supplies:

- A section of egg carton (the paper kind work best)
- Glue
- Junk – found items from around the house and outside – plastic lids, scraps of paper, twigs, shells, etc.

How to Make a Litter Bug:

1. For each litter bug you will need one individual section of an egg carton. Turn it upside down.
2. Glue the junk onto your bug to make eyes, ears, mouth, legs, hair, etc.
3. Have fun with your litter bug!



Craft #2: Pine Cone Bird Feeder

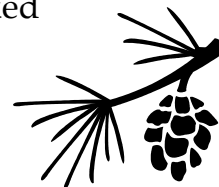
Supplies:

- Large pine cone
- Vegetable shortening, lard or suet
- Oats or corn meal
- Bird seed
- String



How to Make a Pine Cone Bird Feeder:

1. Tie a few feet of string to your pine cone.
2. Mix together shortening with about 2 ½ cups of cornmeal or uncooked oats. You can add some finely chopped dried fruit, nuts or seeds if you like.
3. Roll the pine cone in birdseed.
4. Hang it from a branch.



Source: <http://members.enchantedlearning.com/crafts/birdfeeders/pinecone feederprint.shtml>

Find Your Ancestors!

Have some fun with your children, and help them to explore your family tree. Family trees can be as complex or as simple as you like. Here is one way to make one.

Supplies:

- Construction paper (green and brown)
- Paint, crayons or colored pencils
- Glue
- Scissors

How to Make a Family Tree:

1. Draw or paint a large tree trunk with many branches on your background construction paper.
2. Make leaf shapes from green construction paper.
3. Write each family member's name on a leaf. . You may want to put a title before each name, eg: grandpa John Mckenzie.
4. Glue the leaves to the tree.
5. Start with the child at the top of the tree and the grandparents at the bottom.



G o Golfing (in your house!)

You can make a fun mini golf course in your house. All you need is a small, lightweight ball and some obstacles. You can make your own golf club or use a toy one.

Supplies:

- Old cardboard boxes and cylindrical boxes
- Masking tape
- Scissors
- Glue
- Coffee can



How to Make a Mini Golf Course:

1. Mark off an area in the basement or living room to make your golf course. You may have to move the furniture out of the way, or you can use it as obstacles in your course.
2. To make a tunnel, cut the bottom out of the cylindrical box.
3. Make a “house” from a shoebox or other cardboard box. Cut out entrances and exits in your house.
4. Put a chair in the middle of the room for balls to go under.
5. Make a ramp by cutting a long piece of cardboard. Prop up the middle by placing some books underneath.
6. Use lines of building blocks as a “fairway”.
7. To make a golf club, you can tape a sponge to a metre stick or a long gift wrap tube.

Have fun creating your own indoor mini golf course!

H ow About Hats?



There are a variety of hats that you can make and have fun with. Let's start with this fun flower hat!

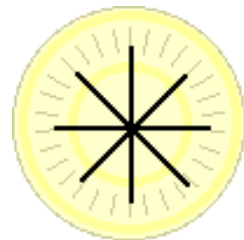
Craft #1: Flower Hat

Supplies:

- Paper plate
- Construction paper or tissue paper
- Scissors
- Glue
- Paint, markers or crayons
- Ribbons (optional)

How to Make a Flower Hat:

1. Cut a slit across the paper plate, leaving about an inch on either side. Cut three more slits.
2. Bend all of the triangles up.
3. Color the paper plate with markers or paint.
4. Cut out some flowers from tissue paper or construction paper. Make them fancy and use your imagination.
5. Glue the flowers onto your hat at the points.
6. Make some ribbon streamers to hang down the back of your hat.



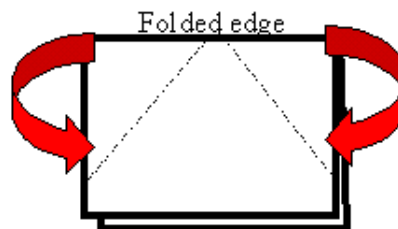
Craft #2: Newspaper Robin Hood Hat

Supplies:

- One sheet of newspaper
- Clear tape (optional)

How to Make a Robin Hood Hat:

1. Fold the newspaper in half.
2. Fold down each top side in triangles.
3. Fold up one bottom flap.
4. Turn the hat over and fold up the other bottom flap.
5. Scotch tape if you wish.



Craft #3: Dinosaur Hat

Supplies

- Construction paper
- Googly eyes
- Scissors
- Stapler
- Ruler
- Glue
- Markers

How to Make a Dinosaur Hat:

1. Cut out four 4-inch long rectangular legs with pointed feet.
2. Cut out an 11 inch long tail which is about four inches across the top and tapers to a point.

3. Cut out a 9-inch long head with an attached neck that looks like a giant finger.
4. Cut out a 5-inch wide (about 28 inches long) band. Fit it around the child's head and staple it together, overlapping the edges.
5. Glue the legs and tail to the band.
6. Use the edge of a ruler to curl the top of the dinosaur's neck so that the face is looking down.
7. Glue on the eyes and draw nostrils and a mouth.
8. Glue the bottom of the neck to the inside of the band.



Source: <http://jas.familyfun.go.com/arts-and-crafts?page=CraftDisplay&craftid=10527>

Investigate the World of Insects

The Busy Ant

Mary Ann Hoberman

The busy ant works hard all day
And never stops to rest or play.
He carries things ten times his size,
And never grumbles, whines or cries.
And even climbing flower stalks,
He always runs, he never walks.
He loves his work, he never tires,
And never puffs, pants or perspires.
Yet though I praise his boundless vim
I am not really fond of him.

Activity #1: Insect Feeding Station Activity



Build an insect feeding station and watch flying insects gather around. In the summer, you can make an outdoor warm-weather feeding station for butterflies, wasps and bees. Keep in mind that brightly colored bowls and sponges may attract more insects.

Supplies:

- Measuring Cup
- Warm water
- Honey
- Bowl
- Sponge

- Bucket
- Binoculars

How to Make an Insect Feeding Station:

1. Mix $\frac{1}{2}$ cup of warm water with $\frac{1}{2}$ cup of honey. Pour into a bowl.
2. Lay the sponge in the bowl (keep the honey-water solution at the top of the sponge to keep it moist. You may need to remove some or add some of the mixture to get the appropriate moisture level).
3. Put the honey-water bowl in the yard. You will want to have it elevated, perhaps by turning a bucket upside down and putting the bowl on top of the bucket.
4. Leave the bucket for 1 hour and then use binoculars to observe the insects that are attracted to the bowl and how they drink the honey-water.

Important tips:



Safety:

Be careful – this activity will likely attract bees and wasps. Make sure you do not attempt this activity if you or anyone around you is allergic to bee or wasp stings. Stay well back when the bees and wasps are visiting the feeding station. Generally, they will not bother you unless you bother them.

Only dismantle the station when you are certain that there are not wasps or bees around. Hose off all of the feeding station before you bring the items inside.

How does this work?

Most insects have a really good sense of smell. The insects that visit your station may have smelled the honey from 50 metres away. Wasps and bees are social insects. When one member of their hive found the honey-water, she told the others.

Butterflies and moths may have also visited the feeding station. Butterflies are active in the day, and wasps at night.

Source: <http://home.howstuffworks.com/insect-activities5.htm>

Craft #1: Bouncy Caterpillar Fun!

Have some fun with this paper caterpillar.

Supplies

- Construction paper (two colors if you wish)
- Scissors
- Tape
- Marker or crayon



How to Make a Bouncy Caterpillar:

1. Cut two strips of construction paper (if you are using two different colors, cut one strip of each color). The strips should be about an inch wide and about 11 inches long (the length of the paper). If you want a longer caterpillar, cut four strips of paper and tape the same colored papers together to make one continuous strip of paper about 22 inches long.
2. Hole the papers at right angles to each other, with an overlap where the join (making an L shape). Stick the paper together with a bit of tape underneath.
3. Fold the bottom piece over the top and crease it.
4. Continue folding the longer piece over the shorter piece.
5. Tape the end together.
6. Draw a caterpillar face on the square at one of the ends.

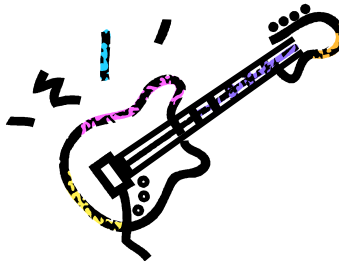
Jazz Things Up!

What could be jazzier than a musical instrument band? Kids will have a lot of fun making and playing these instruments. Some of the instruments use small objects which could be a choking hazard for young children.

Craft #1: Guitar

Supplies

- Empty Kleenex box
- 3 or 4 elastic bands
- Pencil
- Paper towel tube (optional)



How to Make a Guitar:

1. Wrap the elastic bands around the box lengthwise.
2. Place the pencil at the end of the opening under the elastic bands.
3. **Optional:** Position the paper towel tube at the end of the box, for a “neck” for your guitar
4. Decorate your guitar. If you like, you could cover the Kleenex box with paper before you put the elastic bands in place, and then decorate the paper.

Craft #2: Maracas

Supplies:

- Toilet paper tubes
- Tape (masking or packing)
- Construction paper or tissue paper
- Markers / crayons
- Beans or popcorn or rice



How to Make Maracas:

1. Cover one end of the toilet paper tube with tape.
2. Fill the tube with some beans, popcorn or rice
3. Cover the other end of the tube with tape.
4. Cover both ends of the tube with construction paper or tissue paper. Secure with tape.
5. Cover the tube with construction paper or tissue paper and decorate.
6. Shake, shake, shake your maracas!

Craft #3: Tambourine

Supplies:

- 2 paper plates
- Stapler
- Crepe paper streamers (optional)
- Jingle bells
- Yarn
- Hole punch
- Markers / crayons / stickers



How to Make a Tambourine:

1. Staple the paper plates together, catching the end of the streamers inside so that they hang down.
2. Punch holes all around the edge of the plates about one inch apart.
3. Thread the yard through the holes, placing a bell in each “loop”.
4. Tie off the yarn, tightly.
5. Decorate the plates with markers, crayons or stickers.

Craft #4: Drum

Supplies:

- Coffee can with plastic lid
- Paper
- Tape
- Crayons / markers
- Pencils (new, never sharpened)



How to Make a Drum:

1. Cover coffee can with paper. It may be easier to draw and decorate the paper before you stick it on the can.
2. Tape the paper to the can at the seam.
3. Use the eraser ends of pencils as drumsticks.

Kids in the Kitchen

Usually when you think of kids in the kitchen, you think of fun food like cupcakes and cookies. Test out these recipes for some different kitchen fun.

Activity #1: Goop

Supplies:

- 1 cup water at room temperature
- 1 ½ - 2 cups cornstarch
- Food coloring (optional)
- Mixing bowl
- Spoon

Having fun with Goop in Fort McPherson, NWT



How to Make Goop:

1. Pour the water into the mixing bowl.
2. Begin to add the cornstarch to the water. Start with 1 cup of cornstarch.
3. Stir the water-cornstarch mixture with the spoon.
4. Continue adding the extra ½ cup of cornstarch. You will need to use your hand to mix it.
5. If you think you have too much water, add some more cornstarch. If it seems too thick, add some extra water.
6. There is no set rule for making goop; you will have to play with it to get the right consistency.
7. When the goop is still it will seem like a solid, and when you try to grab it, it will act like a liquid.
8. When you have the desired mixture, it is time to add your food coloring. Slowly mix the colors around with your hand.
9. Play with your goop.
10. If children seem to be afraid to touch it, you can put some in a Ziploc bag for them to squish and play with.

Activity #2: Play Dough

Supplies:

- 1 cup flour
- 1 tbsp vegetable oil
- 1/4 cup salt
- 1 pkg unsweetened Kool- Aid®
- 2 tbsp cream of tartar
- 1 cup boiling water

How to Make Play Dough:

1. Mix the flour, salt, and cream of tartar in a medium-sized bowl.
2. Dissolve the Kool- Aid® in boiling water
3. Add the boiling water and oil to the dry ingredients.
4. Stir the mixture for 3 to 5 minutes.
5. When the mixture forms a ball and is cool enough to handle, place it on flat surface.
6. Knead it until it is smooth.
7. Put it in a plastic bag. Keep it in the fridge.

Learn to Do Leaf Rubbing and Leaf Printing

Activity #1: Leaf Rubbing

Leaf rubbing is a fun activity for children to do. You can incorporate this activity with a nature walk, a talk about different types of trees and their leaves, or just have fun with it.

Supplies:

- Leaves
- Crayon
- Paper
- Hard Surface



How to Make a Leaf Rubbing:

1. Place the leaf on a hard surface such as a countertop or desk.
2. Cover the leaf with a piece of paper.
3. Rub the crayon over the paper in the area where the leaf is.
4. A picture of the leaf will magically appear.

Activity #2: Leaf Printing

Leaf printing is another fun craft.

Supplies:

- Leaves
- Paper
- Paint
- Paint brush



How to Make a Leaf Print:

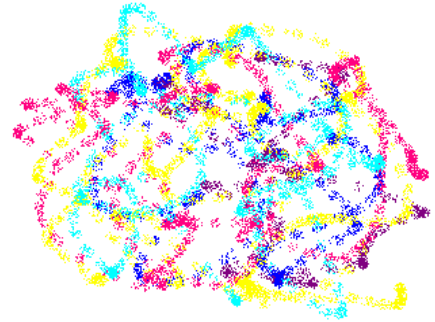
1. Use a paint brush to paint directly on a leaf.
2. Press the leaf onto a piece of paper. It will leave a print.
3. You can make pictures by layering lots of different colored leaf prints.

Mad About Marble Painting

Marble painting is a fun activity for kids. You can use the painted paper for gift tags, gift wrap, or as a background for other drawings.

Supplies:

- Marbles
- Tempera paint in an assortment of colors
- Paper
- Cardboard box, coffee can or other container



How to Paint with Marbles:

1. Cut a piece of paper to fit in the bottom of the container.
2. Drop a marble into one colour of paint until it is completely covered.
3. Place the marble in the container.
4. Shake the marble all around the paper.
5. Take out the first marble and add another color.

Now's the Time for a Nature Walk

Nature walks with children are a whole lot of fun! Often they spot things on the ground that adults will just walk past. Here are a few fun activities to try.

Activity #1: Nature Collage

Supplies:

- Glue
- Paper plate or construction paper
- Leaves, flower petals, seeds, twigs, pebbles, sand (nature paraphernalia)



How to Make a Nature Collage:

1. Find interesting nature items on your walk with your child.
2. Tell your child to spread glue all over the construction paper or paper plate.
3. Arrange the nature items over the glue.

Activity #2: Egg Carton Walk

Egg cartons make a great carryall for small items found in nature.

Supplies:

- Egg carton
- Pen

How to Use Your Egg Carton:

1. On the bottom or on the sides of each individual egg cup, write a descriptive word, such as smooth, shiny, hard or soft.
2. Tell the children to find items that fit each category and to place the items in the particular cup.
3. The children can compare their treasures at the end of the walk.

O

ut of Sight in Outer Space!

Craft #1: Space Capsule

Supplies:

- A picture of your child's face or a picture from a magazine
- A paper or Styrofoam cup
- A plastic bread bag or grocery bag
- 4 pieces of string or yarn
- Tinfoil
- Stickers
- Scissors
- Glue



How to Make Your Space Capsule Craft:

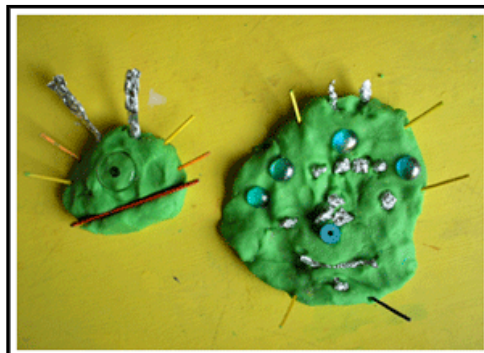
1. Cut the face out of the picture. Make sure it will fit on the cup (the cup will be upside down).
2. Wrap the cup in tinfoil.
3. Decorate your cup with stickers.
4. Glue the face onto the side of the cup. You can make a little window around the face if you like, so your astronaut is looking out.
5. Put a hole in the top of the cup.
6. Thread the 4 pieces of string through the hole. Tie a large enough knot so that the string will not come out.
7. Cut a square piece out of the plastic bag.
8. Tie one of the 4 pieces of yarn to each corner of the plastic square to make a parachute.

Source: <http://www.dltk-kids.com/crafts/space/pcapsule.asp>

Craft #2: Scary Alien Life Forms

Supplies:

- 1 cup salt
- 1 cup flour
- 4 tablespoons cream of tartar
- 2 tablespoons oil
- 2 cups water
- Food colouring
- Toothpicks
- Miscellaneous craft supplies; sequins, google eyes, buttons, bits of foil, etc.



How to Make a Scary Alien Life Form:

1. Make play dough by mixing the salt, flour, cream of tartar, oil and water together in a pot.
2. (Adult) Cook the mixture at medium heat for 3 to 5 minutes, stirring constantly, until it thickens.
3. Divide the dough in half and work the green food colouring into half of the dough.
4. Make your alien by shaping your dough and sticking some of your craft supplies into it. You can air dry your alien.
5. Store the leftover play dough in a plastic container in the fridge.

Source: http://www.kidscraftweekly.com/space_issue.html

Craft #3: Super Cool Rocket

Supplies:

- Tin foil
- Paper towel tube
- Tape
- Cardboard or Bristol board
- Markers
- Glue
- Orange or red cellophane or tissue paper
- Scissors
- Brush for glue



How to Make a Super Cool Rocket:

1. Scrunch up some aluminum foil into the shape of a nose cone. You may have to keep adding layers of foil until it is round enough to fit inside the paper towel tube.
2. Tape the nose cone into the paper towel tube.
3. Place the paper towel tube onto the Bristol board and sketch out a rocket "fin".
4. Cut out the fin all in one piece.
5. Use the scissors to cut a slit down the centre of the tube and slide the fin in place. Tape the fin in place.
6. Using the glue brush, smear the paper towel tube with glue and stick pieces of foil to it.
7. Add some circles or squares to the foil for windows or doors.
8. Scrunch up some cellophane and stick it into the bottom of the rocket for exhaust flames.



Source: http://www.kidscraftweekly.com/space_issue.html

Play With Papier Mache

Craft: Dinosaur Eggs

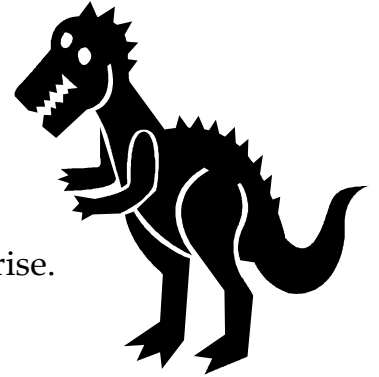
Supplies:

- One balloon per child
- Strips of old newspaper or brown paper bags
- Flour
- Water
- Tempera paint or markers
- Small dinosaur figures

How to Make a Dinosaur Egg:

1. Make a simple paste by mixing one cup of flour with one cup of water. Mix it until it is thin and runny.
2. Add 4 cups of boiling water. Simmer for about 3 minutes, and then cool.
3. Ask the children to tear the newsprint into long strips about 1 inch wide.
4. If you like, put a small dinosaur figure inside the egg before blowing it up.
5. Blow up the balloon.
6. Dip the strips of newsprint into the flour-water paste. Run the strips through your fingers to get rid of the excess. Wrap the strips around the balloon. You will want at least 2 layers on the balloon.
7. Allow each layer to dry overnight before adding the next.

8. Allow the egg to completely dry for a few days. You can then pop the balloon using a needle.
9. Paint your egg however you like.
10. You can break open your egg and get your fun dinosaur surprise.



Source: <http://members.enchantedlearning.com/crafts/Dinoegg.shtml>

Papier Mache Recipe

You can use this simple recipe to create many things with papier mache.

1. Make a simple paste by mixing one cup of flour with one cup of water.
2. Mix it until it is thin and runny.
3. Add 4 cups of boiling water. Simmer for about 3 minutes and then cool.
4. Tear newsprint into long strips about 1 inch wide.
5. Dip the newsprint into paste and wrap it around an object in layers.

Queen for a Day!

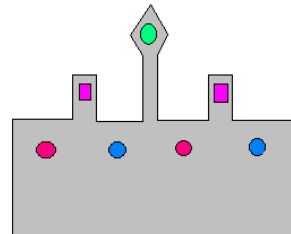
Everybody likes to act like royalty. Allow your children to pretend that they are queens (or kings) for a day.

It's easy to make accessories for your kingdom.

Craft #1: Crown:

Supplies:

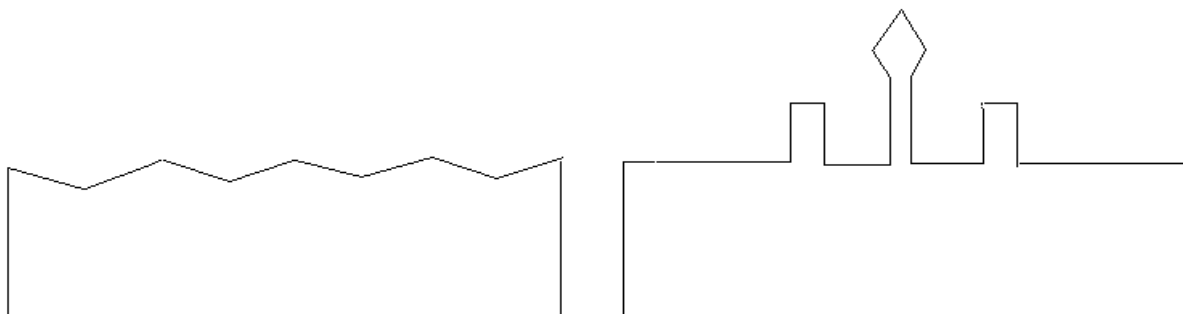
- 1 sheet of thin cardboard (Not corrugated. An empty cereal box works well)
- Pencil
- Tin foil
- Scotch tape
- Coloured paper
- Decorations: craft jewels, stick-on earrings, pompoms, ribbon, etc.



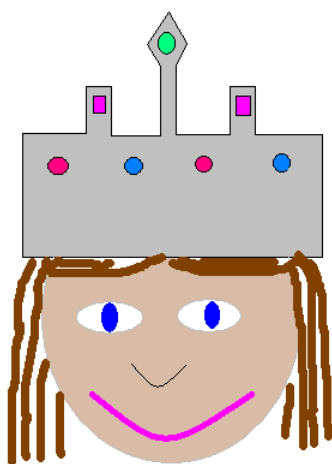
How to Make a Crown:

1. Wrap the cardboard around your child's head, making a pencil mark to show what size your crown should be. Cut the cardboard to that length.

2. Cut a crown shape out of the cardboard. Here are some examples of what your crown might look like:



3. Cover the crown in a layer of tinfoil (an adult will need to help younger children).
4. Bend the crown into a circle and tape it at the back.
5. Decorate your crown however you like. If you can't find the decorations listed above, cut jewel shapes out of coloured paper instead.



Craft #2: Box Castle:

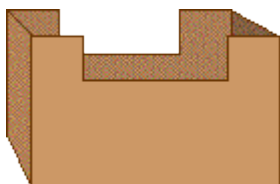
Supplies:

- A cardboard box (or several small cardboard boxes).
- Construction paper
- Masking tape
- Glue stick
- Scissors
- String
- Paint and brushes (optional)

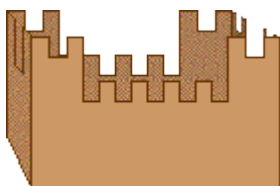
How to Make a Box Castle:



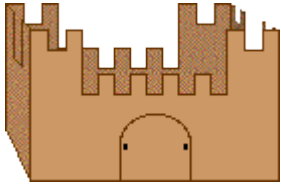
1. Find a box and cut off the top flaps. Any kind of box will work.



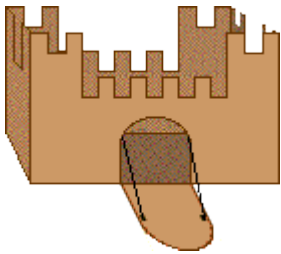
2. Cut out wide rectangles at the front and back. This will make turrets in the corners.



3. Cut out rectangular shapes all along the top of the castle.



4. Draw a drawbridge and also poke two small holes in the sides of the drawbridge door. Cut out the drawbridge but not the bottom.

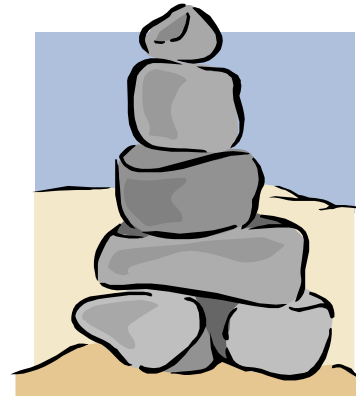


5. Attach a string from the drawbridge to the inside of the castle walls.

Round Up Some Rocks and Paint Them!

Supplies:

- Rocks of various shapes and sizes
- Paint (tempera or tole paint)
- Paint brushes
- Water
- Glitter
- Various craft embellishments (pompoms, google eyes, etc.)
- Hot glue gun and glue (optional)
- Varnish (optional)



How to Make a Painted Rock:

1. Start with a clean, dry rock.
2. If you would like to make a rock creature, you can hot glue smaller rocks to the larger rock for feet and a head.
3. Paint your rock and let it dry.
4. Varnish your rock creature if you would like his paint to be durable and to have a shiny finish.
5. Decorate the rock with google eyes, glitter, etc.

S tars Shine Down!

Craft #1: Magic Stars

Supplies:

- White paper (heavier paper like cardstock works best)
- Tempera paint
- Water
- Paint brush
- Crayon (white will make it magic! If you can't find a white crayon, use another color, or use a white candle)



How to Make Magic Stars:

1. Draw stars on the paper with the crayon.
2. Make a wash with the tempera paint. Do this by mixing about $\frac{3}{4}$ paint to $\frac{1}{4}$ water. If it still seems too thick, thin it out a bit.
3. Paint over the paper with the wash and watch the stars magically appear.

Source: <http://www.dltk-kids.com/crafts/space/mmagic-stars.htm>

Craft #2: Shooting Star Craft

Supplies:

- Felt or heavy paper
- Scissors
- Glitter
- Glue
- Markers



How to Make a Shooting Star Craft:

1. Make a circle out of the felt or heavy paper. You may want to trace the bottom of a coffee cup.
2. Cut the circle into a spiral using scissors.
3. Decorate the spiral with glitter or markers.
4. Draw and cut out a star about 1 or 2 inches wide.
5. Put a small hole in the top of the star.
6. Decorate the star.
7. Glue the star to the spiral (centre part).
8. Hang your shooting star by a thread through the hole in the star.



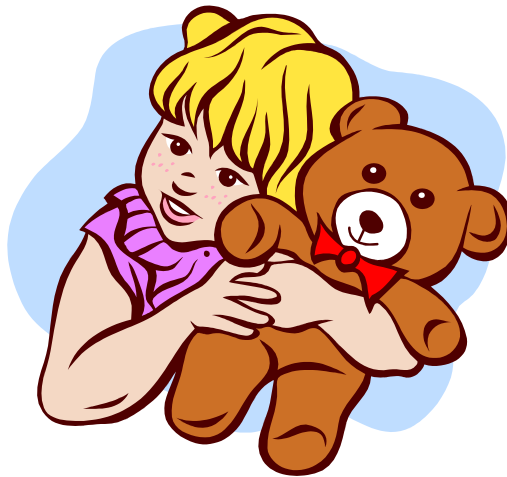
Source: <http://members.enchantedlearning.com/crafts/Shootingstar.shtml>

Take Some Teddies to the Hospital

Setting up a Teddy Bear Hospital can be a fun way to spend some time. Each year during Caribou Carnival, Yellowknife Public Health Services organizes a very popular Teddy Bear Hospital. You can have one too!

Supplies

- Miscellaneous items to mimic first aid supplies: scraps of fabric for bandages, stir sticks for tongue depressors, mini flashlight for checking eyes and ears.
- You can draw a picture of your patient and then show their fracture – this can be your x-ray.
- Make a bed for your patient from a cardboard box and fabric scraps.



Underwater Adventures to Explore

Craft #1: Hanging Fish

You can make a fun hanging fish to brighten up your room. These fish are based on a traditional Japanese goldfish (koi).

Supplies:

- Construction paper
- Old magazines, scraps of tin foil or other shiny paper
- Scissors
- Glue
- Staples
- Markers/crayons
- Hole punch
- Crepe paper streamers
- String or yarn



How to Make a Hanging Fish:

1. Draw a fish shape on construction paper. Make it large enough to fill the paper.
2. Place a second piece of construction paper under the fish.
3. Cut out the fish, cutting both pieces of paper at once.
4. Cut small circles out of the old magazine and tinfoil. These will be the scales.
5. Glue to the circles to the fish. Make sure you are gluing them to the right side.
6. Colour and decorate the fish's head, tail and fins using markers and crayons.

7. Staple the fish together, and place a few crepe paper streamers at the tail. Tuck the streamers inside before you staple.
8. Punch two holes in the fish at the face. Thread the yarn or string through the holes and hang your fish.

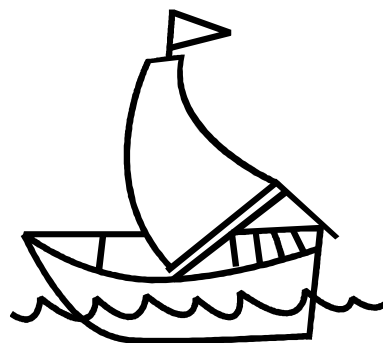
Source: <http://members.enchantedlearning.com/crafts/japan/koi/>

Craft #2: Easy Sailboat

These easy sailboats are a whole lot of fun to make and sail. You can make a whole flotilla for your bathtub!

Supplies:

- Plastic lid from a margarine or yogurt container
- Drinking straw
- Construction paper
- Markers/crayons and stickers to decorate with.
- Scissors
- Hole punch
- Small piece of play dough.



How to Make a Sailboat:

1. Cut a triangle shape from the construction paper. This will be your sail.
2. Decorate the sail.
3. Punch three holes an equal distance apart on the long straight side of the sail.
4. Thread the straw through the holes.
5. Place the play dough on the plastic lid and stick the straw into it.
6. Your sailboat is ready to set sail!

Vegetable Sculptures are Tasty Treats

These potato heads are a lot of fun to make, and you get to eat the results!

Supplies:

- 1 large baking potato for each child
- Toothpicks
- Lettuce, parsley or alfalfa sprouts
- Vegetables cut into small pieces. Carrots, radishes, cherry tomatoes and olives work well.
- Dried fruit



How to Make a Vegetable Sculpture:

1. Wash your potato.
2. Make a face on your potato using the vegetable pieces. Use toothpicks to hold them in place. Be as creative as you want!
3. Add some lettuce, parsley or alfalfa sprouts for hair.
4. Bake the potato at 350 degrees for about an hour.
5. Before you eat your potato, an adult should carefully remove the toothpicks.

What About Winter?

Craft #1: Icy Suncatchers

Suncatchers are fun to hang in your windows. How about making a suncatcher that you can hang outside all winter long?

Supplies:

- Aluminum pie plate
- Shoelace or piece of thick twine
- Natural material such as leaves, twigs or pinecones
- Water

How to Make Your Icy Suncatcher:

1. Fold the shoelace or twine in half and place it in pie pan so that the “loop” hangs out over the edge.
2. Arrange the natural materials in the pie pan.
3. Pour the water into the pan.
4. Leave it outside to freeze.
5. When it is completely frozen, remove the ice from the pie pan.
6. Hang it outside and enjoy your suncatcher all winter long.

Source: This is from the Kathy Ross book *Crafts to Make in the Winter*.

Craft #2: Icicle Painting

Supplies:

- Construction paper (darker colors work best)
- Glue
- Glitter



How to Make an Icicle Painting:

1. Place your paper in the landscape position (sideways).
2. Run a thick line of glue across the top of the paper.
3. Hold the paper up so that the glue runs down the page.
4. Lay the paper down flat and sprinkle it with glitter. Tap off any excess.
5. Allow it to dry.
6. Enjoy your sparkly icicles!

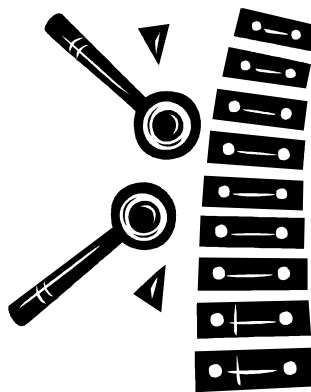
Xylophone Fun!

Kids of all ages love to make music. Here are two fun xylophones to try out.

Activity: Xylophone #1

Supplies:

- Glass jars in different sizes
- Water
- Small spoon



How to Make Xylophone #1:

1. Fill the different sized glass jars with different amounts of water.
2. Line them up on the table.
3. Tap on the jars (lightly) with the spoon to hear the different sounds.
4. The more water in a jar, the lower the note will sound.

Activity: Xylophone #2:

Supplies:

- Tin cans in various sizes (empty)
- Rubber bands or sturdy tape
- A pencil or a rubber topped mallet.



How to Make Xylophone #2:

1. Gather the rubber bands together/
2. Put a rubber band around 2 cans and start to add more cans.
3. Secure with more rubber bands as needed. If your rubber bands are not big enough, you can use tape.
4. Hit the cans with the pencil or rubber mallet and enjoy the music!

Yummy or Yucky?

Check out these neat taste experiments.

Activity #1: Taste Test # 1

This is a fun game for adults and children to do together, and is a good way to get kids to try new foods.

- 1) An adult should cut a variety of familiar foods into bite-sized pieces. Good foods to use are apple, cucumber, tomato, banana, onion, marshmallow, cheese etc. Try to avoid round foods, such as grapes, which can be choking hazards. You can also include 1 or 2 unfamiliar foods.

- 2) Blindfold the child. Feed him or her a small bite of food.



- 3) The child should try to guess what kind of food it is.
- 4) The parent can ask questions to help the child guess:
 - Was it hard or soft?
 - Was it sweet, sour, spicy or bitter?
 - Was it yummy or yucky?
 - For an even bigger challenge, try guessing the food while blindfolded and holding your nose.

Activity #2: Taste Test #2

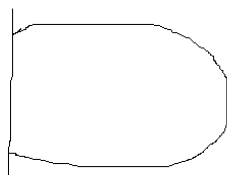
This slightly more involved taste test is a good Saturday project for elementary-aged children. It helps you discover which parts of the tongue can taste which flavours.

Supplies:

- Water
- Sugar
- Cocoa
- Salt
- Lemon juice or vinegar
- 4 markers/crayons of different colours
- Q-tips
- Paper and pencil
- 4 cups or small bowls
- Blindfold



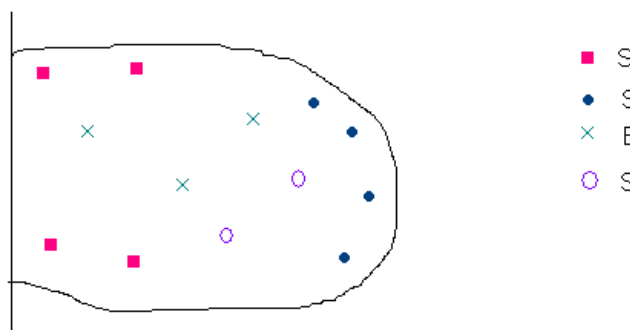
- 1) Talk about the words sweet, salty, bitter and sour. Think of foods that fit in each category.
- 2) An adult should add about $\frac{1}{4}$ cup of water to 3 of the four bowls. Mix about 1 tbsp of sugar, salt or cocoa into each of the three bowls.
- 3) Put a small amount of lemon juice or vinegar in the 4th. You may need to label the bowls.
- 4) Assign a coloured marker to each bowl.
- 5) Draw a picture of the tongue. Something like this will do:



- 6) Blindfold the child.
- 7) The adult should choose one of the cups and dip the q-tip in it. Touch the q-tip to the child's tongue.
- 8) She should say whether it is sweet, salt, bitter or sour.

- 9) Using the colour that corresponds to the taste, make a dot on the tongue map on the tip of the tongue. If she can't identify the taste, don't make a dot.
- 10) Try each of the four tastes on the tip of the tongue. Then try the side, the middle and the back of the tongue. Record the results on your tongue map.

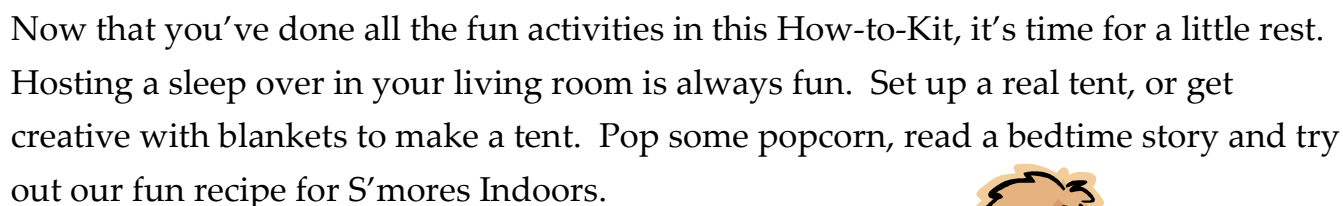
Your finished map might look something like this:



Activity # 3 Storybook Food:

For extra fun, how about bringing foods from your favorite storybook to real life? Make a meal out of a theme from a fun book. For example, how about recreating a meal from *Green Eggs and Ham*, like Stacey did in Aklavik?





Preheat oven to 300°F. Line a cookie sheet with aluminum foil, shiny side up.

- Graham crackers
- Large marshmallows
- Chocolate (piece of a bar, mini-reese cup or mini bar)



1. Place graham crackers on the lined cookie sheet.
2. Place one marshmallow on each graham cracker.
3. Bake the graham cracker/marshmallow combo for 4 minutes.
4. Remove from oven.
5. Place the pieces of chocolate on top of the marshmallow, pressing down to spread the marshmallow to the edges of the graham cracker.
6. Top with second graham cracker.
7. Leave s'mores on cookie sheet for 1-2 minutes.
8. Enjoy!

Source: <http://www.globalgourmet.com/food/ilc/1098/smores.html>